

Wellbeing resources and website links

 <p>Place 2Be</p> <p>Improving children's mental health</p>	<p>place2be</p> <p>Wellbeing activities for families</p>
 <p>MindMate</p>	<p>Mindmate.org.uk</p> <p>Top tips for feeling good</p>
 <p>youthfocus</p>	<p>Mindful colouring</p> <p>Printable mindful colouring pages</p>
 <p>CBeebies</p> <p>BBC</p>	<p>Keeping calm</p> <p>seven techniques for helping children keep calm</p>
 <p>Relax Kids</p> <p>where children believe and parents can breathe</p>	<p>Relax pack</p> <p>Supporting families to introduce relaxation exercises and techniques into your home</p>

BBC Bitesize

[Growth mindset](#)

Five ways to help your child move towards a growth mindset



[Peace Out: Guided relaxation](#)

[Zen Den: Guided mindfulness](#)

[Yoga adventures](#)

[Cosmic Kids collection](#)

[Relaxation activities](#)

[Feelings chart](#)

[Feelings diary](#)

[Coping toolbox](#)

[Ways to feel better](#)

[Staying connected](#)

[Worry jar](#)

[Distraction activities](#)

[Mindful walk](#)

[Something to look forward to](#)

[Early Years activities](#)

A selection of activities and resources to support children deal with feelings and emotions

[20 activities for 20 minutes](#)

YOUNGMINDS
fighting for young people's mental health

Take 20 minutes out of your day to try something different



Ready Set Rainbow activity

(suitable for children under 8)

Get active stay active

(suitable for children over 8)

A activity pack aimed at increasing children's physical activity levels



The Daily Mile

The Daily Mile at home challenge



Jump Start Jonny

A selection of mindfulness, workouts, chillout activities and exercises