

Social, Emotional and Mental Health

[My School is Closed](#)

This little book helps explain the current situation to children.

[About Coronavirus for kids](#)

This guide helps explain a little about coronavirus if your child is worried.

[Mood Monster Fans](#)

To support understanding of how your child is feeling and to start a conversation.

Other great websites for emotional and mental health support

- Leeds Mindmate - <https://www.mindmate.org.uk/>

Great resources and links which are used in school

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

Advice for parents and children

- NHS – <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

A 5 steps guide to mental wellbeing