

Covid Revival Resource Pack



REVIVAL
SHARED SPACE
PROJECT

CULTURE
IDENTITY
INCLUSION
DIVERSITY
TOLERANCE
RESPECT


RÁTH MÓR
Creggan Enterprises

 Northern Ireland
Executive

 T:buc
Changing for the better, together

Resources, links and activities to help you survive the lockdown and beyond...

RESOURCES FOR ADOLESCENTS/PARENTS:

Young Minds: Very useful resource covering a lot of helpful topics to do with coronavirus. These include; self-isolating, current factual knowledge, sharing their feelings, acknowledging and limiting news, feeling calm, maintaining a routine, helplines, advice for parents and normalising anxiety.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

BBC News: How to Protect your Mental Health – Limiting news, breaks from social media, washing hands but not excessively and staying connected with people. Plus avoiding burnout with access to nature, exercising and using the 5 STEP 'APPLE' TECHNIQUE.

<https://www.bbc.co.uk/news/health-51873799>

Mind: Helpful tips to support your psychological wellbeing during the COVID-19 outbreak. The information provides ways to manage feelings of anxiety around coronavirus and support for coping with social distancing and self-isolating. There are a lot of tips for staying at home or indoors and taking care of your mental health and wellbeing, including keeping active, getting sunlight, finding ways to relax and be creative, and managing when difficult feelings arise. A checklist is included to help you prepare for staying at home.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse74066>

Managing our Mental Health & Staying Well during a Virus Outbreak: 10-page COVID-19 booklet with advice for maintaining mental wellbeing, how to manage anxiety/uncertainty, tips on taking a break from the news and overcoming loneliness. NB: originally written for people living in Hong Kong and includes some advice regarding going to the gym which is incorrect for the UK.

<https://www.mind.org.uk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

Let's talk about CBT: Coping with anxiety about coronavirus – single episode of online podcast, what can we learn from CBT for health anxiety that might help us with feelings of anxiety during the pandemic? Dr Lucy Maddox interviews Dr Jo Daniels from Bath University, about things we know are likely to help.

<http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus>

CDC: Information about coronavirus including; coping with stress, useful crisis numbers, how the virus spreads, handwashing, how to protect yourself, testing, symptoms and reducing stigma.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

MHA national: Living with mental illness during COVID-19 – How to notice signs of a panic attack, explains what a panic attack is and why it might occur, and includes a screening tool for checking yourself and family members for panic disorder.

<https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>

Tips on managing medication access during COVID-19.

<https://mhanational.org/medication-access-during-covid-19>

CAMH: Covers how to challenge worries and anxious thoughts, loneliness and dealing with problems in a structured way.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>



RESOURCES SUITABLE FOR CHILDREN & YOUNG PEOPLE

Brainpop: Cartoon video for children on coronavirus; Explaining COVID-19, how to prevent spread, how to manage their fear, which news sources to trust and discouraging discrimination.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

BBC Newsround: Page dedicated to coronavirus especially for children and young people, answering questions and providing up to date accurate information. Includes an article on how kids can play Pokémon Go at home.

<https://www.bbc.co.uk/newsround#more-stories-2>

MindHeart COVIBOOK: Supporting and reassuring children around the world (available in multiple languages) - Explains coronavirus for children, touching on feelings and how to prevent spread.

<https://www.mindheart.co/descargables>

The Autism Educator: children's book on coronavirus. This social story is designed for children and young people to explain what coronavirus is. The symptoms of coronavirus and importance of hand washing are covered. The story explains the implications for children, with regards to schools closing, staying at home and not being unable to visit some of their favourite places.

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Sunshine-support: COVID-19 SEND specific downloads on this page.

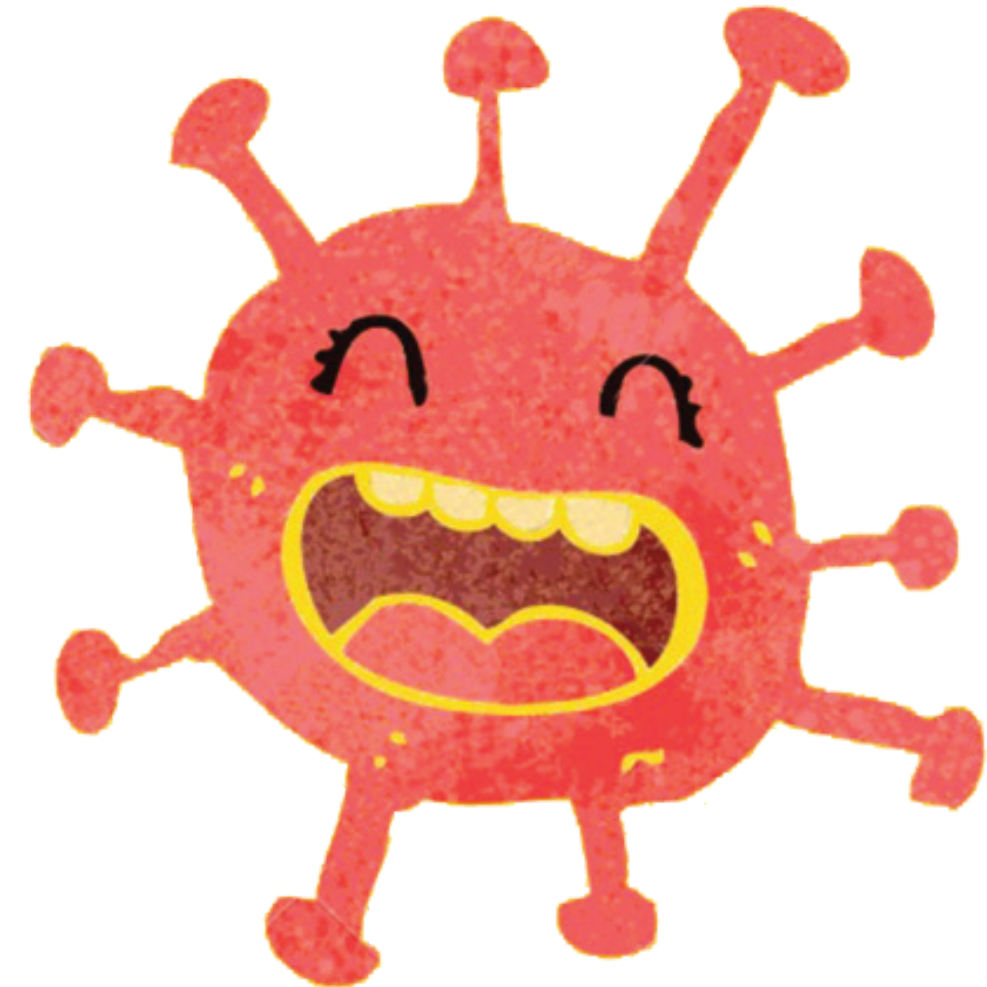
<https://www.sunshine-support.org/covid-19-downloads>

Lifhack Project: Personal development programme for young people based at Ráth Mór in Creggan, Derry.

<https://m.facebook.com/lifhack.hack.9>

HELLO!

**I am a VIRUS,
cousin with the Flu and
the Common Cold**



My name is Coronavirus

RESOURCES FOR FAMILIES

Emerging Minds: Supporting children during the Coronavirus (COVID-19) outbreak – information on how to talk to children about COVID-19, helping children cope with stress, stress relief for parents and parent-child play (see power of play podcast also for this).

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

The Guardian - The family lockdown guide: how to emotionally prepare for coronavirus quarantine. - what can families expect and how can they survive not only the virus, but each other? Tips and guide to maintain family structure, provide space, remain active and reduce likelihood of tension during quarantine.

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>

Emerging Minds: The power of play podcast - introduces the concept of child-led play and talks about the importance of play for child social and emotional wellbeing.

<https://emergingminds.com.au/resources/podcast/the-power-of-play/>

Young Minds: Ten tips from parent helpline on how to talk to your children about coronavirus.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

E-bug: information on coronavirus and resources for home schooling.

https://e-bug.eu/eng_home.aspx?cc=eng&ss=1&t=Information%20about%20the%20Coronavirus

Childline: Information about coronavirus, managing worry, coping with being off school, and links for further mental health support.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Mental Health Foundation: Tips to help you, your friends and your family to look after your mental health while you have to stay at home. They suggest viewing this time as a different period of time and not automatically thinking that it is bad. Creating a new daily routine, staying connected to family and friends, and prioritising looking after yourself are key points. Helpful information about how to talk to your children about COVID-19 is provided.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Focus Project: Facebook group with tips, ideas and support for families during lockdown and beyond.

<https://m.facebook.com/focusproject.derry>



RESOURCES FOR CARERS

Carers UK: Advice for carers during COVID-19.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Mobilise: An organisation providing a daily e-support package through the Corvid-19 crisis. It includes links to key information, updates on how other carers are finding ways of coping, and suggestions for entertainment at home. The service is completely free.

<https://www.mobiliseonline.co.uk/>

NHS Social Care and Support Guide: Tips for carers.

<https://www.nhs.uk/conditions/social-care-and-support-guide/>

THE GREAT INDOORS

Ideas and activities to inspire young minds at home.

Hand in Hand Parenting: Corona Virus Closed Your School? Try these sanity-saving ideas

<https://www.handinhandparenting.org/>

ABCya games: https://www.abcya.com/parents_teachers/

All in One Home School: <https://allinonehomeschool.com/>

BBC Bitesize: <https://www.bbc.co.uk/bitesize>

Beacon House: <https://beaconhouse.org.uk/covid-19-support-resources/>

Brain Pop: <https://www.brainpop.com/>

Cool Math for Kids: <https://www.coolmath4kids.com/>

Crafts for kids: <https://www.easypeasyandfun.com/crafts-for-kids/>

Draw with Rob Biddulph: <http://www.robbiddulph.com/draw-with-rob>

Duolingo – learning languages app: <https://www.duolingo.com/>

eLearning for Kids: <https://www.e-learningforkids.org/>

Free Kids Crafts: <https://www.freekidscrafts.com/>

Highlights Kids: <https://www.highlightskids.com/>

Khan Academy: <https://www.khanacademy.org/>

Literactive: <http://literactive.com/Home/index.asp>

Maths Game Time: <http://www.mathgametime.com/>

National Geographic Kids: <https://www.natgeokids.com/uk/>

PBS – games for kids: <https://pbskids.org/>

Science for Kids: <http://sciencekids.co.nz/>

Scholastic – remote learning: https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR2968UhJVGC9ht_D-FRZbhG_8uUjKY_vhedWzLFVwQwYh3-Q0NMAxIjguc

Seussville – literacy: <https://www.seussville.com/>

Splash Learn: <https://www.splashlearn.com/>

Starfall – literacy: <http://more.starfall.com/?t=289629701&nrb=1&y=1>

Switch Zoo games: <https://switchzoo.com/>

Times Tables Rockstars: <https://trockstars.com/>

Travel and Leisure – virtual museums <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Turtle Diary games: <https://www.turtlediary.com/>

Tynker – coding for kids: <https://www.tynker.com/>

Unite for Literacy: <https://www.uniteforliteracy.com/>

PE with Joe wicks: <https://www.youtube.com/c/TheBodyCoachTV/videos>

Crash Course Kids: <https://www.youtube.com/user/crashcoursekids>

Science Channel: <https://www.youtube.com/user/ScienceChannel>

SciShow Kids: <https://www.youtube.com/user/scishowkids>

Free School: <https://www.youtube.com/user/watchfreeschool>

GEOgraphy Focus: <https://www.youtube.com/channel/UC8HYERScBt-e0kV0fpe0asg>

Brain Scoop: <https://www.youtube.com/user/thebrainscoop>

Kids learning tube: https://www.youtube.com/channel/UC7EFWpvc1wYuUwrtZ_BLi9A

Geek Gurl Diaries: <https://www.youtube.com/user/GeekGurlDiaries>

Soul Pancake: <https://www.youtube.com/user/soulpancake>

Blue Peter: <https://www.youtube.com/channel/UCuC1X-0St4gmOFWc9js1ihw>

