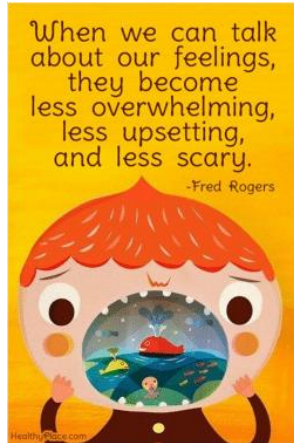


# Emotional Support for Children (and their Grown-ups!)

UPDATED 1.4.20



Some children are naturally feeling more anxious during this difficult time. Here are some links to resources that may support your child. These will be updated weekly.

Coronavirus story: <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Self-isolation activities: <https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>

Our School is Closing story: <https://www.elsa-support.co.uk/our-school-is-closing-for-a-while/>

Social Contact story: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Social-contact-story.pdf>

We are at Home story: [https://www.elsa-support.co.uk/we-are-at-home-right-now/?utm\\_source=mailpoet&utm\\_medium=email&utm\\_campaign=some-more-resources-to-support-the-coronavirus-situation\\_82](https://www.elsa-support.co.uk/we-are-at-home-right-now/?utm_source=mailpoet&utm_medium=email&utm_campaign=some-more-resources-to-support-the-coronavirus-situation_82)

Positive Paper Chains activity: [https://www.elsa-support.co.uk/positive-paper-chains/?utm\\_source=mailpoet&utm\\_medium=email&utm\\_campaign=some-more-resources-to-support-the-coronavirus-situation\\_82](https://www.elsa-support.co.uk/positive-paper-chains/?utm_source=mailpoet&utm_medium=email&utm_campaign=some-more-resources-to-support-the-coronavirus-situation_82)

Starfish Story: <https://www.elsa-support.co.uk/the-starfish-story-and-activity/>

Calming Strategy: <https://www.elsa-support.co.uk/take-a-calming-strategy/>

The Worry Tree: <https://www.elsa-support.co.uk/the-worry-tree/>

Health and Wellbeing During Coronavirus: <https://www.elsa-support.co.uk/health-and-wellbeing-during-the-coronavirus-outbreak/>

Sleepy Mobile: <https://www.elsa-support.co.uk/sleepy-mobile/>

Emotions Wheel: <https://www.elsa-support.co.uk/emotions-wheel-art-therapy/>

Roll a Positive Question: <https://www.elsa-support.co.uk/roll-a-positive-question/>

April Wellbeing Calendar: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/april-calendar.pdf>