

## Mental Health and Well Being Support

The following are useful links to support Health and Wellbeing at home:

- Supermovers have several videos that will help to get your children active. The videos link to the curriculum to will keep the children active whilst still learning.  
<https://www.bbc.co.uk/teach/supermovers>
- Children Tool Box has a calm zone where you are able to access activities, breathing exercises, yoga, games and videos on ways to cope with and express emotions  
<https://www.childline.org.uk/toolbox/calm-zone/>
- Go Noodle have both an 'at home' and 'for families' option where you can access free movement and mindfulness videos. We use these in school so lots of the children will already be familiar them.

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

- Imoves have 'Active Blasts' including workouts, yoga and pilates.  
<https://imoves.com/>
- The Muddy Puddle Teacher is offering a 30 day free trial; this includes activities for the outdoors, yoga and meditation.

<https://themuddypuddleteacher.co.uk/>

- Action for Happiness produce monthly calendars to support mindfulness

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

- Blissful kids share mindful game ideas  
<https://blissfulkids.com/>
- Babbledabble do share creativity ideas <https://babbledabbledo.com/> as does The Imagination Tree <https://theimaginationtree.com/>

- Youtube:

Joe Wicks Kids Workouts e.g. <https://www.youtube.com/watch?v=d3LPrhIOv-w>

Cosmic Kids Yoga e.g. <https://www.youtube.com/user/CosmicKidsYoga>

Jumpstart Jonny Workouts e.g. <https://www.jumpstartjonny.co.uk/home>

Guided Meditation for Kids e.g. <https://www.youtube.com/watch?v=DWOHcGF1Tmc>

\*CAHMS - This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

[CAMHS Resource Page](#)

\*Anna Freud Network – a mental health charity for children and families.

[Anna Freud National Centre for Children and Families](#)

\*Every Mind MatterEvery Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS to support and maintain good mental health.

[Every Mind Matters](#)

\*ELSA Support is a website which provides downloadable resources that support the teaching of emotional literacy or emotional intelligence – lots of free content.

[ELSA Support](#)

\*Mindfulness in Schools Project (MiSP) is a national, not-for-profit charity for young people and schools. Our aim is to improve the lives of a generation of children and young people by making a genuine, positive difference to their mental health and wellbeing.

[Mindfulness in Schools Project](#)

\*Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives

[Smiling Mind: Short audio sessions to help with mindfulness](#)

\*You Tube link to Cosmic Yoga stories

[Cosmic Yoga: Yoga videos designed for children aged 3+](#)

\*Supermovers BBC videos – enhance wellbeing through movement

[BBC Supermovers: Interactive videos to support with KS1 and KS2 Maths, English, PSHE and PE](#)

Premier League Primary Stars - lots of resources available to support home learning both curriculum and wellbeing.

[Premier League Stars: Videos and activities to support with Maths, English, PSHE and PE](#)

\*Newsround from BBC

[Newsround: Keeping children up to date with the world around them – creating opportunities to talk about the news with children.](#)

\*24/7 support

[Samaritans](#) or call 116 123

\*MIND provide advice and support to empower anyone experiencing a mental health problem

[MIND](#) or call 0300 123 3393

You can access support specifically relating to the corona virus for both children and adults here: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

\*Story book for children about Covid in PDF format

[My Hero is You, Storybook for Children on COVID-19](#)

\*Apps to help support your mental health

[Apps-to-help-support-your-mental-health](#)

\*Introduction to the Benefits of Mindfulness – Neil West Bolton Playing for Success

[introduction to the benefits of mindfulness](#)

\*Advice sheet from Bolton Council

[CISS Covid-19 – Taking care of yourself after hearing sad news](#)

\*Young Minds – offering mental health support

This is a link to a guide for Parents produced by Young Minds A guide to getting through coronavirus for parents and carers

<https://youngminds.org.uk/media/3762/coronavirus-parent-to-parent-advice-guide.pdf>

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

\*Place2Be is a children's mental health charity with over 25 years' experience of offering support to young people.

<https://www.place2be.org.uk/>

\*Charlie Waller educate on mental health and wellbeing.

<https://www.cwmt.org.uk/resources>

\*Child Bereavement UK providing confidential support, information and guidance to families on grief and bereavement.

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

The Bolton Mental Health A to Z Directory of mental health services. Also includes a useful jargon buster area.

<https://www.boltonmentalhealth.org.uk/>

\*Red Cross The power of kindness calendar helps children and young people learn about and carry out kind acts. Other help services available.

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar>

Bekindtomymind is a Bolton campaign, developed by the Healthy Minds Youth Project and NHS Bolton Clinical Commissioning Group, to reduce the stigma and discrimination around mental health. The aim is to show young people who are struggling with emotional or mental health problems to know "it's okay to talk.

<https://www.bekindtomymind.co.uk/>