**Information on ACES and trauma**

**Covid – Survival modes and resurfacing past traumas**

A 5-6 minute video by Dr Karen Treisman talking about survival modes and resurfacing past traumas

<https://www.youtube.com/watch?v=msNO7ZmLXns>

**Safe Hands Thinking Minds**

Covid, Anxiety, Stress- Resources & Links. These resources support children and adults around anxiety, worry, stress, and fears; including those related to Covid-19. The page will be updated on a regular basis so you need to keep checking it for new entries. Safe Hands and Thinking Minds specialises in the areas of attachment, parenting, trauma, child protection, adoption, and fostering

[**http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/**](http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/)

**Supporting post-lockdown education**

Using the Six Principles of Nurture, Dr. Chris Moore has a great blog to help you support children and young people at this time of change

[**https://www.epinsight.com/**](https://www.epinsight.com/)

**Mental Health**

**Helping Children and Young People Manage Anxiety**

This practical guide to supporting pupils and students during periods of disruption is from the Anna Freud National Centre for Children and Families and will be useful for primary and secondary

[**https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf**](https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf)

**Mentally Healthy Schools**

This is a set of practical resources to help make the transition back to school easier for everyone. They are organised into three areas: For children; For school staff; For parents. The resources can be adapted in the case of local lockdowns

[**https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/coronavirus-supporting-childrens-mental-health/**](https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/coronavirus-supporting-childrens-mental-health/)

**Mentally Healthy Schools Resources**

Through their website Mentally Healthy Schools have made Covid toolkits available to support during these challenging times. Their fourth toolkit focuses on managing anxiety and improving welleing during the coronavirus crisis. It includes resources for staff, parents and carers and children to help manage anxiety and improve wellbeing. Practical activities include mindful crafts, breathing exercises, self-care ideas, videos, emotional expression worksheets and helpful strategies. There is also a relaxation story and a six week ‘wellbeing through sport’ programme to do at home. Resources include strategies and tips to reduce anxiety for both adults and children and are suitable for early years, KS1, KS2, parents / carers and school staff.

[**https://www.mentallyhealthyschools.org.uk/resources/**](https://www.mentallyhealthyschools.org.uk/resources/)

**Mindful.org**

Mindful.org has a wealth of information to support with this. ‘A Mindful S.N.A.C.K.’ is one recommendation where snack stands for – stop, notice, accept, curious and kindness

[**https://www.mindful.org/how-to-take-mindful-snack/**](https://www.mindful.org/how-to-take-mindful-snack/)

**Supporting Vulnerable Students**

**A resource compiled by South Gloucestershire EP Service**

This is a resource for schools preparing for children returning to school who may be identified as being a vulnerable group. It uses a resilience framework for identifying those children who are most at risk, offering guidance on how to support those children and also advice for specific vulnerable groups, including children with ASD, Learning Difficulties, SEMH needs, and those with other Adverse Childhood Experiences (ACEs). As a group of South Gloucestershire Educational Psychologists, we sought to review and organise this so that adults could access the information they need more readily and also be assured of our views on its quality. We have provided a wide range of links with a short description of each.

[**https://www.integra.co.uk/southglosconnect/semh/supporting-vulnerable-children/**](https://www.integra.co.uk/southglosconnect/semh/supporting-vulnerable-children/)

**Supporting Social and Emotional Well-Being**

**Do2 Learn website**

The Emotion Colour Wheel can help visually group feeling using a circle divided into colours to show basic emotions. Brighter, bolder colours are associated with more intense emotions. There are tips for using the wheel, activities and worksheets.

[**https://do2learn.com/organizationtools/EmotionsColorWheel/overview.html**](https://do2learn.com/organizationtools/EmotionsColorWheel/overview.html)

**Positive Thinking Affirmations**

Positive thinking as a powerful tool to improve health, help manage stress, overcome challenges and make better choices. A set of 101 positive thoughts and affirmations from pathway2success that you can use to discuss with children and help them select their top 10.

[**https://www.thepathway2success.com/tag/positive-affirmations/**](https://www.thepathway2success.com/tag/positive-affirmations/)

**Sensory Apps House – apps to support sensory regulation**

Free apps on this website for stimulation, relaxation, fun, digital art and speech therapy. Many of the apps are cause and effect style apps, using digital techniques developed over time. A particularly good section on sensory apps.

[**https://www.sensoryapphouse.com/**](https://www.sensoryapphouse.com/)

**Supporting young people’s social and emotional well-being as they return to school**

To support schools to provide the nurturing environment that pupils need, The Early Intervention Foundation have created a set of resources focusing on the vital role that effective, evidence-based social & emotional learning (SEL) can play. All the resources are based on previous work on SEL in schools, particularly the guidance report, **Improving social and emotional learning in primary schools**, produced by EIF and the Education Endowment Foundation

[**https://www.eif.org.uk/resource/supporting-childrens-social-and-emotional-wellbeing-as-they-return-to-school**](https://www.eif.org.uk/resource/supporting-childrens-social-and-emotional-wellbeing-as-they-return-to-school)

**The Little Elf and the Flowers of Hope and Bravery**

The East Midlands Educational Psychology Service have produces a number of resources including this therapeutic story to help children explore different feelings about returning to school after the coronavirus lockdown. There is PPT version of the story as well as activities to use after reading the story. Visit the website to find all the resources available

[**https://www.em-edsupport.org.uk/Page/7730**](https://www.em-edsupport.org.uk/Page/7730)

**Ways to promote resilience to the Covid pandemic**

A fact sheet from Child Trends written by Jessica Dym Bartlett and Rebecca Vivrette on ways to promote children’s resilience during the pandemic. Includes information on emotional support and sensitive caregiving that could be shared with parents.

[**https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors\_ChildTrends\_April2020.pdf**](https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors_ChildTrends_April2020.pdf)

**The Chillout Zone**

With many places on lockdown this summer, let’s make your space a relaxing one. The key to making your room your “happy place” is to make it aesthetically pleasing. Bedrooms can be the space where we go to relax and escape the rest of the world for a while. Here are some ways to make your room a special place,
somewhere you want to escape to and chill-out.

[**https://www.integra.co.uk/wp-content/uploads/2020/07/Thrive-Summer-activities-age-16.pdf**](https://www.integra.co.uk/wp-content/uploads/2020/07/Thrive-Summer-activities-age-16.pdf)