



## Our Response to Covid 19

### What are the Inclusion Facilitators offering at this time?

#### Resources

We have lots of resources we want to share with children, young people, families and professionals.

We have free resources that are available to everyone that are easy to follow.

For those that need more specific support we also have a range of guided resources that we can support you to use.

#### Bespoke Support

We are using video calls and phone calls to support:

- Children and Young People
- Families
- School Staff and other professionals supporting children and young people

We can provide support with:

- Activities for families
- Supporting anxious children
- Creating person centred routines
- Building Resilience
- Noticing and Naming feelings
- Managing uncomfortable feelings
- Self-Esteem
- Self-regulation

#### Planning and Looking Forward

We are working on resources and packages that we believe will be helpful to children, young people, families and schools ready for when things start to change again. This includes Transitions, Endings and Working Through Loss.