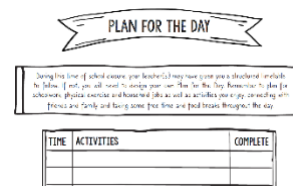


The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#) and include the materials listed below.



Plan for a Day

A plan for the day template is available [here](#) to help your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.



Advice for Young People

NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



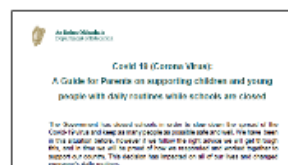
Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



Advice for Parents

NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)



How to Calm and Support your Child – Advice for Parents and Guardians

This link [here](#) brings you to helpful tips and practical strategies to support your child if they become overwhelmed.



The Government closed all schools in Ireland in order to slow down the spread of the Covid-19 virus and to keep as many people as possible safe and well. This decision affected the lives of all children and young people. While many have coped well, many have found it difficult at times and going back to school may be challenging. Some may be feeling worried about someone close to them getting sick or some may be worried about getting sick themselves. Some may be feeling bored, demotivated, sad and lonely.

Managing Stress and Anxiety – A Guide for Parents and Guardians

Many young people have coped well with Covid 19 but many have found the ongoing situation upsetting and stressful. If they become more stressed and anxious the following information [here](#) may be helpful.

Managing Stress and Anxiety A Guide for Parents and Guardians

Introduction

Covid-19 has caused disruption to our lives. Many young people have coped well but many have found the ongoing situation upsetting and stressful. Young people will react in different ways to the current situation. In the same way, each young person will have their own way of coping. During this time it is very important that they pay attention to and take steps to prevent their well-being. Staying active, getting enough sleep,

