

Here are a range of Social Stories and some work to help with Anxiety during this strange time.

<https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf>

<https://www2.hse.ie/wellbeing/child-health/advice-children-parents-covid-19.html>

<https://www.alustforlife.com/tools/covid-19-information-for-children>

<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

<https://www.psychologicalsociety.ie/source/18%20Practical%20Tips%20For%20Parents%20To%20Support%20The%20Psychological%20Wellbeing%20Of%20Children%20During%20The%20COVID-19%20Crisis.pdf>

<https://www.psychologytoday.com/ie/blog/parenting-new-generation/202003/reassuring-children-during-the-covid-19-pandemic>

Social stories

Carol Gray **Coronavirus Social Story**:: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

<https://kdys.ie/resources/family-support-resources-online/>

<https://www.lucysblueday.com/product-page/lucy-s-in-lockdown>

Anxiety Workbooks

[Outside the Box Learning Resources](#) has produced a FREE activity journal, **At Home with Weaving Well-being**, to help children to enhance their mental well-being through a range of activities. It is most suitable for children aged 8 to 12 years old, but can be adapted for younger or older children. <https://autism.ie/wp-content/uploads/2020/04/At-Home-with-Weaving-Well-being-A-Mental-Health-Journal-for-Kids.pdf>

<http://www.socialworkerstoolbox.com/mighty-moe-an-anxiety-workbook-for-children/>

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>