



# ACT Newsy Bits...

2<sup>nd</sup> Ed.



- **COVID resources for kids** (most are Aussie flavoured!):

Do you work with young kids as a therapist / teacher? Are you a parent or grandparent...

- **Podcast** (12 min.): kids' questions on COVID19 being answered:

<https://podcasts.apple.com/au/podcast/coronacast/id1501500390?i=1000469610108>

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- **Play School** Australia

The ABC (Australian Broadcasting Corporation) regularly run the Play School program for kids. (My daughter was mad about Play School when she was little, as was her mum...☺)

**Play School** recently produced a **show for kids on COVID19**. It explains social distancing and shows a little handwashing sequence with a catching tune:

Watch it on **Facebook**:

<https://www.facebook.com/ABCIndigenous/videos/203708190917813/>

or on **YouTube**:

<https://www.youtube.com/watch?v=sJ-LV11U2Y>

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- **WHO** advice on helping children cope with stress from COVID19

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

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- **Additional email attachments**:

- **STAY HERE** (an acronym) is an **Australian ACT based tool** by Dr Tamar Black for parents / counsellors to help children deal with COVID19

- **Healthy Habits For Our Feelings** are fun activities for the family