

## Websites and Charities Offering Support and Information

[Young Minds](https://youngminds.org.uk/)

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



“We’re leading the fight for a future where all young minds are supported and empowered, whatever the challenges.”

[Family Lives](https://www.familylives.org.uk/)

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“Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.”

[Anxiety UK](http://www.anxietyuk.org.uk)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



“We work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.”

[ChildLine](http://www.childline.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)



Free helpline available 24 hours a day. 7 days a week for children and young people to talk about any problem

[Mind](http://www.mind.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)



“We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.”

[Mental Health Foundation](http://www.mentalhealth.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



“Prevention is at the heart of what we do. Our knowledge, informed by rigorous research and practical based study, has been pioneering change for more than 70 years and we aren't afraid to challenge the status quo or tackle difficult or under researched issues.”

[The Compass Card](https://www.compasscard.org.uk/leisure-learning-and-lock-down/)

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“The Compass Card is a free leisure discount card run by the Sussex-based charity Amaze for disabled 0 to 25s living or going to school in Brighton & Hove or West Sussex.”

Activities and information - Leisure, Learning and lock-down

## Apps

### Breathe, Think, Do Sesame

<https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8>

Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.

### Calm

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

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

### DreamyKid

<http://dreamykid.com/>

The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.

### Headspace

<https://www.headspace.com/meditation/kids>

Guided Meditation and Mindfulness: Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

### Stop, Breathe, and Think Kids

<https://www.stopbreathethink.com/kids/>

As parents, we want to raise our kids to be able to handle whatever comes their way. Whether they need to mellow out before bed, develop positive relationships or simply have a peaceful moment, Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged.

### Breathing Bubbles

<https://itunes.apple.com/gb/app/breathing-bubbles/id962463836?mt=8>

Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.

### Smiling Mind

<https://smilingmind.com.au/>

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18.

### Positive Penguins

<http://positivepenguins.com/>

The four positive penguins take you on an interactive journey to help you understand that feelings arise from your thinking and if you challenge your negative thoughts successfully you may be able to see things in a more realistic and even optimistic way.

### Calm Counter

<http://touchautism.com/app/calm-counter/>

Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down.

### Emotionary

<https://itunes.apple.com/gb/app/emotionary-by-me-mu/id555381720?mt=8>

Emotionary guides users through five primary emotions to find the right category of feeling, with all definitions pared back to the essentials and displayed so they can be easily compared

### Take a Chill

<https://www.stressedteens.com/take-a-chill/>

This app is full of tools to help manage that stress, and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns.

### Chill Outz

<http://www.chilloutz.com/the-app/>

Chill Outz® is a collection of fun animated stories teaching children proven techniques to stay mindful & relaxed anywhere, anytime.

### SAM

[www.sam-app.org.uk](http://www.sam-app.org.uk)

SAM is an application to help you understand and manage anxiety.

The app has been developed in collaboration with a research team from UWE, Bristol

## Yoga



<https://www.youtube.com/watch?v=dF7O6-Qablo>

[https://www.youtube.com/watch?v=vMMRb10LtGM&feature=emb\\_title](https://www.youtube.com/watch?v=vMMRb10LtGM&feature=emb_title)

### Kids Yoga Deck

<https://itunes.apple.com/us/app/kids-yoga-deck/id1093577508?mt=8>

Children will love to move their bodies as they flip through their very own yoga deck. With clear pictures and step-by-step instructions, these yoga poses are fun, child-friendly, and great for everybody!



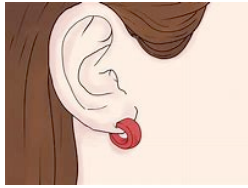


### Super Stretch Yoga

<https://itunes.apple.com/gb/app/super-stretch-yoga/id456113661?mt=8>

Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.

## Using Our 5 Senses To Calm

This exercise can be helpful to ground ourselves when our thoughts have become too busy and we are feeling anxious.

Name <b>5</b> things we can see	Name <b>4</b> things we can touch	Name <b>3</b> things we can hear	Name <b>2</b> things we can smell	Name <b>1</b> thing we can taste
				

### Keeping Calm

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

### Square Breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

### Belly Breathing

[https://www.youtube.com/watch?v=c646TZ\\_E18A](https://www.youtube.com/watch?v=c646TZ_E18A)

### Take 5 and Breathe

<https://www.youtube.com/watch?v=DSgOW879jjA>

**CALM DOWN WITH TAKE 5 BREATHING**

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



How do you feel now?  
Are you calm or would you like to take another 5 breaths?

# A TO Z OF SELF CARE

<b>A</b> ACTIVE lots of exercise every day	<b>B</b> BELIEVE in yourself	<b>C</b> CONNECT with friends and family	<b>D</b> DREAM of exciting things
<b>E</b> EAT healthy food	<b>F</b> FEEL and acknowledge your emotions	<b>G</b> GRATITUDE be thankful for what you have	<b>H</b> HELP others and enjoy the feeling it brings
<b>i</b> IMAGINATION use yours	<b>J</b> JOY be joyful	<b>K</b> KINDNESS to yourself and others	<b>L</b> LOVE yourself
<b>M</b> MINDSET move on from your mistakes	<b>N</b> NATURE enjoy all the nature around you	<b>O</b> OPEN your mind to the sensations around you	<b>P</b> PEACE find peacefulness
<b>Q</b> QUIET take time out to relax and recharge	<b>R</b> RESILIENCE you can bounce back – you've got this!	<b>S</b> SLEEP make sure you are getting enough	<b>T</b> TALK positive self-talk
<b>U</b> USE your brain to learn new things	<b>V</b> VISUALISE your fun times	<b>W</b> WALK run and play	<b>X</b> EXHALE slowly and breathe
 <b>Y</b> YOGA learn some exercises	<b>Z</b> ZEN be at peace with yourself		