

Useful links

<http://www.childline.org.uk/>

'Childline' is a well-respected website that children and young people in the CAMHS Participation Team rate highly. They like the 1-2-1 chat facility and the other interactive features of the site.

<http://www.youngminds.org.uk/>

'YoungMinds' is one of the UK's leading mental health charities, providing excellent, online resources for professionals, parents and young people.

<http://smilingmind.com.au/>

Smiling mind is an Australian organisation which has developed a range of web and app based materials and activities which support the practice of mindfulness meditation. Included are a range of free classroom activities suitable for 7-11 year olds as well as materials for other age groups.

<http://www.aplaceofourown.org/activity.php?id=582>

Instructions for making a homemade back massager, using a tennis ball and a tube sock.

http://www.ehow.com/how_5606827_make-stress-ball-balloon-rice.html

Instructions for making a stress ball from balloons and rice.

<http://www.bbc.co.uk/education/topics/ztkk7ty/resources/1>

BBC website link to several good videos, on PSHE and emotional wellbeing for primary schools.

<https://www.lqfl.net/default.aspx>

PSHE teaching resources including videos - not just good for mental health but also other areas of PSHE e.g. online safety

<https://www.youtube.com/watch?v=KGAflc3RQrk>

'It's time to be your own hero' videos made by CAMHS Participation team

<http://www.elsa-support.co.uk/the-worry-tree/>

The Worry Tree is a method described by Butler and Hope 2007 to enable someone to either act on or let go of a worry. This is an adapted version of the tree, designed to be more child friendly. A good resource for when working with children who have anxiety issues.

<http://positivepenguins.com/>

You will find this in the Google play store or Apple app store for about 79p. This is a lovely app to teach you how to catch your thinking and challenge it to be more optimistic, resilient and mindful.

<http://www.teachingideas.co.uk/pshe/chill-skills-for-ks1>

Ideas for keeping cool and relaxed