

## Supporting all Student's Emotional Well-Being.

While it is important to stay informed about the coronavirus pandemic and recognise that this is a difficult time for everyone, it is also necessary to look after our student's overall well-being and imperative to put your own well-being first where possible.

Anxiety levels are high and our regular coping mechanisms may not be accessible due to school and public building closures. It is well documented that parental warmth and sensitivity levels have a bearing on your child's emotional well-being (Dwyer et al., 2003; Edwards et al., 2010; Robinson et al., 2008, Nixon, Layte & Thornton, 2019). During this time it is important to listen to your child's worries and concerns about the current situation and give them the necessary vocabulary.

Below is a compilation of online resources and games that teachers might like to refer to when communicating with parents or when designing materials to share with parents for their students. It addresses three key areas: emotions, mindfulness and physical activities.

<p style="text-align: center;"><b>Emotions and keeping calm</b></p>	<ol style="list-style-type: none"> <li>1. Activity worksheet pack</li> <li>2. Activity worksheet pack</li> <li>3. Activity booklet</li> <li>4. Emotions resources</li> <li>5. Activity sheets</li> </ol>	<ul style="list-style-type: none"> <li>• <a href="https://www.twinkl.ie/resource/cfe-s-69-if-im-feelingi-can-activity">https://www.twinkl.ie/resource/cfe-s-69-if-im-feelingi-can-activity</a></li> <li>• <a href="https://www.twinkl.ie/resource/anxiety-and-stress-activity-pack-t2-p-628">https://www.twinkl.ie/resource/anxiety-and-stress-activity-pack-t2-p-628</a></li> <li>• <a href="https://www.twinkl.ie/resource/t-s-4403-staying-calm-activity-booklet">https://www.twinkl.ie/resource/t-s-4403-staying-calm-activity-booklet</a></li> <li>• <a href="https://www.twinkl.ie/resource/roi-s-19-july-provision-emotions-resource-pack">https://www.twinkl.ie/resource/roi-s-19-july-provision-emotions-resource-pack</a></li> <li>• <a href="https://www.twinkl.ie/resource/t2-p-464-positivity-jar-activity-sheet">https://www.twinkl.ie/resource/t2-p-464-positivity-jar-activity-sheet</a></li> </ul>
<p style="text-align: center;"><b>Mindfulness for children</b></p>	<ol style="list-style-type: none"> <li>1. Colouring sheets</li> <li>2. Youtube</li> <li>3. Website</li> </ol>	<ul style="list-style-type: none"> <li>• <a href="https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack">https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</a></li> <li>• <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> <li>• <a href="https://www.headspace.com/meditation/kids">https://www.headspace.com/meditation/kids</a></li> </ul>
<p style="text-align: center;"><b>Exercise for kids</b></p>	<ol style="list-style-type: none"> <li>1. Website</li> <li>2. Website</li> <li>3. Videos</li> <li>4. Videos</li> </ol>	<ul style="list-style-type: none"> <li>• <a href="https://www.thepeshed.com/">https://www.thepeshed.com/</a></li> <li>• <a href="https://www.pdst.ie/PSSI-Lessons">https://www.pdst.ie/PSSI-Lessons</a></li> <li>• <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></li> <li>• <a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a></li> </ul>