

Coronavirus Resilience Resources

Anokha Learning



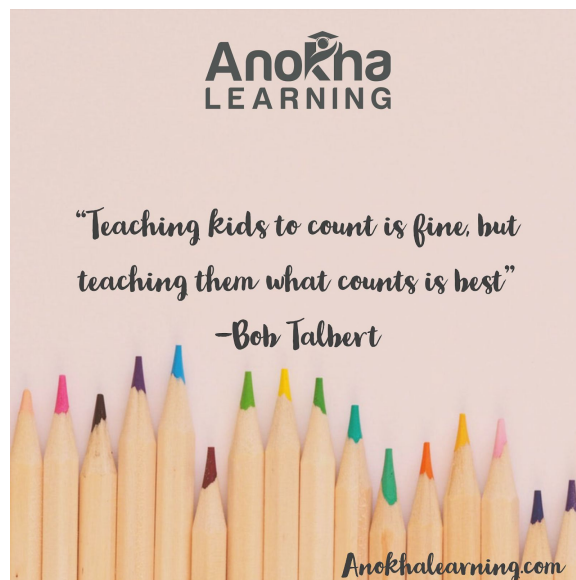
Support for Teachers

Introduction

We want to say well done to all teachers for all of the uncharted ground you have covered due to the COVID-19 pandemic. Please accept this gift of knowledge and research we have created for you. We have compiled this document of helpful resources to help support your wellbeing and resilience in these uncertain times. We have also researched and collated tools to support the children, staff and families in your school community. We hope that you find something here to support you now and in the future. Please keep in touch with us, we would love your feedback. If you are on Social Media you will know we do our best to share useful topical resources on our Facebook page. We are always happy to share your contribution.

We hope you can recharge this summer, fill your cups with good things and we wish you the best for the coming school term.

Fiona Quinn, Course Director and all at team Anokha Learning.



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Let's Start with Some Tools!

The [Calm App](#) - there was a free subscription for educators that has been suspended for now, the app is excellent. If you find it difficult to switch off at night the sleep stories are worth trying. [Here](#) are some free resources from the Calm Blog.

Headspace Meditation and Mindfulness App, free and paid content

<https://www.headspace.com/headspace-meditation-app>

MyLife Meditation and Mindfulness App - free and paid content for adults and children.

This app allows you to do a check in to help select the best type of content to match your needs. <https://my.life/>

Twinkl and UK mental health charity Mind have partnered up to create a selection of resources to help and support educators during times of school closures and partial reopenings.

https://www.twinkl.ie/resources/twinkl-partnerships/mind-partnerships/teacher-wellbeing-during-school-closure-mind-partnerships?utm_source=referral&utm_medium=social&utm_campaign=partnerships-ourfrontline

Mindful colouring

https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf

Employee Assistance Wellbeing Programme - Free, Confidential Service

<https://www.education.ie/en/Education-Staff/Services/Employee-Assistance-Wellbeing-Programme/Employee-Assistance-Wellbeing-Programme.html>

[Aware Life Skills Programme](#) - 'Based on the principles of Cognitive Behavioural

Therapy (CBT), the Life Skills programme is designed to help people learn more about how we think and how this can influence our actions in helpful or unhelpful ways' these programmes run across the country regularly and are also available online.

Supportive Resources for Return to School

<https://blissfulkids.com/three-mindful-ways-to-wash-hands/>

Mindful hand washing - washing hands with gratitude, loving kindness and mindfulness.

Breathing techniques for children - audio download from David Coleman (can also be used for adults)

<https://anokhalearning.com/all-courses/breathing-techniques-for-anxious-kids/>

A Recovery Curriculum: Loss and Life for our children and schools post pandemic.

Reflections from the UK on how children may have been impacted mentally and emotionally by the sudden school closures and how schools may need to adapt to meet their needs.

https://www.evidenceforlearning.net/recoverycurriculum/?fbclid=IwAR2CGjMLCy3zyZFwTKcOf20AolsuXcs-ZOo1JneeotyPGAA-r2TmNu_zPqo

Mindfulness Resource featuring guides to stay calm and connected, managing self care and living mindfully, including gratitude, loving kindness practices and more.

<https://www.mindfulnessclinic.ie/wp-content/uploads/2020/04/RESOURCE-CV19.pdf>

Perspective from the UK on how school communities might respond to the impact of the recent lockdown and school closures - 'It's pretty obvious that we can't just pick up, without missing a beat, exactly where we left off. We need to acknowledge the big event everyone will have experienced in terms of the lockdown – and for some, the significant loss associated with it – before we can hope to get back to the business of teaching and learning'

<https://schoolweek.co.uk/a-recovery-curriculum-or-recovery-conversations/>

<https://restoreourschools.wordpress.com/>

Supportive Resources for Return to School

How we plan for the return to the classrooms, playgrounds and corridors of schools (Curated by a restorative collective of researchers, practitioners and school leaders).

This article sets out a framework to foster understanding about the possible impacts of the Covid-19 pandemic on members of the school community. It acknowledges that different individuals may have been affected in different ways and provides prompts to guide school communities to deepen their understanding.

<https://restoreourschools.wordpress.com/>

Resources from the East Midlands Education Support Service. The links include therapeutic stories, related activities and information on supporting children who have experienced loss and bereavement. In addition the links include wellbeing advice for adults and resources to support school staff. <https://em-edsupport.org.uk/Page/7730>

This short article includes practical pointers on creating a social story about going back to school to help children to prepare for the transition following the recent school closures. Although the article specifically refers to children with ASD it could be a helpful resource for all. The article also features links to useful tools for creating digital stories.

<https://www.altogetherautism.org.nz/creating-a-personalised-social-story-about-going-back-to-school/>

Free downloadable “back to calm” packs from Relax Kids. There are two downloadable packs available. One is targeted at parents/guardians and features calming activities and mindful relaxation exercises aimed at helping children to manage any anxiety associated with the return to school. The second calm pack is aimed at providing school staff with calming exercises and activities that can be used throughout the day in a classroom setting to help pupils to manage the transition back to school.

<https://www.relaxkids.com/backtocalm>

Supportive Resources for Return to School

A worry monster activity

https://tannerydrift.herts.sch.uk/wp-content/uploads/dlm_uploads/2020/03/Worry-Monster-activity.pdf

Aslam autism specific Coronavirus resources from social stories to health passports.

<https://asiam.ie/asiam-and-covid19/>

Coronavirus anxiety workbook (suitable for adults)

This free resource enables the user to create a bespoke stress resilience plan.

Guidance is provided on coping tools such as thought challenging and using distraction activities to help manage anxiety. The user is encouraged to engage in daily practices such as gratitude, breathing and exercise to boost their mental and emotional wellbeing.

<https://www.depauw.edu/files/resources/coronavirus-anxiety-workbook.pdf>

Advice for parents/guardians, staff and young people

<https://www.annafreud.org/coronavirus/>

See also <https://www.annafreud.org/on-my-mind/self-care/> self-care resources for young people.

Article about the impact of Covid-19 on teachers

<https://teachmiddleeastmag.com/taking-a-hard-look-at-teacher-wellbeing-during-covid-19/>

General Resources for Teachers and Families

It's not just you. There's a reason kids are clingy right now.

https://www.huffpost.com/entry/children-clinginess-separation-anxiety-covid-19_l_5ec42f8bc5b66aed0c277db7?fbclid=IwAR0MgFOuGf4cDi1u0pTEal3HRYuN3Byc7XnfOs2Vp4inFG5ik-p0tA9GcJA

Article from Maureen Gaffney on the psychological impact of the Coronavirus

<https://www.irishtimes.com/life-and-style/health-family/maureen-gaffney-covid-19-has-scored-a-direct-hit-on-our-most-basic-psychological-drives-1.4258092>

How is Lockdown shaping your child's future? Article from David Coleman

https://davidcoleman.ie/how-is-lockdown-shaping-your-childs-future/?fbclid=IwAR0GI4eOreTgvgJjPympy-HCCYXeDt3GCs1GX9Dh9IslaVnlmyQMrEplk_0

General Q & A's on David Coleman's blog, including some on the topic of the coronavirus

<https://davidcoleman.ie/blog/>

A comprehensive list of home learning resources

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

NEPs advice and resources for keeping children and young people well during Covid-19.

<https://www.gortalainn.ie/schoolnotes/neps-advice-resources-for-keeping-children-and-young-people-well-during-covid-19/>

General Resources for Teachers and Families

Resources to look after heart, body and mind from Barnardos, for adults and children.

This link has been frequently updated with helpful links and tools. The suggested activities could be shared as a homework/homeschool activity. The resources are categorised by heart, body and mind. The heart activities explore understanding and managing feelings. The body activities focus on breathing and movement/relaxation to stay connected to the present. The mind activities promote awareness of thoughts and how to develop more positive thoughts bringing the family together.

https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/heart-body-and-mind?fbclid=IwAR2Gtje2z8UmiFPdUt1Dihd7zDYmJuYICCoksAzuo4a6K22DdwtZWVI_zJA

The ISPCC Covid Resilience Hub. Features information on the Childline helpline, the Parent Hub and further recommended supports including our Scared Kids Course.

<https://www.ispcc.ie/our-services/covid-19-resilience-hub/>

This website features a wealth of resources to support the mental and emotional wellbeing of children. <https://www.elsa-support.co.uk/category/free-resources/>

Downloadable free resources, including visual anchors and discussion tools (Click on the images to access). Topics covered include goal-setting, changes in routine, my Circle of Love, and a Worry Clock.

<http://plantlovegrow.com/anxiety--insecurity.html>

Free Children's Book Downloads

Molly and the Shutdown - A free story and colouring book (available in English and Irish) for children on the topic of the Covid-19 pandemic and the impact of the restrictions. Themes include feelings and emotions, hygiene, and missing friends and family.

<https://www.graffeg.com/mollyandtheshutdown/>

Emma Cahill, children's book author provided us with the following information about her books as well as a video she created for Mental Health day that is equally valuable now.

Under the Mask' (A story about three loveable superheroes teaching children how to recognise and manage their emotions. Blaze, Crash and Rustle teach children how to activate their superpowers (coping mechanisms) to help deal with their strong feelings in a safe way).

'Inside Feelings' - Due to the current pandemic, I decided to bring the Superheroes back and create a FREE short story for children to help them understand and manage the varying emotions that arise during this anxious time. This book is a simple story of a boy in lockdown who calls the Superheroes for help dealing with sadness, anger and worry at this time. It includes simple coping mechanisms for children as well as important messages about staying positive and remembering that this will not last forever.

<https://emmacahill.ie/inside-feelings/> Inside Feelings Book Download

https://www.youtube.com/watch?v=uRQdMahG_7M Video from Emma

Recommended Reading

This book is aimed at children aged 6 to 12 and the adults who are supporting them. It explores the feelings we may experience when we are exposed to media reports about “bad things”. Because the book doesn’t specify the event this book can be helpful to address childhood concerns about events such as environmental threats, diseases, tragedies, etc.

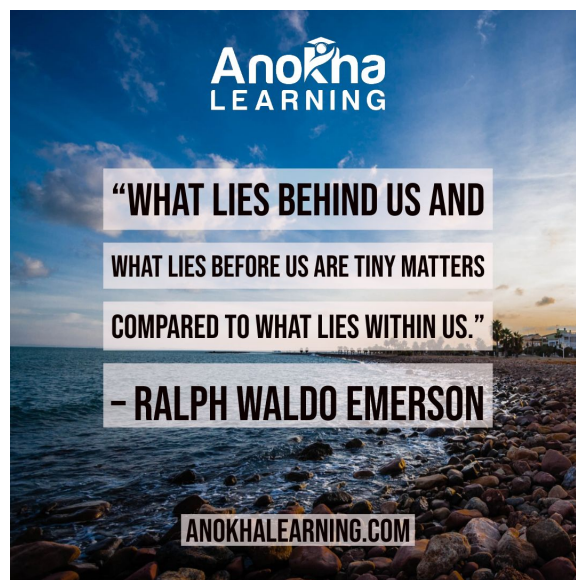
Huebner, D., & McHale, K. (2020). Something bad happened: A kid's guide to coping with events in the news.

Gorgeous images and texts fill this book with inspiration and thoughtful reflection. A must for every home or classroom.

Mackesy, C. (2019). The boy, the mole, the fox and the horse. (for adults and children)

Kindfulness - you just have to read this book and keep it!

O'Morain, P. (2019). Kindfulness: Be a true friend to yourself - with mindful self-compassion.



Teaching Council Articles

Login using your Teaching Council number and password on the Teaching Council website to access the articles below.

Coryton, D. (2020). What does the research evidence tell us about the effect of closing and reopening schools during the coronavirus pandemic? Learning & Skills Bulletin, 331, 18-27.

Gewertz, C. (2020). Remote teaching: “I started to have a panic attack”. Education Week, 39, 30, 10.

Samuels, C. (2020). Will learning gaps widen as schools stay closed? Education Week, 39, 28, 5.

