

Key Stage 2

[YouTube Video by Brain Pop](#). An excellent clip for primary aged children, explaining the virus and how to stay healthy.

Two free Twinkl resources, the first is a [daily news PowerPoint](#) explaining school closure around the coronavirus and looks at children's emotional reaction to this. [The second is a PowerPoint to support children in key stage 2 who may be upset and anxious about content in the news](#)

<https://www.twinkl.com/resource/t2-p-288-what-to-do-if-you-are-upset-by-the-news-powerpoint>

App. Chill Panda is an app that helps children learn to relax and manage their worries. The app suggests simple tasks to suit your state of mind, such as breathing techniques and light exercise.

It can be downloaded from the [App Store](#) for free or from [Google play](#)

Book. *Potter's Boy* by Tony Milton. Book aimed at 9 to 12-year-olds a story of a boy who wants to be a warrior but has an underlying theme of mindfulness. Available from libraries or [Amazon](#)