

# CHILDREN AND YOUNG PEOPLE

INFORMATION ON COVID-19  
AND HOW TO COPE

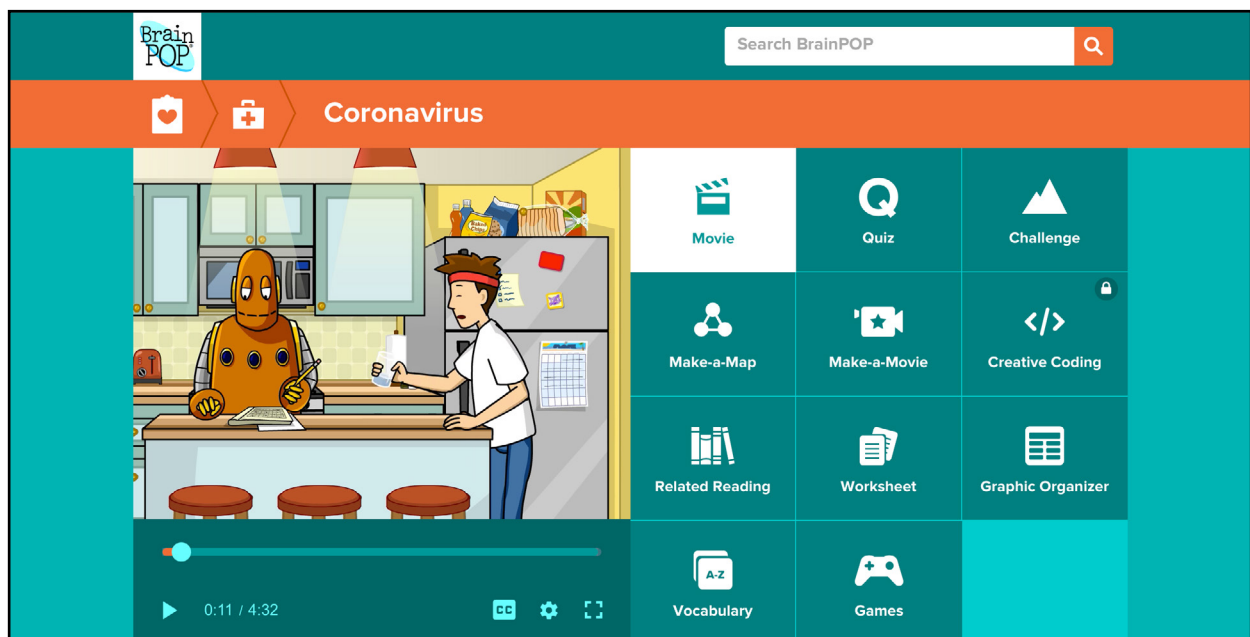


*Feeling concerned or overwhelmed by the news around coronavirus (COVID-19) is understandable, especially if you are a Child or a Young person who is caring for someone in your family.*

*You could be feeling worried about your own health, or someone in your family, or what impact the virus will have on your life. This document provides information, links and advice, to help you during this time.*

# Brain POP

Brain Pop has put together an excellent little [animation](#) that explains clearly what COVID-19 is, helping you learn the facts that can help ease your mind.



The screenshot displays the BrainPOP website interface. At the top left is the BrainPOP logo, and at the top right is a search bar labeled "Search BrainPOP". Below the search bar is an orange navigation bar with a heart icon, a plus icon, and the text "Coronavirus".

The main content area is split into two sections. On the left is a video player showing an animation of a robot character (Brain Pop) and a human character in a kitchen setting. The video player includes a progress bar and a play button, with the text "0:11 / 4:32".

On the right is a grid of interactive learning tools, each with an icon and a label:

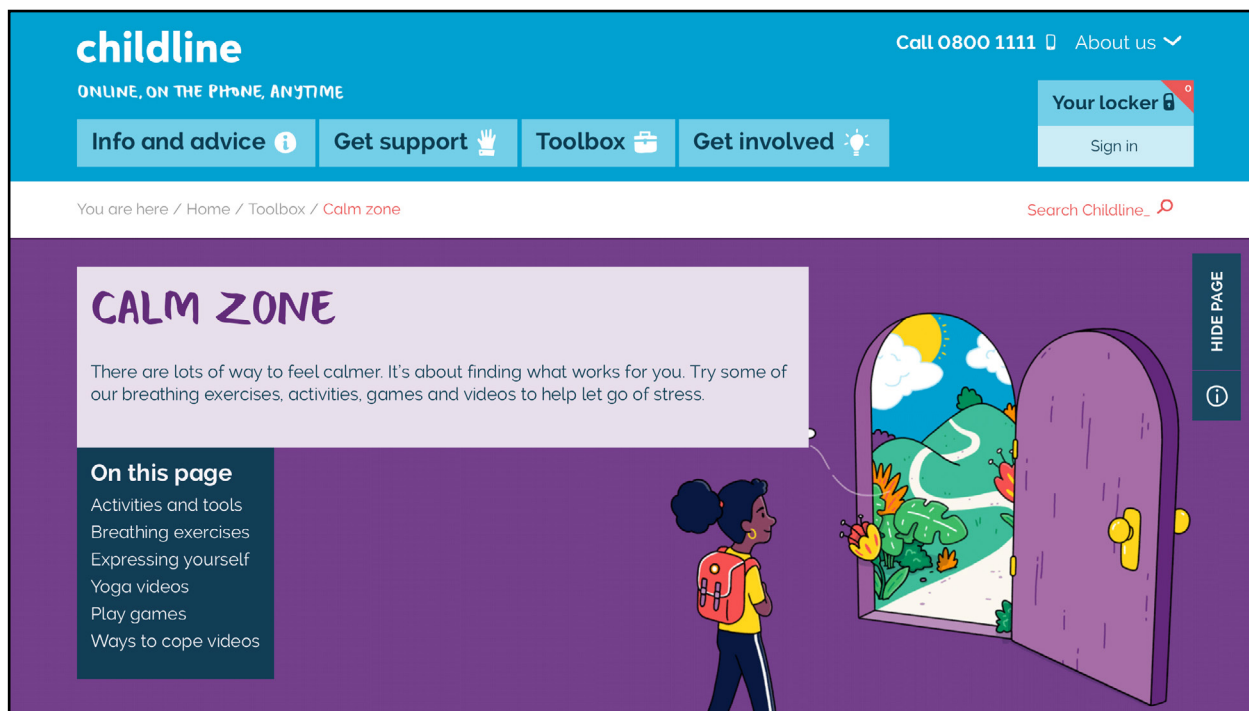
- Movie (clapperboard icon)
- Quiz (letter Q icon)
- Challenge (mountain icon)
- Make-a-Map (network icon)
- Make-a-Movie (video camera icon)
- Creative Coding (code symbols icon)
- Related Reading (books icon)
- Worksheet (document icon)
- Graphic Organizer (grid icon)
- Vocabulary (A-Z icon)
- Games (game controller icon)

# childline

ONLINE, ON THE PHONE, ANYTIME

*[Worries About the World](#) is a page on the Childline [website](#) which can help if you're feeling anxious about coronavirus.*

*Childline also has a [Calm Zone](#) which is a tool box page that offers lots of ways to feel calmer. It's about finding what works for you. They feature breathing exercises, activities, games and videos to help let go of stress.*




The screenshot shows the Childline website interface. At the top, there is a blue header with the 'childline' logo and the tagline 'ONLINE, ON THE PHONE, ANYTIME'. To the right of the header, there is a phone number 'Call 0800 1111', a link to 'About us', and a 'Your Locker' section with a 'Sign in' button. Below the header is a navigation bar with four buttons: 'Info and advice', 'Get support', 'Toolbox', and 'Get involved'. A breadcrumb trail indicates the current location: 'You are here / Home / Toolbox / Calm zone'. A search bar is located on the right side of the navigation bar.

The main content area is titled 'CALM ZONE' in large purple letters. Below the title, there is a paragraph of text: 'There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.' To the right of this text is a large illustration of a purple door that is open, revealing a bright, colorful landscape with a sun, clouds, a winding path, and flowers. A cartoon girl with a red backpack is standing in the doorway, looking out. On the right side of the page, there is a vertical button labeled 'HIDE PAGE'.

On the left side of the main content area, there is a dark blue box titled 'On this page' containing a list of links: 'Activities and tools', 'Breathing exercises', 'Expressing yourself', 'Yoga videos', 'Play games', and 'Ways to cope videos'.




*Save the Children has lots of information about COVID-19 and ways of keeping yourself safe during this time. It has tips on how to talk about the virus as well as ways of coping with school closures.*


Q
DONATE

## 7 SIMPLE TIPS ON HOW TO TALK TO KIDS ABOUT THE CORONAVIRUS

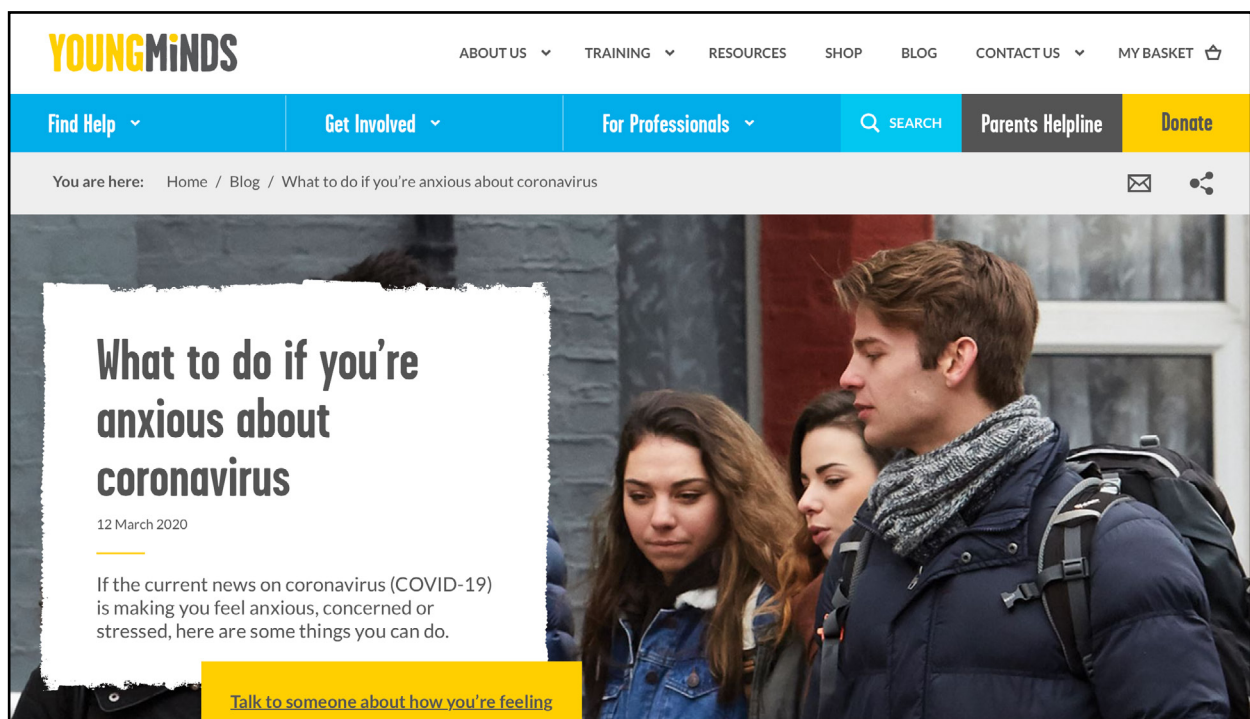
1. Be calm, honest, and informed.
2. Tailor your approach based on your child—think about whether more information makes them more or less anxious.
3. Share facts simply and calmly—kids take their cue from you.
4. Ask your child what they know, answer their questions and address any misinformation.
5. Validate their feelings, while reassuring them- “I understand this can be scary. The risk is still low, and we’re well prepared.”
6. Remind them of what’s in their power—washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.
7. Model good hygiene, and try to make it fun! Think of or create a favorite song to sing while scrubbing hands for at least 20 seconds.





# YOUNGMINDS

*Feeling concerned or overwhelmed by the news is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, the health of someone in your family, or what impact the virus will have on your life. [Young Minds](#) have some steps easy to use steps for you to take if you are feeling anxious.*

A screenshot of the Young Minds website. The header includes the Young Minds logo and navigation links: ABOUT US, TRAINING, RESOURCES, SHOP, BLOG, CONTACT US, and MY BASKET. Below the header is a navigation bar with 'Find Help', 'Get Involved', 'For Professionals', a search bar, 'Parents Helpline', and 'Donate'. A breadcrumb trail reads 'You are here: Home / Blog / What to do if you're anxious about coronavirus'. The main content area features a large image of three young people looking thoughtful. Overlaid on the image is a white box with the title 'What to do if you're anxious about coronavirus', the date '12 March 2020', and a short paragraph: 'If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.' A yellow button at the bottom of the box says 'Talk to someone about how you're feeling'.

# YAC BOOK

*[Yacbook](#) is an online community and resource centre for Young Adult Carers which offers tips and advice on how to be kind to yourself during the lockdown.*

