



Well-being and Mindfulness Ideas

Useful websites:

- <https://www.cosmickids.com/> - for yoga stories
- <https://www.headspace.com/meditation/kids> - guided meditation
- <https://www.newhorizonholisticcentre.co.uk/kids-meditation.html> - guided meditation
- <http://calmforkids.com/free-stuff/> - calming exercises
- <https://www.childrensociety.org.uk/back-to-school/childrens-well-being-and-mental-health> - advise for parents on how to support young people's mental health including external links and activities
- <https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm> - a range of resources to support children's mental health and wellbeing across a range of specific areas

Activities anyone can have a go at:

- Fill a jar up with things you are grateful for, or things you're looking forward to doing when life returns to normal
- Make a family scrap book or story book using pictures of you all
- Listen to some music and do a painting
- Make a storytelling den out of sheets and chairs, sit in there with family members and tell stories
- Download some mindful colouring from [twinkl.co.uk](http://www.twinkl.co.uk); they have lots of mindful meditation and breathing exercises too
- Do some star gazing at night, or cloud spotting during the day – what shapes can you see?
- Start a diary
- Make a card or write a letter to somebody, you could write to your grandparents or teachers at school