



Wellbeing

Our mental health and wellbeing is just as important as our physical wellbeing.

Please follow the links below for advice and guidance on how you can achieve a state of positive mental health and wellbeing on a daily basis.

A booklet about anxiety

<file:///C:/Users/k.knowles/Downloads/Anxiety-Booklet-1.pdf>

Helpful Information to Answer Children Questions About Coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Talking to Your Child About the Coronavirus – YoungMinds

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

Worries About the World - Childline

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Mood journal – Childline

<https://www.childline.org.uk/toolbox/mood-journal/>

Calm Zone – Childline

<https://www.childline.org.uk/toolbox/calm-zone/>

How to Cope When You Can't Go to School Because of the Coronavirus

<https://www.bbc.co.uk/newsround/51656718>