

Physical Health And Mental Wellbeing Resources For Children

At Kingsclere CE Primary we support pupils' physical health and mental wellbeing. Please find below a list of websites and resources which may be useful to support your child.

Breathe, Think, do Sesame <https://www.educationalappstore.com/app/breathe-think-do-with-sesame> For younger children aged 2-5 years old. Teaches skills such as solving everyday challenges, planning, problem solving and managing emotions.

Calm <https://www.educationalappstore.com/app/calm> A meditation app for beginners, intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes. Can help you manage anxiety, lower stress and sleep better. Includes Sleep Stories - soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening. Also available: 10 minute guided video lessons on mindful movement and gentle stretching.

Children's Sleep Meditations <https://www.educationalappstore.com/app/children-s-bedtime-meditations-for-sleep-calm> Meditations for bedtime to try to reduce anxiety, fear, and stress which can lead to sleeplessness. Tiredness can amplify negative emotions. Useful if your child is a night-time worrier kept from sleep by an unquiet mind. This app is free and comes with six meditations that can be added to with in-app purchases. The gentle stories, soothing music and soft sounds are designed to calm and distract the mind so that children can drift off to sleep naturally. Try it once, for free.

Chill Outz <https://apps.apple.com/us/app/chill-outz/id917373588> Developed by child psychologist Jacqueline Vorpahl, Chill Outz® is a collection of fun animated stories teaching children proven techniques to stay mindful & relaxed anywhere, anytime.

Cosmic Kids <https://www.cosmickids.com/shop/cosmic-kids-app/> Children's yoga and mindfulness videos. Free two week trial. They also have a YouTube channel (Cosmic Kids Yoga).

FOCUS On The Go! <https://nfrc.ucla.edu/focus-on-the-go> FOCUS stands for Families Overcoming Under Stress, and this app aims to teach resilience – a key part of mental wellbeing – to every member of the family. It helps your child develop five essential skills: problem-solving, goal-setting, communication, emotional regulation, and managing trauma and stress.

For Me <https://www.educationalappstore.com/app/for-me> Made and supported by the charity Childline, 'For Me' provides help and guidance for those that need it, both within the app and through easy connection to a counsellor. This is a free app. If ever they do need help, they have a starting point and it is one that has always been there, not one that has been pushed on to them because of their problems. Even if they do not need it for themselves, it might help them support a friend who does.

Headspace <https://www.educationalappstore.com/app/headspace-guided-meditation> Guided meditation to help manage stress, anxiety and sleep. Child and parent section with ideas and sessions on kindness, calm and focus. Sessions broken down by age for under 5's, 6-8 year olds and 9-12 year olds.

iTouchiLearn Feelings <https://apps.apple.com/us/app/itouchilearn-feelings-for-preschool-kids/id487364947> Real images, cartoons, and smiley faces help young children learn to identify emotions

Me: A Kid's Diary (by Tinybop) <https://tinybop.com/apps/me> An interactive app to inspire your child to learn more about themselves and the people around them. Designed to build self-awareness, self-confidence, empathy and kindness through a range of different journaling techniques.

Mindful Powers <https://www.educationalappstore.com/app/mindful-powers> Teaches mindfulness techniques for children up to 8 years old.

Moshi Sleep and Mindfulness <https://www.moshisleep.com/> Relaxing stories and meditations – some free resources such as guided 'brain breaks', meditations and stories under the 'playlist' and then 'relaxation' part of the app.

New Horizon: Kids Meditation <https://www.newhorizonholisticcentre.co.uk/> Meditations separated into three sections: 'Guided meditations', 'Stories' and 'Sleep'.

Positive Penguins <https://apps.apple.com/us/app/positive-penguins/id570371342> A resilience-building app for all children. The app has a simple 5-minute guided meditation for children to learn to sit, relax and let go of the thoughts as they come into their heads. There is also a strategy for children to understand that an event or situation happened that created an emotion in them - this emotion is not right or wrong, rather information – once they understand this and can examine the thoughts or stories they are telling themselves about situations they can then challenge the stories they tell themselves and help problem solve situations.

Push2Play <https://apps.apple.com/us/app/push2play-active-games-for-kids/id689387476> Offers a range of games to help children make screen time active. Encourages creative play & logs physical activity. Suggests outdoor and indoor games to get children away from too much screen time.

Recharge <https://apps.apple.com/au/app/recharge-move-well-sleep-well/id878026126> A six-week programme to help improve general health by focusing on:

- a regular wake and sleep time
- an alarm clock which triggers fun activities
- increasing exposure to daylight early in the day
- encouraging physical activity within two hours of waking

Sleep Meditations for Kids <https://apps.apple.com/us/app/sleep-meditations-for-kids/id549414156> A meditation app which can be useful for anxious children who find it hard to drop off at night. Designed by a yoga and Montessori teacher, it's aimed at children aged 12 and under and can help with sleep issues, insomnia, stress and anxiety, as well as promoting feelings of wellbeing.

Smiling Mind <https://www.educationalappstore.com/app/smiling-mind> Designed to help with the pressure, stress, and challenges of daily life. This app has a section on 'Mindfulness in the Classroom'. It was created specifically with students in mind. Offers programmes for age groups, including 7-9, 10-12, 13-15, 16-18 and adults. It keeps track of your progress over time, including how many sessions you complete and how your emotions change.

Social Story Creator & Library <https://apps.apple.com/us/app/social-story-creator-library/id588180598> An app for creating, sharing and printing educational social stories, visual schedules, and beautiful memories.

Stop, Breathe and Think <https://www.stopbreathethink.com/> Mindfulness check-ins followed by recommended guided meditations based on your feelings at the time. Helps with sleep, breathing techniques and managing emotions.

The Zones of Regulation <https://www.educationalappstore.com/app/the-zones-of-regulation> Made by a game developer working with an occupational therapist. Combines fun gaming whilst working towards better control of emotions. Children identify the coloured 'zone' that they are in which corresponds to different groups of emotions. For example, anger is in the red and sadness in the blue. The app then guides children through these emotions and how to deal with them. The intention is to take children through the negative emotions into the calm and content ones.

Three Good Things <https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576> Evidence suggests that if you write three good things down every day, your happiness and positivity increase. This app is a way for your child to record what they're grateful for.

Wellbeing For Children: Additional Resources Providing Help And Advice For Parents

<https://hampshirecamhs.nhs.uk/help/young-people/>

<https://youngminds.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

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

<https://hampshireyouthaccess.org.uk/counselling/>

<http://www.ypicounselling.co.uk/>