

## Videos for People with Learning Disabilities – List with Links

**Overall Playlist - <https://www.youtube.com/playlist?list=PLfVgWWNqce45o8XjfHNCvJCjJmF8u->**

1. Explaining Coronavirus for People with Learning Disabilities <https://youtu.be/X5BITc5RgK0>

This video is for people with learning disabilities to help understand what is coronavirus, how it can spread from person to person, and what restrictions are in place. It may help to also watch the video 'Explaining Social Distancing for People with Learning Disabilities'.

2. I think I have Coronavirus <https://youtu.be/pDCYJbUVoJA>

This video is for people with learning disabilities to help understand what happens if they think they might have coronavirus. It may help to also watch the video 'Explaining Coronavirus for People with Learning Disabilities' and 'Explaining Social Distancing for People with Learning Disabilities'.

3. Explaining Social Distancing for People with Learning Disabilities <https://youtu.be/VcP7JeFOARc>

This video is for people with learning disabilities to help understand about social distancing. It may help to first watch the video 'Explaining Coronavirus for People with Learning Disabilities'.

4. Anxiety and Your Body <https://youtu.be/NjxZW6S-efg>

This video is for people with learning disabilities to help understand about anxiety and what the person may feel if they are feeling anxious or worried. This is the first of a series of videos that will explain anxiety and give some practical ways of helping with anxiety. We suggest that you watch the '5 things to do when feeling anxious' video next, and then try some of the exercises in the following videos:

- 5 seconds breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My relaxing place exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

5. 5 things to do when feeling anxious <https://youtu.be/NOmXmNNPJ0s>

This video is for people with learning disabilities to help understand what to do when they are feeling anxious or worried. This is the second in a series of videos that explain anxiety and give some practical ways of helping with anxiety. We suggest that you watch the 'Anxiety and Your Body' video first, and then try some of the exercises in the following videos:

- 5 seconds breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My relaxing place exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

6. 5 seconds breathing exercise <https://youtu.be/qn9jN1unfc8>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a simple breathing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My relaxing place exercise
- Balloon breathing exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

7. Balloon breathing exercise <https://youtu.be/00iHsmjsEW8>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a simple breathing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 seconds breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My relaxing place exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

8. Breathing exercise using your imagination [https://youtu.be/Yc\\_81mg\\_1nk](https://youtu.be/Yc_81mg_1nk)

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a simple breathing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 second breathing exercise
- Balloon breathing exercise
- Explaining mindfulness and the 5 things exercise
- My relaxing place exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

9. Explaining mindfulness and the 5 things exercise <https://youtu.be/z5lxpsO7jig>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a simple breathing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 second breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- My relaxing place exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

10. My relaxing place exercise <https://youtu.be/RnvTdix7x6w>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a simple breathing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 second breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- How to Relax the Muscles in your body 1
- How to Relax the Muscles in your body 2

11. How to Relax the Muscles in Your Body 1 <https://youtu.be/et0zl7adhjg>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a muscle tensing and relaxing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 second breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My Relaxing Place
- How to Relax the Muscles in your Body 2

#### 12. How to Relax the Muscles in Your Body 2 <https://youtu.be/WD2afScqoBs>

This video is for people with learning disabilities who may be anxious or worried. It demonstrates a muscle tensing and relaxing exercise that they can learn and put into practice to make them feel more relaxed. This is one of a number of different videos showing different relaxation techniques. It may be that one of the other techniques may work better, so please try them all and choose the ones that the person likes the best. The others in the series are:

- 5 second breathing exercise
- Balloon breathing exercise
- Breathing exercise using your imagination
- Explaining mindfulness and the 5 things exercise
- My Relaxing Place
- How to Relax the Muscles in your Body 1

#### 13. Boredom Busters <https://youtu.be/3uGNyZ3evGo>

This video is for people with learning disabilities to give lots of ideas of things that they can do to fill their day whilst day and leisure activities are closed. It may help to also watch the video 'How Do I Plan My Day' to think about how to put these activities into a daily or weekly schedule. Our Occupational Therapy newsletter contains ideas for new activities each week. To request a copy of this please email Sarah Hewes at [sarah.hewes@sabp.nhs.uk](mailto:sarah.hewes@sabp.nhs.uk)

#### 14. How Do I Plan My Day <https://youtu.be/1AbwesOeUIU>

This video is for people with learning disabilities to give ideas on how to plan their time whilst day and leisure activities are closed. It will help the person to develop either a daily or weekly schedule using the suggestions shown in the 'Boredom Busters' video. A template for a timetable and further activity ideas can be found in the OT newsletter. To request a copy of this please email Sarah Hewes at [sarah.hewes@sabp.nhs.uk](mailto:sarah.hewes@sabp.nhs.uk)

15. Explaining the New Normal for People with Learning Disabilities <https://youtu.be/Tg2en7PD-Q8>

This video is for people with learning disabilities to help understand the changes that are happening in the community because of coronavirus like social distancing, wearing gloves and face masks, getting swab tests, and social isolation. It may also help to watch the videos "Explaining Social Distancing for People with Learning Disabilities", "I Think I Have Coronavirus", "Getting a Swab Test", and "How Shops are Different".

16. How Shops are different [https://youtu.be/mQitAw\\_uF\\_0](https://youtu.be/mQitAw_uF_0)

This video is for people with learning disabilities to help understand how shops will be different because of the coronavirus. It may help to also watch the video "Explaining the New Normal for People with Learning Disabilities" to find out what other things may be different.

17. Having a Swab Test Taken [https://youtu.be/iEGnsy\\_ABJo](https://youtu.be/iEGnsy_ABJo)

This video is for people with learning disabilities to help them understand what happens when they are asked to have a swab test for coronavirus. It shows how a swab test is undertaken.

18. Wearing Masks <https://youtu.be/l8PBRqITN5A>

This video is for people with learning disabilities to help them understand about wearing face masks.

19. Managing Feelings after somebody has died [https://youtu.be/Rqnm8q\\_Qsk](https://youtu.be/Rqnm8q_Qsk)

This video is for people with learning disabilities to help them understand and manage their feelings after somebody has died. It helps to explain what you may be feeling and things that you can do to help manage your feelings.

20. Explaining a local lockdown for people with learning disabilities <https://youtu.be/jPZYpheYLWQ>

This video is for people with learning disabilities to help them understand what is meant by a 'local lockdown'. It talks in general terms about why this might happen and some of the restrictions that may apply to a local area.