

Children and Coronavirus - Early Years Experts Take Action with Action Hands

Meet Sara Brennan and Action Amanda

The brains behind **Action Hands** - a new campaign to teach children about coronavirus and promote positive wellbeing in schools and at home.

"We noticed that all the advice was aimed at adults and yet this global health crisis will have a huge impact on children too. That's why we joined forces to help young people understand what's going on, reassure them it's going to be ok and - through a book and a song - help get the government handwashing message across in a fun and engaging way."

Routines will change, life will feel different for a while and children need to be informed and prepared, but most of all, reassured."

**Sara Brennan, Founder and Director,
London Nursery Schools**

"I've spent the past thirty years working with young children, teaching them - through movement and songs - key social and developmental skills. My 'Wash Your Hands' song has never been more timely and that's why I'm offering it, free to download to anyone who wants it. I'm also working with Sara to promote positive wellbeing and make early years resources available for the whole community."

Amanda Frolich, Founder, Amanda's Action Club

Sara's book is available to download here:
www.londonnurseryschools.co.uk/social

You can download Amanda's track here:
<https://youtu.be/SLujLZ6oyfA>

Sara and Amanda have also been talking to children and the wider community about what's going on:

"Being open and honest is the best way to communicate with children. Talking down to them or giving them half truths doesn't work. We understand parents and carers are fearful right now and we know the virus is going to have a big impact on education and mental health in our communities. We're here to help."

Sara and Amanda are available for interview on their Action Hands campaign and the impact coronavirus will have on mental health, education and communities

CONTACT DETAILS:

Amanda Frolich 07946 707695
amanda@amandasactionclub.co.uk

Sara Brennan 07464185199
sara@LNS.education

