

WEBSITES:

<https://nowandbeyond.org.uk/help-and-support>

<https://nowandbeyond.org.uk/materials-for-beyond> - this website is fantastic for signposting you to free educational mental health and wellbeing organisations. Each organisation has its own link to click on.

COVID-19

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Relaxation and meditation

<https://www.headspace.com/blog/2019/01/25/headspace-for-kids-meditations/>

https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/?gclid=EAIaIQobChMI1KSI-IvQ7gIVyrTtCh1EdAS6EAAyAAEgKqO_D_BwE

Emotional regulation - being able to self-regulate is the ability to maintain a level of emotion appropriate for situations. Sometimes this can be challenging.

<https://theinspiredtreehouse.com/self-regulation/>

<https://www.yoremikids.com/news/emotional-regulation-activities-for-kids>

Loss and bereavement

<https://www.headspace.com/blog/2017/11/26/grief-mementos/>

https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/?gclid=EAIaIQobChMI-Yz_yo7Q7gIVG-vtCh0ZBQcYEAAyAAEgL4NPD_BwE

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/talking-to-children-about-death>