

7<sup>th</sup> May, 2020

Dear Pupils and Parents of Year 6,

If you or your parents are noticing that you are feeling worried about COVID-19 (Coronavirus) then you may find the below website useful or interesting. I like the CBT (Cognitive Behavioural Technique) model, it gets us to challenge our thoughts and makes us find facts, instead of making things up and getting more and more worried. We all have worries, we all have anxiety (we need it to tell us when to run away from danger or how to react to situations that may harm us), the important thing is how we manage them and what we tell ourselves when we start to panic or feel the anxiety rising.

If you feel worried then have a look at this website, I hope it helps!

**ThinkNinja** resources can be found at: <https://healios.org.uk/services/thinkninja1>

Before coronavirus, [ThinkNinja](#) was a commissioned service only, made available in parts of the country through the NHS, schools, local authorities as well as charities working with young people. During COVID-19 it is free for all and provides a range of content

- Fears relating to the virus
- Isolation struggles and how to stay connected to family and friends
- Worries about personal health and health of family members
- Mental strength
- Coping techniques to use during the crisis
- Plus many other helpful tips

Best wishes to you all,

Ali McEwan

Pastoral & Wellbeing Lead