

# Tools and activities for supporting well-being



## Links to resources for parents and carers

There will be times when it might be difficult for children, young people and adults to stay regulated over the coming weeks - especially if you have to stay indoors for extended amounts of time.

Regulation is not just about feeling calm and relaxed - it also includes feeling energised and alert. In this section we will share a range of ideas, resources and activities to help everyone think about how they are feeling and regulate those feelings.

Take time to think...am I calm? ...do I need more energy? ...what am I feeling? ...how are the people around me feeling?

Link	Information
<a href="#">Regulation Obstacle Course</a>	This is a video from Beacon House of a regulation obstacle course and ideas on how to set one up at home.
<a href="#">Teen Yoga Foundation</a>	At 10am every day, there is a live broadcast from Facebook on their TeenYoga Mindfulness page. It includes simple yoga, a wellbeing tip and a challenge.
<a href="#">Mindful Moments channel</a>	Mindful Moments by Nicole: 4 mindfulness videos for you can watch and enjoy on YouTube. These are mindfulness activities that can be done by all ages. <ul style="list-style-type: none"> <li>• <a href="#">Three-Part Breath</a></li> <li>• <a href="#">Original, Full Belly Breathing</a></li> <li>• <a href="#">Alternate Nostril Breathing</a></li> <li>• <a href="#">Extended exhalation</a></li> </ul>
<a href="#">Mindful Schools</a>	For the next few weeks, Mindful Schools will be offering free live mindfulness classes for children.
<a href="#">Calm</a>	Calm have provided lots of free resources for all ages. Including their 'Calm Kids' section with meditations and Sleep Stories for different ages.
<a href="#">Puppy Mind</a>	Puppy mind is a story to help young children manage their thoughts.
<a href="#">Cosmic Kids</a>	Cosmic kids have freely available videos on YouTube, which include Yoga and mindfulness for children ages 3+. <a href="#">Be the pond</a> is a short meditation for young children to help them manage their emotions.
<a href="#">Smiling Mind</a>	Smiling mind website has activities for the family that can help to calm and focus. They also have a <a href="#">Movement mediation</a> video for children who would find sitting still difficult.
<a href="#">Headspace for kids</a>	Includes five themes: calm, focus, kindness, sleep and wake up. With three age groups 5 and under, 6-8 and 9-12. This has a free trial but after does cost.
<a href="#">Young Minds</a>	The YoungMinds UK advice on what to do if you're anxious about coronavirus might be more useful for teenagers and young adults. The main focus is on self-care and they provide further information about how young people can look after their mental health if self-isolating.
<a href="#">Anxiety illustration</a>	Understanding anxiety illustration - Priory Group. Helps to explain anxious feelings to children
<a href="#">Childline</a>	ChildLine's website includes information about coronavirus, including links to 'calm zone' and 'mood journal'
<a href="#">The Anna Freud Centre</a>	A selection of self-care strategies that have been developed by young people to help manage their own wellbeing.