

# EPS Wellbeing Pack 1

## Information about Coronavirus

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all.

We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike.

In this pack we have put together some of the best information we could find to help explain the current situation to children and young people. There are also links to some useful websites and documents that are suitable for both children and adults.

## Talking about Coronavirus

Lots of sites have produced some great, easy read documents to help explain Coronavirus and isolation to children and young adults

- MenCap have produced an excellent [Easy read information sheet](#) for adults whose understanding is improved with visuals and bite size chunks of information.
- Mindheart have produced an excellent [information and activity book about coronavirus](#) to open up a conversation about children's concerns. The book encourages children to label their current feelings.
- The Autism Educator have an excellent [social story about coronavirus](#) that has a good level of specificity about the effects of social distancing e.g., not being able to go to favourite places.
- [BBC Newsround](#) have a very informative page suitable for secondary school children.

## Looking after our Wellbeing

Young Minds UK advises on anxiety and Coronavirus and provides further information about how young people can look after their mental health if self-isolating.

Psychology Tools provides a very informative guide for adults and young people emphasising the normality of worry, especially in uncertain times, and gives practical tips and activities to help to combat this.

The **Anna Freud Centre** provides clear and simple advice for young people, families and education professionals to minimise the effect that the Coronavirus and isolation has on well-being.

**Southend Learning Network** has collated lots of resources, fun activities, well-being tips and academic sites to help during social isolation.

# Wellbeing Challenge



Pum ffordd at les  
Five ways to wellbeing

Challenges from the '5 ways to wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas



1. **Take notice** – Make a list of the wildlife you can see through your window



2. **Connect** – Set up a group video call with you friends



3. **Be active** – Do an online workout like [P.E. with Joe Wicks](#) or [Yoga with Cosmic Kids](#)



4. **Keep learning** - Challenge yourself to learn a new skill e.g. try a new language on [Duolingo](#)



5. **Give** – Make a [home-made gift](#) or drawing for someone in isolation