

Mental Health Wellness Activities

Please click the following links for great resources to use at home:

All ages:

- 'A story about Coronavirus' – help support your children to understand coronavirus and to reduce worries

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

- 'A time when I felt'... a simple resource to write and draw emotions and feelings.

<https://www.elsa-support.co.uk/tab-booklet-a-time-when-i-felt/>

- 'A hug in a mug' – draw or write the things that make you feel warm and happy

<https://www.elsa-support.co.uk/mug-full-of-happiness/>

- Calming, mindful colouring

<https://www.elsa-support.co.uk/mindful-flip-flop/>

- Communication fans – share feelings easily

<https://www.elsa-support.co.uk/communication-fans/>

- A-Z of self care

<https://www.elsa-support.co.uk/a-to-z-of-self-care/>

- Easter Mindful colouring/drawing

<https://www.elsa-support.co.uk/easter-challenge/>

- Recipe for well-being

<https://www.elsa-support.co.uk/recipe-for-wellbeing/>

- 5 day mindfulness challenge

<https://www.elsa-support.co.uk/elsa-support-mindfulness-challenge/>

- Full of resources for children of all ages

<https://www.twinkl.co.uk/search?term=mental+health>

Under 12's

- Breathing techniques – how are you feeling?

<https://www.elsa-support.co.uk/breathing-techniques/>

- Mindfulness Rainbow Walk – notice what’s around you

<https://www.elsa-support.co.uk/mindfulness-rainbow-walk/>

Over 12’s

- Young Minds information on Coronavirus if you’re worried

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

- Looking after your mental well-being

<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/#collapse7546>

- Information on supporting teenagers with positive mental health

<https://stem4.org.uk/mindyour5-for-teenagers/>

- Interactive game to suggest positive activities to boost your mood

<https://www.childline.org.uk/toolbox/games/boost-your-mood/>

- Build your happy place – interactive tool to build an ideal room

<https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

- Wall of Expression – feeling worried? Frustrated? Write on the wall and watch the worries crumble away

<https://www.childline.org.uk/toolbox/games/wall-of-expression/>

- Play the balloon game and watch your worries float away

<https://www.childline.org.uk/toolbox/games/balloon/>

- A self care resource – different templates around self care

<https://www.elsa-support.co.uk/unicorn-self-care/>

- Mindful colouring

<https://www.elsa-support.co.uk/mandala-wishes/>

- Tangle it Easter – mindfulness and relaxation

<https://www.elsa-support.co.uk/tangle-it-easter/>

Further information on mindfulness apps to download for children and teens:

<https://www.psychologytoday.com/gb/blog/creative-development/201802/5-mindfulness-apps-children>