The current situation that we find ourselves in is unlike anything that most of us will have experienced before. At times like this it is not only important to consider physical health but also mental health of both pupils and parents. On this page you will find some useful tips and activities to help promote positive mental health and wellbeing among adults and children alike.

**ROBERT explains the corona virus to children | PLAYMOBIL**

This is a useful video that has been produced by Playmobil, to explain Coronavirus to children. This may help to answer some of the questions that children have about the current situation.

<https://youtu.be/5DlOGKpMNs4>

Here are some simple ideas that we can all use to promote positive mental health and wellbeing when our normal routines have been disrupted and we are spending a lot more time at home than usual.





