

- We have developed [online training](#) and are part-funding both the training and materials for our Skills for Life programmes to make them accessible to as many schools and teachers as possible. [Book your place](#) on our online training courses - Limited spaces available
- It's tough for children during the Covid-19 lockdown, [download activities](#) to boost your child's wellbeing during this difficult time

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Resources to boost your child's wellbeing during the Covid-19 lockdown



During the Covid-19 lockdown, we're all feeling less secure and missing our usual routines. But just as doing exercise improves your physical health, you and your child can do activities to boost their mental health.

These activities are based on our [Skills for Life programmes](#). Use them to help your child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.

Our Activities:

- Take around 10 minutes to complete and can be downloaded or done with pen and paper
- Cover the following themes: Feelings, staying connected, dealing with change, getting along, dealing with worries and relaxing
- Designed for children aged five to nine but can be adapted for younger or older children
- Include instructions for adults to complete the activities with children

Download your FREE Covid-19 children's wellbeing activities for teaching staff and families here:

Pack 1:



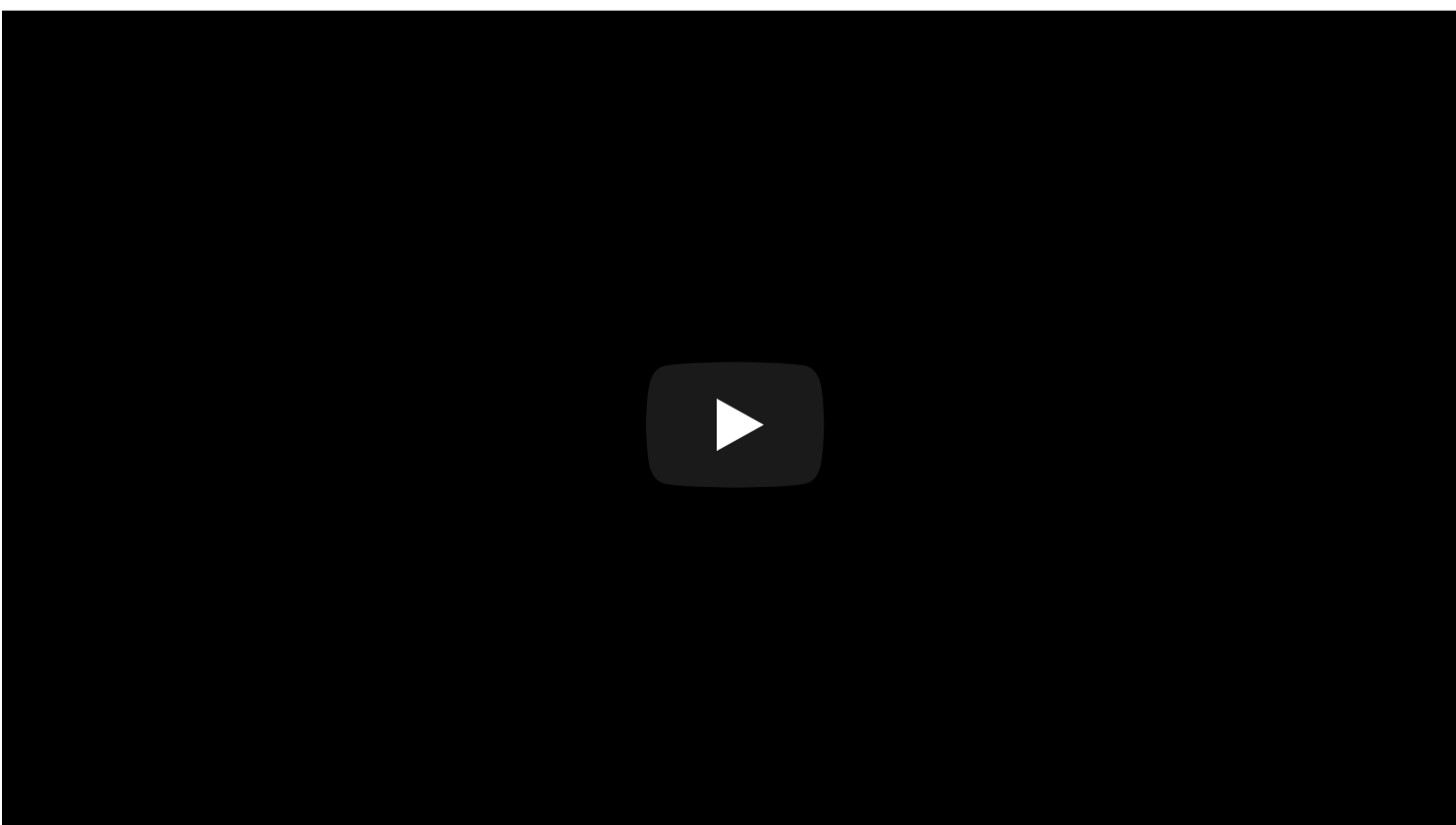
Pack 2:



Pack 3



Our short video will guide you through how to use the activities at home - both the video and activities are free to distri



Additional resources:

- More activities will be available in the coming weeks available on our Facebook page: www.facebook.com/PfChildren
- We will shortly be sharing adapted versions of our Covid-19 resources to boost children with [special educational needs](#) wellbeing

Please share!

Please feel free to share photos and posts about children completing the activities and tag us! #PfChildren

Healthy Coping Strategies

In some of the activities, your child will learn to come up with different coping strategies and choose the best coping strategy. There are two 'Golden Rules' which help your child to choose a healthy coping strategy:

- It makes me feel better
- It doesn't hurt me or anyone else

If a strategy obeys these rules, it's good to use!

Partnership for Children is an international charity which promotes the mental health and emotional wellbeing of children around the world. We produce mental health promotion programmes for primary schools that teach children skills for how to get on with others, and how to deal with difficulties. [Our programmes](#) meet all elements of the Mental Wellbeing, guidance for Relationships and Health Education for primary schools.

IMPORTANT:

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TELEPHONE : 00 44 (0) 20 8974 6004

EMAIL: info@partnershipforchildren.org.uk

Partnership for Children, 26-27 Market Place,
Kingston upon Thames, Surrey, KT1 1JH, England
Registered Charity number: 1089810

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