

Mental Health and Wellbeing Resources



ANXIETY

Feeling anxious is a perfectly natural reaction to lots of situations and something that most people experience at different times throughout their lives. Children might exhibit anxious behaviours but might not be able to identify the feeling. The links below look at strategies to help them talk about their concerns and give tips on how to help them cope:

[Anna Freud Centre – Coronavirus Q&A on Anxiety](#)

[Childline – Worries about the world](#)

[Education Support – 7 Strategies to Manage Anxiety](#)

[Imperial College London – Anxiety leaflet \(for adults\)](#)

[Mental Health Foundation – The Anxious Child](#)

[NHS Scotland – Anxiety self-help guide \(for adults\)](#)

[Priory Group – Understanding Anxiety](#)

[Safe Hands, Thinking Minds – Covid, Anxiety, Stress; Resources and Links](#)

[Young Minds – Helping Your Child with Anxiety](#)

BEREAVEMENT

Children who are impacted by the loss of a loved one may react differently to an adult, but their need for support is just as great. Below you will find links to resources from some of the main organisations which have been set up to help us guide a child through this difficult time:

[British Heart Foundation – The Small Creature, an animated story to help bereaved children](#)

[Child Bereavement UK – Supporting Bereaved Children Through Difficult Times](#)

[Child Bereavement UK – What Helps Grieving Children and Young People](#)

[Child Bereavement UK – When a Grandparent Dies](#)

[Childhood Bereavement Network – Lost for Words \(a book of quotes, advice and emojis\)](#)

[Nurture UK – Bereavement Guide](#)

[Place2Be – Helping Children to Process Loss](#)

[Winston’s Wish – Preparing a Child for Loss](#)

BIG FEELINGS

As adults, we can usually identify how we are feeling and can self-regulate enough to handle our emotions. This kind of emotional intelligence can be very tricky for children, but the good news is that this is a skill that can be taught. Below are links to various websites and resources which will help you and your child to identify their feelings and give some techniques to help:

[Anna Freud Centre – Emotion Wheel](#)

[BBC Bitesize – How can you cope with feeling angry](#)

[Canadian Centre for Child Protection – Big Feelings Come and Go](#)

[Child Bereavement UK – Supporting children after a frightening event](#)

[NHS – Talking to Children About Feelings](#)

[Young Minds – Supporting your child with anger](#)

[Twinkl – Let’s Feel Better activity](#)

[Twinkl – What Makes Me Happy activity](#)

COPING, MINDFULNESS, RELAXATION AND WELL-BEING

Under the following sub-sections, you will find useful resources on ways to relax, mindfulness, coping and general well-being. We hope that you will dip in and out of this section and that it will offer some fun activities for you and your children.

COPING, RESILIENCE

[2Simple – Let’s Talk About Mental Health](#)

[Action for Happiness – How to keep mentally happy during uncertain times](#)

[Parent’s Guide to a Growth Mindset \(Big Life Journal\)](#)

[Carers UK – Protecting Your Mental Wellbeing](#)

[Childline – A toolbox of games](#)

[Elsa Support – Self Esteem booklet](#)

[Mentally Healthy Schools – Brain Breaks](#)

[Mentally Healthy Schools – Tools for Managing Emotions](#)

[NHS South West London CCG – Emotional Wellbeing: COVID-19 resource hub](#)

[Partnership for Children – Creating a Routine](#)

[Place2Be- Supporting Your Child’s Mental Health](#)

[Twinkl – Resilience flashcards](#)

MINDFULNESS, RELAXATION

[Between Sessions – Mindful Colouring, for adults too](#)

[CBeebies -Techniques for Keeping Kids Calm](#)

[Childline – Calm Zone](#)

[Coloring Craze – Adult Colouring Book](#)

[Elsa Support – Mindfulness Challenge](#)

[Mentally Healthy Schools – Mindfulness Calendar: Daily 5-minute activities](#)

[Mentally Healthy Schools – NHS Self-Care Kit](#)

[Moodcafe – Relax Like a Cat](#)

[Twinkl – Positivity Colouring](#)

WELL-BEING

[ADHD Foundation – Good Sleep Checklist](#)

[CBeebies Radio – Calming Sounds to Help Children Sleep](#)

[Evaline London and NHS – Sleep tips for families](#)

[Every Life Matters – Wellbeing and Mental Health during Covid-19; A guide to looking after yourself and others](#)

[Pobble – non-screen activities](#)

[Pobble – more non-screen activities](#)

[Pobble – even more non-screen activities](#)

[Save the Children – Stress busters](#)

[Sleep Scotland – How to get a good night's sleep](#)

[Thrive Wellbeing Kit – Wellbeing activities for children up to 7 years old](#)

[Thrive Wellbeing Kit – Wellbeing activities for children up to 11 years old](#)

[Thrive Wellbeing toolkit for children up to age 16](#)

[Twinkl – Bedtime gratitude](#)

WORRIES ABOUT COVID-19

There is no question, that the past year has been a year like no other. Health concerns, home-learning difficulties, feelings of isolation and break-downs in children's normal support networks will undoubtedly lead to an increase in children's mental health issues across the country. The links below talk about these issues and more whilst offering solid advice on how to help promote your child's resilience and keep mentally healthy during this period and beyond.

[Covibook – Coronavirus activity book for children up to 7 years old](#)

[Carol Gray – Coronavirus social story](#)

Emerging Minds – Supporting Children and Young People with Worries about Covid-19

Nurse Dotty Books – a story: Dave the Dog is worried about the coronavirus again

Young Minds – Supporting Your Child During the Coronavirus Pandemic

You may also like to:

..... TALK TO SOMEONE:

CALM (for men): 0800 585858

Childline (under-19s): 0800 1111

Samaritans: 116 123

Shout (24-hour text line): 85358

Young Minds Parent Helpline: 0808 802 5544

..... READ A BOOK:

44 Children’s Books About Mental Health | Child Mind Institute

Philippa Perry – The book you wish your parents had read (and your children will be glad that you did):

<https://uk.bookshop.org/books/the-book-you-wish-your-parents-had-read-and-your-children-will-be-glad-that-you-did-the-1-sunday-times-bestseller/9780241251027>

Steve Biddulph books

- Raising Girls: <https://uk.bookshop.org/books/raising-girls-in-the-21st-century-helping-our-girls-to-grow-up-wise-strong-and-free/9780008339784>
- Raising Boys: <https://uk.bookshop.org/books/raising-boys-in-the-21st-century-completely-updated-and-revised/9780008283674>
- The Complete Secrets of Happy Children: <https://uk.bookshop.org/books/the-complete-secrets-of-happy-children/9780007161744>
- 10 Things Girls Need Most: <https://uk.bookshop.org/books/10-things-girls-need-most-to-grow-up-strong-and-free/9780008146795>

..... GET ACTIVE:

[AFPE - #ThisIsPE - Supporting Parents to Teach PE at Home](#)

[Get Set 4 PE - Active Families](#)

[Get Set for PE - One Piece at the Time](#)

[Merton School Sport Partnership - Home PE with MSSP](#)

[NSSport - Fitness & Wellbeing Bingo #1](#)

[NSSport - Fitness & Wellbeing Bingo #2](#)

[NSSport - Fitness & Wellbeing Bingo #3](#)

[NSSport - Fitness & Wellbeing Bingo #4](#)

[School Games - Active Challenges](#)

..... EXPLORE:

[Huntfuntown - Treasure Hunt](#)

[Museum of Richmond - Richmond Green Scavenger Hunt](#)