

PSHE and SEMH Resources for Teachers

In light of school closures, we wanted to provide a range of advice and resources for schools, as well as a resource to pass on to parents/carers in your school.-We are keen to share tools and resources as best we can, to support children's wellbeing and education over this period of uncertainty.

We are keen to signpost schools and settings to resources that start valuable conversations with pupils and students. These resources also provide tested tools to maintain wellbeing at what can be an anxious time for children and young people.

At the end of the document, we have included some resources which support pupils and students to continue learning at home.

National Advice and information: (Please note this advice will be continually updated as new information emerges)

- [NHS Information and Advice](#)
- [NHS Self-Isolation Information and Advice](#)
- [Great Ormond Street Hospital COVID-19: Information for Children, Young People and Families](#)
- [GOV.UK COVID-19 Guidance for Educational Settings](#)
- [Department of Health & Social Care: Coronavirus](#)
- [Coronavirus Health Advice for People with Asthma](#)

General Mental Health information:

[Mind: Coronavirus and your wellbeing](#)

Information from Mind to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're asked to stay at home or avoid public places
- you have to self-isolate

[Mindwell Leeds: Information on Coronavirus](#)

Useful tools and signposting from Mindwell to help you prioritise your wellbeing.

[Adjusting to hanging out at home – Gem Turner](#)

Gem is an award winning disabled blogger and consultant who has a lot of experience of staying at home for mandatory rest periods. In this article she shares her advice on things to consider when self-isolating.

[Free online tours of the best art galleries in the world](#)

Google Arts & Culture teamed up with over [500 museums and galleries](#) around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

[National Trust](#)

The National Trust are working hard to open as many spaces as they can free of charge, with no parking fees, whilst closing all cafes and gift shops, to ensure people still have access to nature in order to support wellbeing. This will vary from site to site in terms of whether they are spacious enough to allow for social distancing.

[Optimal Brain Integration Blog: Coronavirus Anxiety Management](#)

A guide on how to be your own first responder, to manage feelings of anxiety around Coronavirus.

School specific information:

[Advice on addressing COVID19 in PSHE Lessons – PSHE Association](#)

Teaching about hygiene routines, how bacteria and viruses affect health and recognising illness is a part of the Health Education aspect of PSHE education at all key stages. Pupils may ask about coronavirus (COVID-19) while discussing these topics, or may raise concerns regarding the virus in response to media coverage. PSHE Association offer the following advice to help you to plan for such discussions and it is also important to refer to the guidance on the [NHS website](#) and [Public Health England's guidance](#) for educational settings.

[PSHE Association: Coronavirus Hub](#)

PSHE Association have created this hub to help you and your pupils now, and in the event of schools needing to shut. They will build on it over the coming weeks until things return to normal. They are also planning remote training webinars and other solutions to give you the advice and support you need, when you need it, check the hub for more details.

[TES Coronavirus Live Blog](#)

A one-stop shop for teachers who want to know what impact the outbreak of the virus will have on their working lives.

[TES Blog - How will coronavirus affect pupils' mental health](#)

It is likely that the pandemic will trigger mental-health problems for some children. Psychologist Tara Porter looks at how adults can help mitigate them.

[Time to Change Teacher Resource Page](#)

If you want to work with young people to create an open, supportive culture around mental health, Time to Change have the resources to help you. These could be particularly vital resources to implement into school after the closure has lifted.

Mental Health information and advice for Children and Young People:

[MindMate Website](#)

MindMate is a Leeds website for families, professionals, children and young people around youth mental health. If you're a [young person](#), MindMate can help you understand the way you're feeling and find the right advice and support. If you're a [parent](#), [carer](#) or [professional](#), MindMate can help you support a young person you know. We would recommend hovering over the young person's tab, clicking 'games' and then selecting 'stresspot', as this is a timely and helpful activity to do with your children.

[Clear Fear App](#)

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

[Calm Harm App](#)

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

[Young Minds Take 20 Parent Activities](#)

Talking to your children and young people about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are some ideas of #Take20 activities that you could do in 20 minutes.

[Young Minds: Talking to Your Child About Coronavirus](#)

A parent helpline expert's advice on what you can do if your child is worried about coronavirus.

[Anna Freud Self-Care Strategies](#)

Anna Freud consulted with a wide range of young people to create a portal of self-care strategies to help young people to manage their wellbeing. Advice to give to young people: It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help Anna Freud build an evidence-base for these activities by letting them know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help them decide which ones to research further.

[Additional SEMH Resources](#)

Visit the SEMH page on the School Wellbeing website ~~web-links page~~ to find additional resources from a wide range of organisations.

Helplines, Online Chats and Referrals for children and young people:

[Kooth: free online counselling platform for children & young people](#)

Free, safe and anonymous online support for young people aged 10-18 year old with trained counsellors as well as articles written by young people, a supportive online community forum and the function to record online journals. Kooth will still be operating as normal and are able to offer much needed support to young people at such a turbulent time. They are working on some digital materials specific to the current situation that we will send out when we have them. For now, [here is a video](#) outlining what the service does.

[Young Minds Parents Helpline](#)

The Young Minds Parents Helpline is available to offer advice to parents and carers worried about the mental health of a child or young person under 25. We will endeavour to reply to emails received within 3 working days.

[MindMate Single Point of Access \(SPA\)](#)

If you are concerned about the mental health of a young person, MindMate SPA referrals can link your child to the appropriate support. You can signpost parents and carers of children (5-17 years) to talk directly to the SPA team. They can call 0300 555 0324 during office hours. Click on the link above to download a referral form.

[Leeds Survivor Led Crisis Service](#)

Leeds Survivor Led Crisis Service provides emotional support to people in crisis aged 16+. The team can be contacted on Tel: 0113 260 9328. You can also signpost young people aged 13-18 living in Leeds to their Teen Connect crisis line which is 0808 800 1212 or text message 07715661559.

[BEAT](#)

The BEAT website has lots of advice and resources around eating disorders including a helpline (0808 801 0677) and a Youthline (0808 801 0711), the link above will take you to their advice around eating disorders and coronavirus.

[Mental Health First Aid England: Helpful Resources for Young People's Mental Health](#)

Mental Health First Aid England have compiled a variety of helpful resources for children and young people's mental health which includes national helplines.

Healthy Eating resources and advice:

[Change4life](#)

Fun and family friendly information for eating well and keeping active. Tips, ideas, recipes and games to help keep kids and adults happy and healthy. You can also encourage parents and pupils to download the free app and food scanner to find out what's really in food and drinks.

[Food a Fact of Life](#)

Lessons and curriculum resources that parents could use at home to help educate pupils about healthy eating, cooking and where food comes from.

[NHS Choices Eat well](#)

Information and advice on food, nutrition and the Eat well Guide. This website also provides advice on digestive health and recipes ideas.

[British Heart Foundation](#)

Advice on keeping healthy and eating a balanced diet for heart health.

[The Trussle Trust](#)

A nationwide network of food banks and together that provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

Physical Activity:

- [Imoves](#)
- [Youth Sport Trust Free Home Learning Resources](#)
- [Jasmine Active Home Learning Resources](#)
- [BBC Children in Needs Workout Videos](#)
- [Jump Start Jonny](#)
- [TAGTIV8 Active Learning Games](#)
- [Cosmic Kids](#)
- [Qvestr School Closure](#)
- [Go Noodle](#)
- [Energetic Education - story based movement adventures](#)

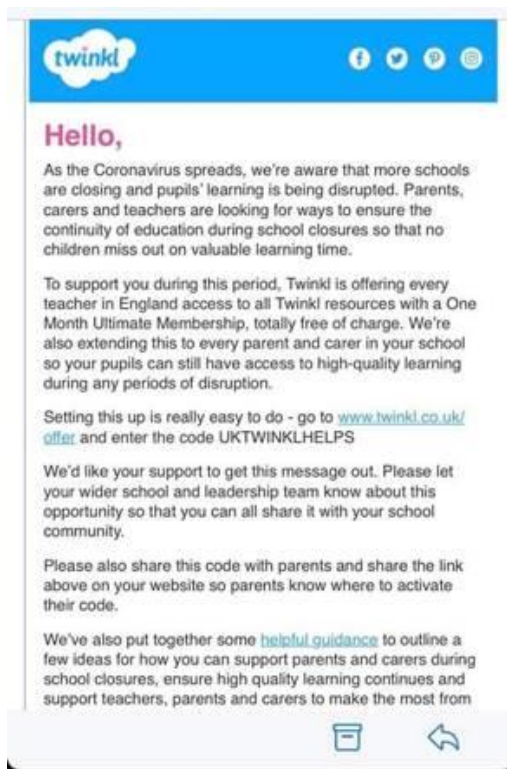
Resources and Advice Specific to Children and Young People with SEND:

- [Young Minds – COVID-19 and families with disabled children](#)
- [Easy-read guide to coronavirus from Mencap](#)
- [Dealing with COVID-19: Resources for Special Educators, Therapists & Families](#)
- [COVID-19 Information for Parents and Carers - WellChild](#)
- [WellChild calls on Government and society to step-up for vulnerable children with serious health needs in light of COVID-19](#)

Resources to Support Home Learning:

We recommend you/ families read through/watch all content prior to sharing with children and young people.

- [BBC Teach PSHE Resources](#)
- [Children’s Mental Health Playlist – BBC Teach](#)
- [School Wellbeing PSHE Page](#)
- [School Wellbeing SEMH Web Links](#)
- [TED ED / TED ED Lessons](#)
- [TES: COVID-19 Home Learning Pack](#)
- [COVID-19 Support Resources: Google for Education](#)
- [50 Things To Do Before You’re Five](#)



Please share this information far and wide, let's do what we can to keep children happy, learning, laughing and calm!

Tweet your activities and keep each other motivated using [@SchoolWellbeing](#)

Please note: the SEMH resources are aids to professional help, but not substitutes.

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