



PURSTON INFANT SCHOOL
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31st March 2020

Dear Parents and Carers,

Below are some resources and links to help any parents currently supporting their children at home due to Coronavirus. They include information relevant to children across the early years and school age range including those with special educational needs and disabilities.

These are not recommendations but possibilities to support your children at home. They include stories and advice for discussing coronavirus, links to home timetables and inclusive resources.

I hope they are helpful over the coming weeks.

Miss Crossley

Information on coronavirus for children

Covibook – Supporting children and families around the world – Available in 18 different languages. A storybook used to support explaining coronavirus to young children.

<https://www.mindheart.co/descargables>

Carol Gray has produced a social story for older children (<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>) about coronavirus and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.

The Autism Education –

A social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite place.

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Information for parents of how to support children though COVID19

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2



Information for those with sensory difficulties who struggle with handwashing
<https://www.sensoryintegration.org.uk/News/8821506>

Advice/ Guidance for a home visual timetable

<https://www.autism.org.uk/about/strategies/visual-supports.aspx>

<https://www.twinkl.co.uk/resources/class-management/daily-routine/visual-timetable>

Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.headspace.com/meditation/kids>

Sensory and messy play activities for children with additional needs

https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AInVCXXW_ZMOg4I3XdynIze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc

50 sensory learning activities

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>

Inclusive Teach activities

<https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/>

Ways to learn through play

<https://www.youtube.com/channel/UCpkztoFHlgP4ipJDKWNWaHA>