Below is a list of useful websites for mental health and well-being during the Coronavirus Lockdown.

1. Childline - [www.childline.org.uk/toolbox](http://www.childline.org.uk/toolbox)

There is a section called ‘Toolbox’ that has games and a calm zone to support children with their feelings and worries during this time.

1. Newsround - <https://www.bbc.co.uk/newsround/51887051>

This was a short clip that offers the children ‘Ten Top Tips’ if you’re worried about coronavirus.

1. <https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

This is a colourful poster that has top tips for children who are feeling anxious. It explains the feeling of anxiety and would be a good starting point for parents/teachers to talk with children who are feeling anxious.

1. <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

This site has some helpful information for parents/carers/teachers to answer questions from children about coronavirus.