

## Resources for ASN pupils

### Talking about Covid-19

Informative video lesson on Covid-19. Parents might need to clarify some of the language used

- <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Newsround videos on Covid-19. Parents are advised to watch first to check suitability for their child.

- <https://www.bbc.co.uk/newsround#more-stories-2>

Social stories on Covid-19 and school closures

- <https://blogs.glowscotland.org.uk/er/healthierminds/>

Social story on the Covid-19 from The Autism Educator

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

\*Please note the copyright protection information at the end of this resource

Social story on Covid-19 from Carol Gray

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Downloadable book in different languages to support understanding and reassure children

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

Social story from Mencap

- <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

Visual from NHS to help parents when explaining Covid-19 to children

- [https://www.rcpch.ac.uk/sites/default/files/2020-03/covid-19\\_childfriendly\\_poster\\_cc\\_march2020.pdf](https://www.rcpch.ac.uk/sites/default/files/2020-03/covid-19_childfriendly_poster_cc_march2020.pdf)

### Sensory strategies

NHS website for sensory supports

- <https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>

### Calming strategies

App designed for children with ASD or ASN to relax using animated stories, for ages 3 and up, available on iTunes, Google and Chrome

- **Chill Outz**

#### Calming meditation

- [https://www.calm.com/blog/take-a-deep-breath?utm\\_medium=email&utm\\_campaign=715072-free-mindfulness-resources-from-calm&utm\\_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero\\_object\\_id=su\\_eWE1de2opeEQMZht61XBFMVm](https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZht61XBFMVm)

#### Meditation for children

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

#### Brainstem calmers

- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-Calmer-Activities.pdf>

#### Lots of ideas for a calm down box for children

- <https://glowscotland.sharepoint.com/sites/SouthLanarkshire/Staff/inclusion/asd/Shared%20Documents/Sensory%20Processing/what-to-put-in-a-calm-down-kit-free-printable-list.pdf>

#### Sarah Philip guided relaxation for children

- <https://www.sarahphilcoaching.com/guidedrelaxation>

### Visual timetables and supports

#### Visual supports

- <https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html>

Glasgow Educational Psychology Service has an example of a visual timetable to support children

- <https://twitter.com/GlasgowEPS>

North Lanarkshire Council also have an example of a visual timetable

- <https://twitter.com/SchoolsNlc>

Free Boardmaker symbols on Covid-19

- <https://twitter.com/TinaBoardmaker>

### Support for parents

British Psychological Society general advice on talking to your child about Covid-19

- <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

Advice for parents

- [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

Parenting across Scotland have further advice for parents

- <https://www.parentingacrossscotland.org/info-for-families/coronavirus/>

Young Scot has links for older children and young people

- <https://young.scot/campaigns/national/coronavirus>

Handwashing tips

- <https://www.sensoryintegration.org.uk/News/8821506>

Scottish Autism have a helpful pack for parents with advice and a support line

- <https://www.scottishautism.org/services-support/support-individuals/autism-advice-line-01259-222-022>
- [https://www.scottishautism.org/sites/default/files/covid-19\\_support\\_document.pdf](https://www.scottishautism.org/sites/default/files/covid-19_support_document.pdf)

Lanarkshire Carers Centre for support for general support for parents

- <https://carers.org/partner/carers-trust-lanarkshire-carers-centre-0>

## Other

Advice for children with asthma

- <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

Site to make washing your hands more fun with your favourite song

- [https://washyourlyrics.com/?fbclid=IwAR0zYTMI5GlxJUuWRF8iEEDIR9PUSlhyoGdfJyK2U5g9eNqurto5L\\_H88-A](https://washyourlyrics.com/?fbclid=IwAR0zYTMI5GlxJUuWRF8iEEDIR9PUSlhyoGdfJyK2U5g9eNqurto5L_H88-A)

Excellent video of a pupil from our own Hamilton School for the Deaf in BSL on handwashing

- <https://twitter.com/HSFDeaf>