

## HOW ARE YOU FEELING?

Excellent

Good

Okay

Bad

Horrible

Stressed

Depressed

### Childline- 0800 1111

[Childline](#) has updated its website to include information to support children and young people. It includes:

- Hearing things in the news about Coronavirus
- Children and young people should read news sources they can trust, such as Newsround
- Children and young people should ask a trusted adult questions when they're not sure **OR** talk to Childline **0800 1111**

### Young Minds

Help reduce anxiety of children by sharing this site. It has supportive materials for [what to do if you are anxious about coronavirus](#).

**YOUNGmINDS**



**Found yourself suddenly 'home schooling'?  
Looking for more resources to give some structure to your child's day?  
Overwhelmed by the online resources and events on offer? Help is at hand!**

In the light of Covid-19 and the closure of schools, there is a wealth of free online resources, games and live lessons hosted by celebrities, authors, athletes and experts. With so much available, it can be overwhelming. [Common Sense Media](#) have gathered and ordered resources and events into a manageable list that is updated regularly. It's a great place to find materials to engage your child in the safety of your home.

## parentzone

The experts in digital family life

Parent Zone has pulled together approved **activities** that parents and carers can enjoy with their children as they prepare to spend lots of time at home with their families. Parent Zone's '[10 ways to safely entertain your children at home](#)' includes:

- Become an [Internet Legend](#)—online activities for the whole family
- Get creative in [Minecraft](#)—expert guide for parents/carers
- Train your kids to spot fake news— [parent's guide](#)
- Watch some movie and TV classics— everything you need to know about [Netflix](#) and parent 's guide to [Amazon Prime](#)

### Dot Com Digital

Technology For Good

- Dot Com has produced a simple resource for children to read and to communicate how they feel. Download the resource [here](#).

## common sense

media

Help your family to de-stress with hints and tips from Common Sense Media including:

- **Meditate.** Common Sense media has several [apps for kids and families](#) that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for
- **Get help.** Common Sense media's collection of [mental health apps](#) might be the answer to a tween or teen who is really struggling but can't get face-to-face help right away
- **Get the blood flowing** and elevate the mood with [25 dance games](#) (NB. you might need to buy a special control from Amazon)
- Check out [Apps, websites, and video games](#) that inspire running, jumping, and more to stay active.

<https://bidwellbrook.devon.sch.uk/wp-content/uploads/2020/03/OLS-Newsletter-parents-Mar-2020.pdf>

## Digiworld

Why not spend some time with your child in [Digiworld](#). It's a curriculum designed for 5-16 year olds to learn and refine the knowledge and skills to navigate the online world in a safer and more enjoyable way. There are lots of games and activities to keep them entertained.

