



Hello,

We've heard that you might have a child or children at home at the moment having to self-isolate for a while. We understand that for some this might seem a bit frustrating and confusing.

We've put together a small pack for you to share with your child which has some activities that might help keep their minds active and not worry about these unusual times. We've also given you some links and resources for more ideas and support if you need it.

Also when they are ready to go back to school they might like to watch this short video we've made. It has some useful hints and tips that might make going back to school a little bit easier.

<https://www.youtube.com/watch?v=7MaVy8nLxuE&feature=youtu.be>

Thank you
Mental Health Support Team in Schools

