

Websites and Charities Offering Support and Information

Young Minds

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

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

Place2Be

<https://www.place2be.org.uk/our-services/parents-and-carers/>

Anna Freud Centre

The Anna Freud website contains many resources that support children from the Early Years through to adulthood.

<https://www.annafreud.org/resources/>

CAMHS West Sussex

CAMHS have provided a series of support videos which can be found here.

[Workshops for parents and carers :: Sussex Partnership NHS Foundation Trust](#)

Anxiety 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."

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

ChildLine

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

www.childline.org.uk

Mind

"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."

www.mind.org.uk

Mental Health Foundation

"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."

www.mentalhealth.org.uk

[Apps to Download at Home](#)

[Breathe, Think, Do Sesame](#)

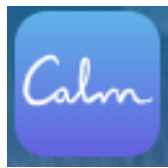
Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.



[Calm](#)

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.

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



[Dreamy Kid](#)

The Dreamy Kid 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.

<http://dreamykid.com/>



[Headspace](#)

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.

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



Smiling Mind

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.

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



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.

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



SAM

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

www.sam-app.org.uk








Super Stretch Yoga

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.

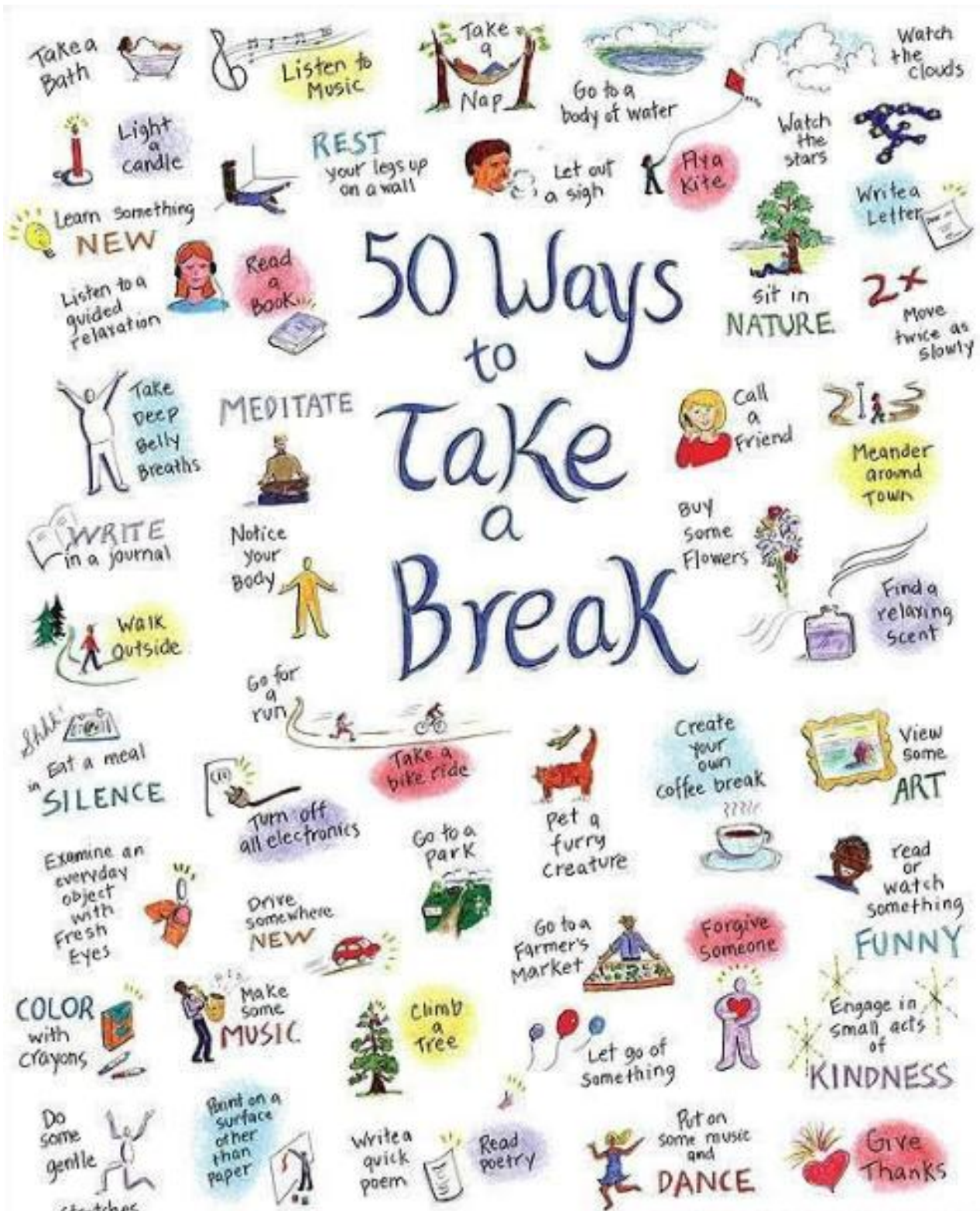
<https://itunes.apple.com/gb/app/super-stretch-yoga/id456113661?mt=8>



Using Our 5 Senses To Calm

Name 5 things we can see	Name 4 things we can touch	Name 3 things we can hear	Name 2 things we can smell	Name 1 thing we can taste
				

50 Ways to Take a Break



REST
your legs up on a wall

MEDITATE
Notice your Body

WRITE
in a journal

SILENCE
Eat a meal in SILENCE

COLOR
with crayons

MUSIC
Make some MUSIC

KINDNESS
Engage in small acts of KINDNESS

DANCE
Put on some music and DANCE

GIVE THANKS
Give Thanks

Take a Bath

Listen to Music

Take a Nap

Go to a body of water

Watch the clouds

Light a candle

Learn something NEW

Listen to a guided relaxation

Read a Book

Let out a sigh

Put a Kite

Watch the stars

Write a Letter

2x Move twice as slowly

Take Deep Belly Breaths

Call a Friend

Meander around Town

Buy some Flowers

Find a relaxing scent

Go for a run

Take a bike ride

Create your own coffee break

View some ART

Turn off all electronics

Go to a Park

Pet a furry creature

Examine an everyday object with Fresh Eyes

Drive somewhere NEW

Go to a Farmers Market

Forgive Someone

read or watch something FUNNY

Make some MUSIC

Climb a Tree

Let go of something

Engage in small acts of KINDNESS

Do some gentle stretches

Print on a surface other than paper

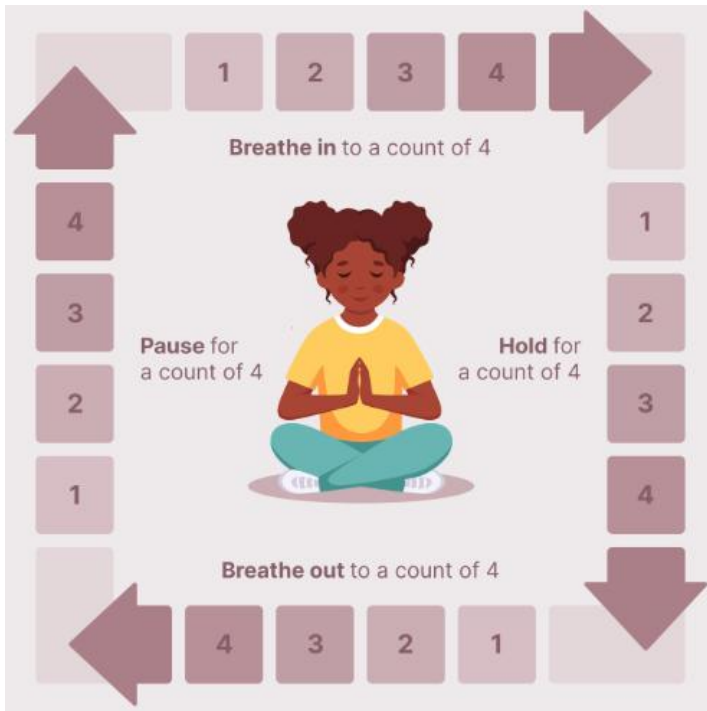
Write a quick poem

Read poetry

Put on some music and DANCE

Give Thanks

Breathing Techniques



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.

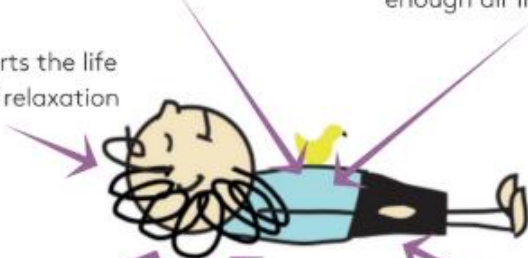


Belly breathing

Automatically slows the heart rate, helping to relax & calm

The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation



Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body

FUN & EASY WAYS TO TEACH

BELLY BREATHING TO KIDS

VerySpecialTales.com

