Resources And Links To Support Positive Wellbeing And Mental Health

Wellbeing and Positive Mental Health

During the Covid-19 pandemic, we're all feeling less secure and missing our usual routines. But there are ways we can support our children to boost their mental health during these difficult times.

Websites:

https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/

https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f

https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/

https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself

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

Mindfulness

Practicing mindfulness is incredibly empowering for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

Websites:

https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises?_pos=2&_sid=8cacfc197&_ss=r

https://positivepsychology.com/mindfulness-for-children-kids-activities

https://www.firstdiscoverers.co.uk/mindfulness-activities-kids

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

Apps:

Smiling Mind App (Free)

Moshi: Sleep and Mindfulness App Headspace App

Further Support

Contact our main office to speak to our SENCo or Parent Support Advisor

Speak to your GP

Make a Lincolnshire Healthy Minds Referral

Access Kooth online counselling for young people: https://www.kooth.com

Young Minds- Counselling Services for children and Young People: https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-counselling-services/