**For children:**

* Talking to children about coronavirus workbook (please see attachment)
* Talking to children about coronavirus (handout for parents, carers, teachers attached)
* Talking to children about coronavirus using PACE principles: **https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach**
* 9 things to say to a child when they are anxious (poster attached)
* Free apps on smart phones:
	+ Calm – have increased the access to free resources for children (7-13 years) to include safe place, mediation for sleep (parents/carers to come alongside the child when using these resources)
	+ Stop, breath, and think: kids

**For teens:**

* Free apps on smart phones:
	+ headspace
	+ stop, breath and think
	+ calm harm (when there are concerns around self-harm or suicidal thoughts)
	+ calm- mediation for sleeping (11-17 years)

**For adults (including parents, carers, and ourselves):**

* Calm app- have increased the access to free resources to include soothing mediations, sleeping mediations, calm body
* Mindfulness, ACT and compassion focussed videos: https://www.youtube.com/watch?v=PSmz-086JDQ&list=PLFbeQlTqQPGTLAmNgKs0srX9Vau7mctFf
* Russ Harris has produced some self-help support using an Acceptance Commitment Therapy approach (attached PDF)
	+ F- focus on what’s in your control
	+ A- acknowledge your thoughts and feelings
	+ C- come back into your body
	+ E- engage in what you are doing
	+ C- committed action
	+ O- opening up
	+ V- values
	+ I- identifying resources
	+ D- disinfect and distance physically (but not emotionally)