

**Art based ideas**

**Mindful drawing:** <https://www.bestcoloringpagesforkids.com/>

**Zentangle** <https://zentangle.com>

**Make Nature Art** - make art using the natural items in your garden.

<https://theimaginationtree.com/> - loads of creative ideas of things to do.

**Youtube channels:**

**A girl and a glue gun** – gives you lots of cool ideas of things to make.

**How to Draw …** - #stayhome and draw #withme

**Apps:**

**Headspace for kids** – a child friendly meditation app which has a 10 day free trial.

Dojo has meditation, relaxation categories

**Breathe, Think, Do with Sesame** – help learn ways to calm down.

**Calm** – mediations and sleep stories.

**DreamyKid** – meditation for kids. Calm, sleep and more

**Stop, Breathe and Think Kids** – ways to encourage calmness

**Breathing Bubbles** – an app to help kids to release their worries.

**Relax Melodies**- Sleep Sounds to Calm and Meditate

**Smiling Minds** – meditation activities for kids. Can also get it on YouTube

**Online Calming/ Regulation**

<https://annakaharris.com> - Guided meditation for children:

<https://mindfulmonsters.co.uk/download-thank-you>

**Mindful Monster** – mindful activities for 3-8 year olds

<https://gozen.com/>

**Go Zen** – interactive resources to help with anxiety

**Youtube channels:**

* **Smiling Minds** – meditations/ visualisations
* **Stop, Breathe & Think** – kids mindfulness
* **KidZen** - be calm and focused

Try a few because different mediations appeals to different people.

**English ideas**

Write a self-compliment list – write down all the things that you feel you are good at.

Write a Journal – write down your thought and feelings.

Write 3 things you are grateful for each day i.e. the sunny weather.

Make a fact file on a favourite person, place or thing.

Write a letter to your favourite person.

Get engaged in a good book:

* <http://stories.audible.com/start-listen>
* <http://manybooks.net>
* <http://openlibrary.org>
* <http://ww.oxfordowl.co.uk>

**Family Fun activities:**

**Theraplay activities** *– a selection of play activities that build strong family bonds and support emotional health.*

<http://www.burdenbasket.co.uk/media/files/Theraplay%20activity%20list%5B1%5D.pdf>

**Sing out loud** *– Everyone knows the sweet relief associated with rocking out to your favourite tune.*

<https://www.simplebooth.com/blog/100-at-home-activities-for-kids-during-self-isolation/>

**Simple Booth** – *LOADS of great ideas of fun things you can do such as making a home “Photo Booth.”*

**Coronavirus – A book for children**

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf>

**Emotional Regulation for Kids**

**Movement based ideas**

**Cosmic Yoga -** <https://www.youtube.com/watch?v=fnO-lGEMOXk>

Go on a **Mindful Walk** - <https://www.stopbreathethink.com/mindful-walking/>

**Disney 10 Minute Shake Up** *– brilliant physical activities linked to Disney movies***.**

<https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-lion-king#shakeups-hub>

**Super Stretch Yoga app** – fun, interactive yoga app for the whole family.