

Support for your Wellbeing

We recognise that this may be a difficult time and a period of uncertainty can be stressful for many. Please find a list of resources and links to support mental health and wellbeing to be used and shared with your children and family.

10 a day for mental health and health wellbeing



Think about how you can do these '10 a day' positively and safely.

These sites might be useful:

Powerpoint – Explaining about pandemics and the Coronavirus for children

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Apps – **Smiling Mind** or **Chill Panda** to help children to relax and manage their worries and anxieties. These are simple tasks to suit your state of mind, such as breathing techniques and light exercise.

Twinkl – some free resources to help explain Coronavirus

<https://www.twinkl.co.uk/newsroom/story/what-is-coronavirus>

<https://www.twinkl.co.uk/newsroom/story/coronavirus-plans>

To help with Health and Wellbeing

<https://www.twinkl.co.uk/resources/ks2-subjects/ks2-pshe/health-and-wellbeing-pshce-subjects-key-stage-2>

Website, Every Mind Matters - This NHS site is suitable for children and adults. It lists things to focus on and how to keep a positive mind.

<https://www.nhs.uk/oneyou/every-mind-matters/>