

Wellbeing Links.

For children:

Cosmic Kids Zen Den:

<https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK>

A fun video series about mindfulness for kids aged 5+, showing useful techniques through stories and yoga.

Calm Zone:

<https://www.childline.org.uk/toolbox/calm-zone/>

Includes ideas for activities, breathing exercises and games to help children feel calm.

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

10 simple activities to do at home.

Breath Meditation for Children:

<https://youtu.be/CvF9AEe-ozc>

A calming breath meditation designed to introduce kids to mindfulness. Kids imagine a sail boat rising and falling over waves as they inhale and exhale.

Emotional Well-being Class Video Clips

<https://www.bbc.co.uk/bitesize/topics/zxccwmn/resources/1>

A drawing and thinking idea to do at home to help you carry a sense of calm with you wherever you go:

<https://kristinamarcelli.wordpress.com/2015/07/14/hold-a-sense-of-inner-peace-with-you-wherever-you-go/>

For Parents:

https://www.cypsomersethealth.org/mental_health_toolkit

Somerset Guidance on supporting mental health

<https://www.camhs-resources.co.uk/downloads>

A range of guides to different types of mental health difficulties.

Expert Guide for Parents on coping with Children's Anxiety

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

Young Minds: Parents' Support Guide

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Resources to support children during the Covid-19 Pandemic

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>