

Activities to support Mental Health and wellbeing at home during Feel Good week and beyond....

https://www.happyconfident.com/wp-content/uploads/2021/01/HCM-Challenge-7-Days-Affirmations-Journals-V4-ALL.pdf?receiptful=6016b5c0dde857003dc13d2c&utm_source=CM%20Commerce&utm_medium=email&utm_campaign=newsletter-57&utm_term=newsletter&utm_content=other&receiptfultype=newsletter

Place- 2 Be – supporting children’s mental health and well being

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

Improving children’s mental health in schools

<https://www.place2be.org.uk/>

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Children’s mental health week activities from a Place-2 Be

Draw your feelings –

https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be

Squiggle art

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Health young minds – website with further information on supporting Mental health and wellbeing – including anxiety

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

Every Mind matters

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIqObChMIsee2xYPE7gIVDbDtCh3htQ0fEAAYASAAEgKUNvD_BwE