



## Support, advice and resources for the lockdown period

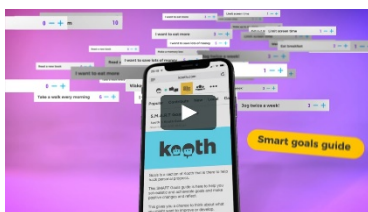
### **Mental health support**

In these challenging times Place2Be has joined forces with Healios and XenZone to provide immediate support to children at home due to the coronavirus (COVID-19) pandemic.

In addition to the support provided by our teams of mental health professionals all around the country, we are now partnering with leading digital providers to ensure that children and young people, whether at home or at school, can access support when and where they need it. Pupils at Place2Be schools in Year 6 and above can now access free online counselling from Kooth, and interactive self-help content via the ThinkNinja app.

### Kooth

XenZone's service for children and young people, Kooth, is a safe online community where children aged 10 and older can get help from a library of content or from peers, and can access online counsellors for professional support.



<https://www.kooth.com/>

## ThinkNinja

Healios, a provider of NHS specialist digital mental health, autism and ADHD services, created ThinkNinja, the UK's most advanced mental health and emotional wellbeing app for children and young people, designed with self-management skills and interactive education content that is easy to translate into their daily lives.



<https://www.healios.org.uk/services/thinkninja1>

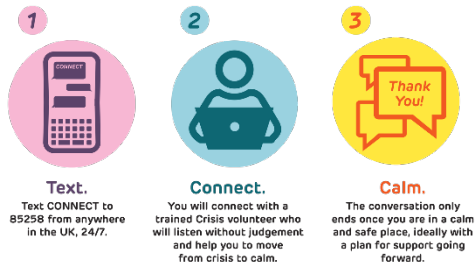
## Shout (in partnership with Place2Be)

These new tools also complement Place2Be's existing partnership with Shout, which provides pupils with access to free 24/7 crisis support via text.

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** [giveusashout.org](https://giveusashout.org)

## How it works



## Online safety

[Thinkuknow.co.uk](https://www.thinkuknow.co.uk) - Home activity worksheets



This page has been created to support parents during COVID-19 and the closure of schools. Each fortnight new home activity packs will be released with simple 15-minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

<https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets>

# Wellbeing activity ideas for families

## ***Books and film***

### Booktrust: Home Time



Booktrust has enlisted the help of authors and illustrators to provide free books, videos, games, quizzes, and drawing lessons for children.

[https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm\\_source=place2be.org.uk&utm\\_medium=referral](https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm_source=place2be.org.uk&utm_medium=referral)

### BAFTA Kids at Home with Place2Be



Our friends at BAFTA Kids have enlisted some famous faces to share their recommended films, TV shows and games to keep your family entertained!

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/launching-bafta-kids-at-home-with-place2be/>

### National Literacy Trust: Family Zone



Free reading and writing resources, audiobooks, videos, competitions and reading challenges to support parents during school closures.

<https://literacytrust.org.uk/family-zone/>

## ***Active***

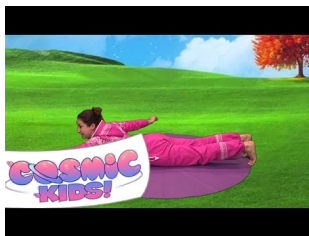
### The Daily Mile at Home



The Daily Mile Foundation has put together some helpful tips on how you can still go out and do The Daily Mile, whilst keeping yourself safe.

<https://thedailymile.co.uk/at-home/>

### Cosmic Kids yoga



This is a child-friendly yoga site which may be of help if your child is feeling particularly restless or anxious.

## ***Nature***

### RHS: bringing the sunshine inside



A few ideas to help you and your family connect with nature, even while staying indoors.

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

## ***Creative***

### The Art Room at Home



Our specialist Art Room team have created a series of art projects for primary aged children.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/the-art-room-at-home/>

### The Let's Go Club



We recommend trying some of these CBeebies 10-minute craft ideas.

<https://www.bbc.co.uk/cbeebies/makes/lets-go-club-ten-minute-crafts?collection=the-lets-go-club-craft-activities>

## ***Mindfulness***

### Stop, Breathe and Think



A useful app to help your child check in with how they are feeling.

<https://www.stopbreathethink.com/>

## ***News and information***

Don't be afraid to have conversations with your child about coronavirus - not talking about something can sometimes make children worry more. Remember that you don't need to have all of the facts and answers. There are lots of resources out there for you to read together, or for you to direct your child to, to help ease their worries.

### Newsround



**We recommend** reading this Newsround page about coronavirus and how it's being tackled.

<https://www.bbc.co.uk/newsround/51204456>

### Q&A with Katie Thistleton



Place2Be ambassador, Radio 1 DJ and CBBC presenter Katie answers questions from children on childhood, wellbeing, her career, and coronavirus.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/april/q-a-with-katie-thistleton/>