

SWISS GARDENS PRIMARY SCHOOL

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Dear Parents and carers

We have collected some resources that might be helpful most you can access free on line (mainly you sign up for updates and you get them free). Others just offer support and advice or links to apps to help.

There is really a great deal here. **The Young minds** website is a good starting place for advice. The **New Horizons** videos are easy to access for calming and meditation and **The library lady** (last link) has lots of links to free activities that are specific to wellbeing and other educations.

Anxiety support for children and adults (things for children are useful for adults too, adults advice sometimes needs adapting)

<https://youngminds.org.uk/>

Activities and support for mental and physical wellbeing

Action for happiness- lots of activities

<https://www.actionforhappiness.org/>

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg **A CHART OF ACTIVITIES FOR WELLBEING**

OTHER

<https://wildernessfoundation.org.uk/wildtime/> (zones on website for mindfulness, nature and calming)

Links to mindfulness apps / meditation for sleeping etc.

<https://www.smilingmind.com.au/thrive-inside>

<https://www.psychologytoday.com/gb/blog/creative-development/201802/5-mindfulness-apps-children>

<https://mashable.com/article/coronavirus-free-mindfulness-meditation-apps/?europa=true>

Links to meditation videos for children NEW HORIZON make a lot of calming and relaxation videos specially made for children.

https://www.youtube.com/watch?v=Bk_qU7l-fcU

<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

Booklists :

<https://www.booktrust.org.uk/news-and-features/features/2018/october/mindfulness-happiness-and-well-being-6-childrens-books-to-try/>

https://cdn.literacytrust.org.uk/media/documents/Wellbeing_booklist_-Swindon.pdf

<https://childrenslibrarylady.com/wellbeing-picture-book-list/> (this website has lots of links to mindfulness videos and app as well as books to support mental wellbeing either scroll down for a list of resources for well-being , or alternatively click on her general links to free resources)

The happy confident company – has a set of books to keep young people (7-12) focussed on the positive. They have a **Facebook** page and are available from bookshops and AMAZON

<https://www.happyconfident.com/>

Dr Sharrie Coombes has a number of activity books that support well-being. A new one called KEEP CALM is out in May. The books are full of useful tips and guidance as well as practical activities.

<https://www.amazon.co.uk/dp/B087R698ZB>

https://www.books2door.com/search?type=article%2Cpage%2Cproduct&q=mindful*+for*+kids**