

Resources to support children’s learning, wellbeing and resilience

Please find below a list of resources that may be relevant and useful for your Early Childhood Education and Care service educators and families. Quality Education and Care NT will continue to share relevant information and useful resources to support the sector during this period.

Active learning resources

The list of resources below can be distributed by services to families to support children’s active learning at home during this challenging time.

NT Government Learning Together: Families and Schools can be accessed via <https://nt.gov.au/learning/learning-together>

It has many resources and advice for parents, carers and families to support their child’s learning at home. The Keeping Kids Learning section of the website has resources for children Birth to 3 years old and preschool aged children.

Additional websites and resources to support children’s learning and active play include:

[Go Noodle](https://app.gonoodle.com/login) - Active play and games.
<https://app.gonoodle.com/login>

[Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga)- Child friendly, fun yoga activities.
<https://www.youtube.com/user/CosmicKidsYoga>

[ABC Kids-A COVID-19 Special](https://www.abc.net.au/abckids/shows/play-school/covid-19/12114308) – A special episode that helps explain some of the big questions around coronavirus, from staying at home to washing your hands.
<https://www.abc.net.au/abckids/shows/play-school/covid-19/12114308>

Relaxation and mindfulness resources

Supporting children to find strategies to relax and stay mindful are important, in particular during uncertainty and times of heightened stress. The following links provide resources to help support children to relax and stay mindful.

[Relaxation Exercises – Youth Beyond Blue](https://www.youthbeyondblue.com/do-something-about-it/keeping-well/relaxation-exercises) - Tools and tips for young people to learn to relax.
<https://www.youthbeyondblue.com/do-something-about-it/keeping-well/relaxation-exercises>

[Smiling Mind](https://www.smilingmind.com.au/) - Activities for mindfulness.
<https://www.smilingmind.com.au/>

Further information for families and carers to support children during COVID-19:

Emerging minds

With recent news and media coverage about the Coronavirus (COVID-19), it is normal for children and adults to feel overwhelmed and stressed during this time.

This curated selection of resources will assist parents and carers to best to support their children and reduce worry and distress. It contains a video, factsheets and tips about what you can expect and how you can help children cope.

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

Beyond Blue- Supporting early learning communities

Early learning services have some unique challenges as they deal with the coronavirus (COVID-19) outbreak.

To begin with, educators can't practice social distancing when working with young children. Young children may also seek out educators for additional comfort during this time. They may ask questions about the outbreak or want to share what they understand about the changes happening around them.

What affects young children is how the adults around them feel and respond. This resource provides information to help you look after children's, and your own, mental health during the outbreak.

It covers the following topics:

- Supporting children
- Working with families; and
- Looking after yourself

<https://beyou.edu.au/resources/news/covid-19-supporting-early-learning-communities>

Raising Children Network

This website will assist parents and carers find information on coronavirus (COVID-19) and protective hygiene, plus tips to help you and your family cope.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>