



Well-being online resources for parents and children

Focus	Child / Parent	Resource
Young Minds - Coping with change and what to say	Parents	https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf
Finding the positives		https://youngminds.org.uk/resources/school-resources/how-many-positives-activity-sheet/
Twinkl – Health and Well-being	Children and Parents	https://www.twinkl.co.uk/resources/parents/wellbeing-parents/parents-wellbeing-mental-health-and-wellbeing
Anna Freud – Advice for Parents and Carers	Parents	https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/
Action for Children – Parent advice and contacts	Parents	https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/
NSPCC – Parenting support	Parents	https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/
Mindful Pink Elephant - Mental Health support for young people and families in and around Surrey	Parents	https://mindfulpinkelephant.co.uk/
Headspace APP – free support in this crisis	Children and Parents	https://www.headspace.com/
Every Mind Matters - Mindful breathing exercise	ALL	https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop
Joe Wicks – 5 Minute workouts	Children	https://www.youtube.com/watch?v=d3LPrhIOv-w
Family Links - Family emotional health, Parent Puzzle	Parents	https://www.familylinks.org.uk/free-downloads-for-parents
Mental Health Foundation – The Anxious Child	Parents	https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf
Mindful Schools	Children	https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/
Calm – breathing exercises	Children	https://www.calm.com/blog/take-a-deep-breath



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Puppy Mind Youtube story to manage thoughts	Children	https://www.youtube.com/watch?v=Xd7Cr265zgc
Cosmic kids – meditation video	Children	https://www.youtube.com/watch?v=wf5K3pP2IUQ
Smiling minds – movement meditation	Children	https://www.youtube.com/watch?v=buPuB4Sa0zU