

Adnoddau ar-lein a all fod o gymorth

On-line resources which may be of help

Hoffem rannu ychydig o adnoddau gyda chi a all fod o ddefnydd yn ystod y cyfnod anodd ac ansicr hwn. Mae'r pecynnau lles wedi ei creu gan Wasanaeth Sicolegydd Addysg yr Awdurdod Lleol. Adnoddau cyfrwng Saesneg sydd ar gael ar hyn o bryd.

We would like to share some resources with you that may be of help to you during this difficult and uncertain time. The well-being packs have been produced by the Local Authority's Educational Psychologist Services.

EPS Wellbeing Pack 1

Information about Coronavirus

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike.

In this pack we have put together some of the best information we could find to help explain the current situation to children and young people. There are also links to some useful websites and documents that are suitable for both children and adults.

Talking about Coronavirus

Lots of sites have produced some great, easy read documents to help explain Coronavirus and isolation to children and young adults

- MenCap have produced an excellent [Easy read information sheet](#) for adults whose understanding is improved with visuals and bite size chunks of information.
- Mindheart have produced an excellent [information and activity book about coronavirus](#) to open up a conversation about children's concerns. The book encourages children to label their current feelings.
- The Autism Educator have an excellent [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 places.
- [BBC Newsround](#) have a very informative page suitable for secondary school children.

Looking after our Wellbeing

Young Minds UK [advises on anxiety and Coronavirus](#) and provides further information about how young people can [look after their mental health if self-isolating](#).

Psychology Tools provides [a very informative guide](#) for adults and young people emphasising the normality of worry, especially in uncertain times, and gives practical tips and activities to help to combat this.

The Anna Freud Centre provides [clear and simple advice](#) for young people, families and education professionals to minimise the effect that the Coronavirus and isolation has on well-being.

Southend Learning Network has collated lots of [resources](#), fun activities, well-being tips and academic sites to help during social isolation.

Wellbeing Challenge

Challenges from the '5 ways to wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas

1. **Take notice** – Make a list of the wildlife you can see through your window
2. **Connect** – Set up a group video call with you friends
3. **Be active** – Do an online workout like [P.E. with Joe Wicks](#) or [Yoga with Cosmic Kids](#)
4. **Keep learning** - Challenge yourself to learn a new skill e.g. try a new language on [Duolingo](#)
5. **Give** – Make a [home-made gift](#) or drawing for someone in isolation

EPS Wellbeing Pack 2
Information about Coronavirus
Staying Happy, Healthy and Hopeful

The **NHS** have produced a very informative guide to [take care of mind and body](#) which provides practical tips on how to stay physically and mentally healthy in isolation.

5 Ways to Wellbeing have created a fun, family friendly [Healthy Family Challenge](#) to help instil healthy habits such as reduced screen time, physical activity and healthy diet.

Action for Happiness have devised an [Active Coping Calendar](#) with daily actions to help look after ourselves and each other as we face this global crisis together

ELSA-Support have created a [14 day challenge](#) that includes activities to help and support your child's emotional well-being.

Long Creations have devised a [Time Capsule](#) activity that encourages children to recognise their emotions and helps inspire hope by discussing plans for life after Coronavirus.

Play for All

During times of uncertainty and isolation, play helps children of [all ages](#) recover a sense of normality. It allows children to make meaning of what is happening to them, and enable them to experience fun and joy.

Our colleagues in Neath Port Talbot and Doncaster EPS have created informative resources for [Early Years](#) and [Primary](#) aged children that include a wide range of play-based activities.

My Kids Time have listed 50 [play activities by age](#) that could be played indoors during isolation.

Play Wales and **Playful Childhoods** have created practical guides that stress the importance and value of play as well as providing great ideas for [general](#) and [indoor play](#).

Coronavirus has, as with all of us, disrupted the [norm for teens](#) and older children. **Playful Wales** state play is an [important](#) method to manage these changes. See the **My Kids Time** link for older child and teen-friendly activities.

Take notice – try a grounding activity like [The Tree Exercise](#) or the [5-4-3-2-1](#) technique to bring yourself into contact with the present.

Connect – write a letter to a neighbour

Be active – enjoy themed [dance classes](#) with Oti from Strictly Come Dancing

Keep learning – Challenge yourself to learn a new skill e.g., learn how to bake with [Mrs Bun](#)

Give – Write down 3 reasons why you are thankful for someone and share it

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas.

EPS Wellbeing Pack 3

The Wrexham Educational Psychology Service understands how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike.

Playing Outdoors

Woodland Trust has collated some simple [nature-based activities](#) you can enjoy together at home or in your garden

Super Healthy Kids has lots of fun, simple, and creative ways to [help children get outside](#) – ones that don't cost a lot of money, time, or planning.

Naturally Learning has produced a collection of [fun outdoor activities](#) for younger children and toddlers that get them closer to nature.

Pobble have created a list of 25 activities to help [limit screen time](#) whilst in isolation.

Older Children and Teenagers

We have sourced two great collections of [activities for older children and teens](#). These can be done inside or outdoors and aim to [keep teens engaged](#) during their time at home.

The **Institute of Child Psychology** have created a small infographic to explain how [children's play may change](#) during the current circumstances.

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas.

Take notice – Write down 5 things that you are thankful for

Connect – Ring a friend, neighbour or family member you haven't spoken to in a while and reconnect

Be active – Try a [YogaEd](#) class - great online yoga classes for children, teens and adults (suitable for all levels)

Keep learning – Challenge yourself to learn a new skill such as [British Sign Language](#)

Give – Support our NHS. Draw a rainbow to put in your window or join in the '[Clap for our Carers](#)' on Thursday at 8 p.m.

Hefyd gweler y wybodaeth gan Dîm Iechyd Cyhoeddus Prifysgol Betsi Cadwaladr
Also please see the information form the Betsi Cadwaladr University Public Health Team

Annwyl bawb,

Mae tîm Iechyd Cyhoeddus Prifysgol Betsi Cadwaladr yn falch iawn o gyhoeddi bod trwydded aml-dddefnyddiwr ar gyfer pedwar cwrs ar-lein gan Solihull Approach wedi cael eu prynu, a byddant yn cael eu lansio **ar ddydd Mercher Ebrill 29ain**.

Golyga hyn, y bydd gan bob un aelod o drigolion sy'n byw yng Ngogledd Cymru y cyfle i ddefnyddio'r cyrsiau ar-lein yn rhad ac am ddim, sy'n gyfle amserol i gefnogi rhieni yn ystod yr amser digyffelyb yr ydym ynddo.

Mae'r cyrsiau ar-lein ar gael yn ddwyieithog ac yn cynnwys:

Deall Beichiogrwydd, Esgor, Genedigaeth a'ch Babi Cwrs ar-lein i bawb o amgylch y babi (Mamau, Tadau, Neiniau a Fheidiau, ffrindiau a pherthnasau). Ysgrifennwyd gan Bydwagedd Cofrestredig a Gweithwyr Proffesiynol o GIG

Deall eich Babi – Cwrs ar-lein i bawb o amgylch y babi, er mwyn cefnogi chi a'ch newydd ddyfodiad. Ysgrifennwyd gan Seicolegwyr, Seicotherapyddion ac Ymwelwyr Iechyd

Deall eich Plentyn – Cwrs ar-lein poblogaidd am fod y rhiant, nain neu daid neu ofalwr gorau. Sydd wedi ennill gwobr sydd gyda cynnwys cymeradwy

Deall ymennydd eich plentyn yn ei harddegau (cwrs byr) – esbonio beth sy'n digwydd i'r ymennydd yn ystod glasged a sut mae hyn yn esbonio rhai o'r newidiadau

Dear all,

Betsi Cadwaladr University Public Health Team are delighted to announce that a multi-user licence for four Solihull Approach online courses has been purchased and will be launched on **Wednesday April 29th**.

This means, every single resident within North Wales will have the opportunity to access the online courses completely free of charge which is a timely opportunity to support parents during these unprecedented times.

The online courses are available bilingually and include:

Understanding Pregnancy, Labour, Birth and your Baby – online course for everyone around the baby (Mums, Dads, Grandparents, friends and relations). Written by Registered Midwives and NHS Professionals

Understanding your Baby – Online course for everyone around the baby, supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors

Understanding your Child – Popular online course about being the best parent, grandparent or carer. Award winning with trusted content

Understanding your Teenagers Brain (short course) – explaining what happens to the brain in adolescence and how this explains some of the changes you may have noticed about their behaviour

y gallech fod wedi sylwi arnynt yn eu hymddygiad

Mae cyrsiau Solihull Approach yn seiliedig ar dystiolaeth ac wedi'u hachredu gan yr Adran Addysg (DfE) a'u nod yw gwella iechyd a lles emosiynol drwy gefnogi perthnasoedd (www.solihullapproachparenting.com)

Byddem yn gwerthfawrogi eich cefnogaeth i ledaenu'r gair am y cyfle gwych yma drwy roi gwybod i bawb yn eich rhwydwaith am y cyrsiau ac annog eich defnyddwyr gwasanaeth i fanteisio ar y cynnig.

Cadwch olwg ar wefan Tim Iechyd Cyhoeddus Prifysgol Betsi Cadwaladr

The Solihull Approach courses are evidence based and accredited by the Department for Education (DfE) and aim to improve emotional health and wellbeing by supporting relationships (www.solihullapproachparenting.com).

We would appreciate your support to spread the word about this fantastic opportunity by letting everyone in your network know about the courses and encouraging your service users to take advantage of the offer.

Keep checking the Betsi Cadwaladr University Public Health Team website.