

*If you are looking for a specific resource and know keywords/what the link is called you can search by pressing ctrl + F, or command + F, then insert keywords*

***The resource pack has been split into four sub-packs for ease and is laid out as follows:***

*Three general links from the government and NHS*

***Pack 1:*** Child and Family-Friendly Information about Illness and COVID-19

***Pack 2:*** Managing Anxiety and ASD Behaviours During Lockdown

***Pack 3:*** Activity Resources for Families During Lockdown

***Pack 4:*** Educational and Reintegration Resources for Families During Lockdown

#### **CURRENT GOVERNMENT AND NHS ADVICE:**

[Coronavirus \(COVID-19\): what you need to do](#)-- UK Government

[Advice for everyone](#)-- NHS

[COVID-19 Information](#) --Google

## **Pack 1: Child and Family-Friendly Information about Illness and COVID-19**

### **General Understanding of Illness and Coronavirus:**

#### [Understanding coronavirus](#)

- Simple easy to read information sheet answering the most asked questions related to coronavirus
- Aimed at children aged 8+

#### [Talking to Kids About the Coronavirus:](#)

- What to keep in mind when discussing COVID-19 with your child

#### [How to Talk to Children about Illness in General](#)

- Advice to help parents discuss illness with children
- Split into age categories (Ages 0-4, 4-7, 7-13 and 13+)

#### [Explanation of Corona Virus from the Perspective of an Adult With Autism](#) (Blog Post)

- May be helpful for parents to understand what their children might be feeling, or for older children

#### Autism and the Coronavirus—20 tips

- In the following languages: [Estonian](#), [Spanish](#), [Danish](#), [German](#), [Dutch](#), [Portuguese](#), [Romanian](#) and [Swedish](#)

#### [COVID-19 Information Sheet](#)

- Easy read, answers the commonly asked questions related to coronavirus

COVID-19 Resource Pack for Neurodiverse Children and their Families

Last Updated by Jacqueline Nonweiler and Chloe Breen, July 2020

- Best for ages 8+
- By Mencap

#### [Supporting children and young people with worries about COVID-19](#)

- Leaflet/document for parents, carers and people that work with children and young people
- Includes information like maintaining healthy habits and talking about worries
- Links to ASD, ADHD and OCD specific resources
- By Emerging Minds

#### [Coronavirus MythBusters](#)

- Brilliant video by BBC Bitesize which help sort the facts from the fakes

#### [Urdu, Punjabi and Hindi Video Talks](#)

- About how to manage COVID-19
- Including anxiety, lockdown, procrastination, insomnia and staying active

#### [Understanding COVID-19 for children](#)

- YouTube video by PLAYMOBIL explaining coronavirus

#### [Supporting Neurodiverse Children using ACT Principles](#)

- For parents
- By Royal Children's Hospital Melbourne

#### [Maudsley Charity Tips for Families Under Pressure](#)

- Short information sheets in several categories: promoting good behavior, keeping positive and motivated, limiting conflict, building self esteem, etc.

### **Key Workers:**

#### [When Your Parent is a Key Worker](#)

- Child friendly booklet answering questions related to their parents being key workers

#### [Advice for Key Workers](#)

- Information and advice for the key workers themselves
- Specific advice for key workers who are parents

### **Coping with loss:**

#### [YouTube animation for children](#)

- Video for children about losing a loved one to COVID-19
- Explains why not able to go to funeral and how to cope
- [Downloadable booklet to go with the video](#)

## **Isolation and Social Distancing:**

### Supporting Neurodiverse Children During Isolation

- YouTube Video from NHS
- Also translated to [Arabic](#), [French](#), [German](#), [Italian](#), [Korean](#) and [Spanish](#)

### Social distancing poster

- Visual poster explaining what social distancing is and what this means for us during the pandemic
- Best for older children

## **Mental Health and Emotional Wellbeing:**

### Mind UK: Coronavirus and wellbeing for older people/adults

- Includes practical advice for staying at home and how to take care of your mental health and wellbeing
- Includes a checklist for staying at home

### Mind UK: Coronavirus and wellbeing for children

- Includes information on how to cope with worries related to coronavirus, changes and staying at home
- Best for children aged 8+

## **Podcasts:**

### xxxxPodcast about Coronavirus, and helping children with ASD

- Discusses many issues that may arise for children with autism including the disruption of closing schools, anxiety and obsessive behaviours
- Focuses on practical tips to help children
- Podcast by The Association for Child and Adolescent Mental Health
- Speakers are Dr. Ann Ozsivadjian and Dr. Marianna Murin

## **Social Stories and Story Book:**

### Social Story about the Corona Virus (COVID-19)

- Covers Pandemics, Viruses, Hand-Washing, School Closures and Life Changes.
- Includes images and pictures to go along with the text
- (Created by Carol Gray)

### Short Story about Corona Virus

- Best for children aged 7+, easy read and has lots of illustrations
- Includes a drawing activity

[Social Story about Corona Virus](#) (aimed at ASD children)

- Very easy read, suitable for most ages. Has lots of simple pictures to aid the story.
- In a page by page format, so parents can include or exclude whatever information they may feel is pertinent to their child and their family

[Social Story about school closure](#) (aimed at ASD children)

- Covers the reason for school closure, and how they can help tackle the virus.
- Lots of text, best for slightly older children with a better understanding of language/to be read to the child.

[Story book explaining coronavirus to children](#)

- Lots of lovely illustrations by the Gruffalo illustrator Axel Scheffler
- The book is recommended for children 5 to 9 years old and answers key questions to do with the coronavirus.

[COVIBOOK - Supporting and reassuring children around the world](#) (Manuela Molina - the author)

- A book to support and reassure our children, under the age of 7, regarding the COVID-19.
- This book is an invitation for families to discuss the full range of emotions arising from the current situation.
- Recommended to print this material so children can draw on it.
- Book is translated into many different languages!

**Other:**

[Sleep Tips for Children](#) (Evelina Children's Hospital)

- Informative and key tips for parents on how to help their child's sleep patterns and habits during the pandemic
- Written by psychologists from the Paediatric Sleep Department

[Council for Disabled Children \(CDC\)](#)

- Broad ranging information on COVID-19 related topics

[The British Psychological Society](#): Support and advice around school closures

- For parent's, carers and schools

Establishing Family Routine – LINK WILL BE AVAILABLE IN A FEW DAYS

- Webinar with Caroline Bulmer
- Offering guidance aimed at parents and carers on helping to manage changes and disruptions to the usual activities and routines and introducing some structure at home

## **Pack 2: Managing Anxiety and ASD Behaviours During Lockdown**

### **Communication, Discipline and Behavior (Not Specific to NDDs but have useful tips)**

[Why Do Kids Have Problems With Transitions?](#) and [How to help with Transitions](#)

- A look at why being asked to switch gears is a common trigger for whining and tantrums.
- With the right support, children can learn to change gears without whining and tantrums.

[Why do Kids Have Tantrums and Meltdowns?](#)

- Understanding why they happen can help parents head problems off before they escalate.

[When Siblings Won't Stop Fighting](#)

- What can parents do when siblings won't stop fighting? How to keep the peace and help children resolve their conflicts

[Supporting People with Complex Communication Needs](#)

### **Fears, Stress and Anxiety:**

[ThinkNinja App](#)

- Mental health app for 10-18 year olds
- Based on CBT principles

[National Autistic Society](#)

- Managing anxiety in children and young people on the autistic spectrum

World Health Organisation: Information on how to cope with stress

- [Coping with your own stress](#) (for parents/older children)
- [Helping your children cope with stress](#)

[How to Avoid Passing Anxiety on to Your Kids](#)

- Help yourself and your child with your own anxious feelings about COVID-19 or otherwise
- Techniques to manage stress in a healthy way

[How to Cope with Anxiety during COVID-19](#)

- YouTube Video from an Adult with Autism

- Best for Developmental Ages 12+

#### [Physical Symptoms of Anxiety:](#)

- Anxiety in children sometimes manifests as stomach aches and headaches
- How to manage physical anxiety symptoms, including techniques for children and adults

#### [How to Help Children Manage Fears](#)

- Helpful for particularly rational children
- Advice for parents to guide children through fear

#### [Tips for Calming Anxious Kids](#)

- One mum's 11 go-to techniques for coaxing anxious children out of their fears

#### [How Anxiety Leads to Disruptive Behavior](#)

- How are anxiety and behavioural issues related?
- Child behavioural disturbances may be due to anxiety

#### [Advice for when anxiety becomes overwhelming](#)

- Information booklet or leaflet
- Good for all ages and ASD
- Includes pictures to compliment text and many ideas to reduce anxiety

#### [Technique Explanation for Coping with Anxiety](#)

- Information and explanation of the APPLE technique (and others) to reduce anxiety
- Good for older children, also applicable for OCD

#### **Coping with uncertainty in uncertain situations – LINK WILL BE AVAILABLE IN A FEW DAYS**

- Webinar with Jacqui Rodgers
- Considering the uncertainty about Coronavirus is impacting on autistic children and their parents and carers.
- Discussing some simple and practical ways that parents and carers can support their autistic child at this challenging time, as well as looking after themselves.

### **Podcasts for Child Stress, Fears and Anxiety:**

#### [Emerging Minds:](#) Short Podcasts about Managing Children's Worries in Lockdown

- [Responding to young people's worries and anxiety](#)
  - Discusses the importance of how parent and carers respond to children's worries
- [Managing children and young people's worries](#)
  - Practical suggestions for how parents can best offer support to their children who might be experiencing anxiety

- [Play and emotional wellbeing in children](#)
  - Discusses importance of free play in emotional wellbeing in the current context of uncertainty

### **Diagnosis-Specific Resources:**

#### **ADHD:**

##### [Advice for parents with children who have ADHD](#)

- Anxiety focused
- Provides information on how to help anxiety, focus on the facts and keep a routine.

#### **Autism and ASD:**

##### [Advice for parents of ASD children](#)

- Simple, short, five-point information sheet on how to help with the unique challenges being faced during the pandemic
- [Coping with the Uncertainty of Coronavirus](#)
  - This is best used by parents but with many strategies for children to implement
- [Managing Mental Health and Coronavirus](#)
  - This has lots of suggestions to keep yourself busy during this uncertain time.
  - Also has recommendations on how to limit the amount of COVID-19 related news you are exposed to
- [Autistica](#): Specific COVID-19 and autism related information
- [National Autistic Society](#): Resources for Autistic People of All Ages
  - Has links to resources on managing anxiety, keeping children entertained, explaining changes to children and activities to do whilst at home
  - Includes a link to create a new daily schedule helpful for children
- [Tips for adults maintaining a routine during COVID-19](#)
  - Explains why routine is important and offers tips to help adults maintain a healthy routine
- [Information from an Educational Psychologist](#)
  - Discusses coping with emotions, dealing with stress and anxiety
  - Written by an educational psychologist

#### **OCD:**

##### [International OCD Foundation](#): Advice for parents of OCD children

- Specific tips aimed at parents of children with OCD during the pandemic
- Also includes information relevant for parents of non-OCD children
- Link to a Facebook support group
- Further links to other resources at the bottom

## **Pack 3: Activity Resources for Families During Lockdown**

### **Activity Ideas:**

#### [Scouts UK Activities for all](#)

- Over 650 indoor activity suggestions and ideas
- Can filter by age ('Beavers', 'Cubs', 'Scouts', or 'Explorers'), price, time and by group size

#### [100 Things to Do Indoors](#)

- Free E-Book for children with 100 activity ideas to do whilst indoors.
- Colourful and with accompanying pictures

#### [Stay at home care package](#)

- Free care pack for children with lots of ideas for activities to do while at home
- Aimed to keep children moving and learning while indoors

#### [Indoor activity ideas](#)

- By PawPrintFamily, has lots of fun activities to be done indoors
- Best for younger children

### **Apps and Online Tours:**

#### Online Safety Tips for Parents

- 8 steps to keep your child safe online
- [Primary](#) and [Secondary](#) School Age

#### [Fun games on the GoNoodle App](#)

- Free app designed to keep children active and busy through fun games
- Includes movement and mindfulness games

#### [Virtual Museum Tours](#)

- Website with virtual tours of museums, live streams and online cultural programmes
- Also has links to live streams of performances and operas

### **Activity Packs:**

#### [ThinkUKnow Home Activity Packs:](#) 15-minute activities designed to be done at home

- New home activity packs released every two weeks
  - [For Developmentally 4-5 Year Olds](#)
  - [For Developmentally 5-7 Year Olds](#)
  - [For Developmentally 8-10 Year Olds](#)
  - [For Developmentally 11-14 Year Olds](#)
  - [For Developmentally 14+](#)

#### [At-Home Learning Resources](#)

- Activity packs and learning resource packs for all school year ages
- Suitable for typically developing children and those with learning needs



Pinterest pages:

[National Autistic Society](#)

- Loads of resources and sensory activities covering a huge range of topics, but also has activities specific to self-isolating and coronavirus
- Suitable for all ages

[Swansea Autism Activities Page](#)

- Wide variety of activities aimed at children with sensory and other needs

## **Pack 4: Educational Resources for Families During Lockdown**

### **Pre-School and Primary Level:**

[Oxford Owl](#)

- Lots of free school resources for primary age level

[BBC Bitesize](#)

- Expanded version of their website with regular daily lessons in English and Maths, as well as other core subjects
- New Maths and English lessons will be available every day for all ages.
- Lessons will be backed up by new videos, practice tests, educational games and articles.
- There will also be a section where parents can get advice on how to teach anyone who is home-schooling
- There will be specific guides for pupils with special educational needs.

[Prodigy Game](#)

- Free maths resources good for primary school age

[The Crash Course](#)

- Contains YouTube videos on all different subjects
- Also has a [specific section for the youngest ages](#)

### **Secondary and College Level:**

[Khan Academy:](#)

- Educational resources especially good for maths and computing at all ages
- Other subjects great for secondary level
- Note this uses the U.S. grade system but is mostly common material

[BBC Bitesize Revision App](#)

- For 14 to 16-year olds
- Includes GCSE Flashcards for Maths, English, English Literature, Biology, Chemistry, Physics, Combined Science, Geography, History and PE

#### [Seneca Learning](#)

- Tons of revision resources perfect for those studying GCSE or A level

#### [Future Learn](#)

- Free access to 100s of online courses

### **All Learning Levels:**

#### [Duolingo](#)

- Site and app where children and adults can learn languages for free

#### [TED-Ed](#)

- Many different educational videos for all ages
- Also have free high-quality, interactive, video-based lessons on a daily basis
- Include engaging lesson plans organised by age group that span all subjects every day.
- Also have [newsletters](#) that will include insights and tips collected from TED-Ed's global community of students, parents and teachers.

### **School Reintegration:**

#### Transition, Recovery and Learning in the Aftermath of a Pandemic

- Nursery and primary school version--In files, named: **Nursery and Primary- Transition, Recovery, Learning**
- Secondary school version—In files, named: Secondary—**Transition, Recovery, Learning**

#### Supporting your Child's Transition Back to School, post-lockdown

- Powerpoint by Rebekah Sutherland, Clinical Psychologist, Helping Hands Psychology
- Great recommendations with activities, conversations, and mindset to keep for both parents/carers and children regarding school transition
- In files, named: **HelpingHands\_SupportingSchool Transition**