**Mental Health and Wellbeing Training module One**

Government guidance on physical health and mental wellbeing

**https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary**

5 steps to wellbeing

**https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/**

Anna Freud - How to start a conversation with children about mental health

[**https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-about-mental-health/**](https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-about-mental-health/)

Young minds – 10 wellbeing tips for staff

[**https://youngminds.org.uk/resources/school-resources/10-wellbeing-tips-for-school-staff/**](https://youngminds.org.uk/resources/school-resources/10-wellbeing-tips-for-school-staff/)

NAHT – You’re never too young to talk mental health - free teaching resources

[**https://www.naht.org.uk/news-and-opinion/news/pupil-support-and-safeguarding-news/youre-never-too-young-to-talk-mental-health-free-teaching-resources/**](https://www.naht.org.uk/news-and-opinion/news/pupil-support-and-safeguarding-news/youre-never-too-young-to-talk-mental-health-free-teaching-resources/)

[**https://www.liverpoolcamhs.com/workforce-tools/mental-health-session-plans-resources-for-schools/**](https://www.liverpoolcamhs.com/workforce-tools/mental-health-session-plans-resources-for-schools/)

[**https://www.highspeedtraining.co.uk/hub/promoting-mental-health-in-schools/**](https://www.highspeedtraining.co.uk/hub/promoting-mental-health-in-schools/)

[**https://www.teachwire.net/news/world-mental-health-day-teaching-resources**](https://www.teachwire.net/news/world-mental-health-day-teaching-resources)

[**https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/**](https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/)

Winston’s Wish Supporting children with grief and preparing for loss

[**https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/**](https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/)

Supporting grief- Surrey

[**https://www.jigsawsoutheast.org.uk/our-support/grief-support-2/**](https://www.jigsawsoutheast.org.uk/our-support/grief-support-2/)

Mindfulness- meditation

[**https://www.cosmickids.com/category/watch/?video\_category=mindfulness&changed=video\_category**](https://www.cosmickids.com/category/watch/?video_category=mindfulness&changed=video_category)

Tallulah the owlet – yoga for younger kids

**https://www.youtube.com/watch?v=11GY3YqoEUY**

Create your own worry stones

[**https://www.coffeecupsandcrayons.com/banish-back-school-worries-worry-stones/**](https://www.coffeecupsandcrayons.com/banish-back-school-worries-worry-stones/)

Make a coping strategy wheel

[**https://www.thepathway2success.com/how-to-make-a-coping-strategies-wheel/**](https://www.thepathway2success.com/how-to-make-a-coping-strategies-wheel/)

Managing stress- drawing your breath

**http://creativityintherapy.com/2017/08/drawing-your-breath-a-mindful-art-exercise/**

Good resource for mindfulness

[**https://undercoverhippybus.com/childrens-mental-health-week-resources-free-printable-pdfs/**](https://undercoverhippybus.com/childrens-mental-health-week-resources-free-printable-pdfs/)

Supporting the wellbeing of primary pupils with SEND

**https://www.gov.uk/government/case-studies/supporting-the-wellbeing-of-primary-pupils-with-special-educational-needs-and-disabilities-send**

[**https://www.gov.uk/guidance/supporting-pupils-wellbeing**](https://www.gov.uk/guidance/supporting-pupils-wellbeing)

[**https://www.gov.uk/government/publications/coronavirus-covid-19-send-risk-assessment-guidance/coronavirus-covid-19-send-risk-assessment-guidance**](https://www.gov.uk/government/publications/coronavirus-covid-19-send-risk-assessment-guidance/coronavirus-covid-19-send-risk-assessment-guidance)

[**https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/**](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/)

[**https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown**](https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown)

Fantastic Fred website – 4 practical areas children can manage own mental health- Food, rest, exercise, digital services

[**https://goodmentalhealthmatters.com/for-primary-schools**](https://goodmentalhealthmatters.com/for-primary-schools)

Michael Rosen clip talking about mental health

[**https://www.bing.com/videos/search?q=michael+rosen+talking+about+anxiety+&&view=detail&mid=B5F6938218F4111C0CD2B5F6938218F4111C0CD2&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmichael%2Brosen%2Btalking%2Babout%2Banxiety%2B%26FORM%3DHDRSC4**](https://www.bing.com/videos/search?q=michael+rosen+talking+about+anxiety+&&view=detail&mid=B5F6938218F4111C0CD2B5F6938218F4111C0CD2&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmichael%2Brosen%2Btalking%2Babout%2Banxiety%2B%26FORM%3DHDRSC4)

Childline – Calm zone

[**https://www.childline.org.uk/toolbox/calm-zone/**](https://www.childline.org.uk/toolbox/calm-zone/)

Recovery curriculum \_ Barry Carpenter

[**https://barrycarpentereducation.com/category/resources/**](https://barrycarpentereducation.com/category/resources/)

Books without words – Coronavirus

[**https://booksbeyondwords.co.uk/coping-with-coronavirus**](https://booksbeyondwords.co.uk/coping-with-coronavirus)

SMILE – 5 ways to wellbeing

**https://www.forest-oak.solihull.sch.uk/smile/**