

Mental Health Resources List

PUPILS



Resource	Produced by	E-mail address	Notes
Well-Being through Sport	Team Mental Health and EdStart Sports Coaching	https://edstart.org.uk/sc/wts-activity-programme/	The aim of the Wellbeing Through Sport Activity Programme is to support children and families to have fun together whilst promoting positive mental and physical health.
Yoga and Mindfulness for Kids	Cosmic Kids	https://www.youtube.com/user/CosmicKidsYoga	Yoga, mindfulness and relaxation designed especially for kids aged 3+
25 Fun Mindfulness Activities for Children and Teens	Positive Psychology	https://positivepsychology.com/mindfulness-for-children-kids-activities/	
Supporting positive mental health in teenagers	STEM4	https://tinyurl.com/ya6o8m2o	
School resources	Young Minds	https://youngminds.org.uk/resources/school-resources/	Resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.
Well-being and mental health school resources	The Children's Society	https://www.childrensociety.org.uk/back-to-school/childrens-well-being-and-mental-health	

Mental Health Resources and Information	Action for Children	https://tinyurl.com/yamu8f83	Useful guides on mental health
Mental health resources for schools	Place2Be	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/	We have developed and recommended mental health resources for schools to help your team support pupils' mental health.
Relaxation activities for children	Save the children	https://tinyurl.com/ub4gltf	
Kids Yoga Stories	Giselle Shardlow	https://tinyurl.com/ya4638wy	Kids Yoga Stories offer over 80 yoga and mindfulness resources, including yoga cards, mindfulness cards, and yoga books.
Coronavirus - 7 wellbeing activities for 7 days	TES	https://www.tes.com/teaching-resource/coronavirus-7-wellbeing-activities-for-7-days-ks2-ks3-12270998	The activities, aimed at supporting children's wellbeing, are informed by positive psychology, positive education and character education research.
Supporting children and young people's mental health	NSPCC	https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health	
Coronavirus: wellbeing activity ideas for schools	Place2Be	https://tinyurl.com/ycx7obuc	The ideas on this web-page can be helpful for all pupils, but particularly if they are finding changes unsettling.
Mental health resources for schools and parents	Time to Change	https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources	A selection of straightforward, tried-and-tested resources and free materials to get young people in your school talking.

Coronavirus Resources	Learning and Wellbeing Psychology	https://www.learningandwellbeing.org/coronavirus-resources	
Back to school with SCARF	Coram Life Education	https://www.coramlifeeducation.org.uk/	Free for all schools – a health and wellbeing toolkit for when your school re-opens.
	EdPsych Insight	https://www.epinsight.com/	A blog for thinking about how to help children and young people with additional needs...and the adults who support them.
Supporting students with mental health issues	My Tutor	https://www.mytutor.co.uk/schoolsblog/2017/07/21/student-mental-health-problems/	
A Recovery Curriculum	Prof. Barry Carpenter and Matthew Carpenter	https://www.evidenceforlearning.net/recoverycurriculum/	