

Wellbeing Strategies for Children and Families



- Listening to favourite music
- Watching a good film and laughing out loud
- Keeping a diary of activities and your feelings
- Eating healthily and adopt an exercise routine
- Fresh air - walking, jogging!
- Mindfulness breathing every day for 10 minutes: see apps below.
- Mindfulness colouring
- Yoga exercises online
- Take a mental health break from all devices - at the very least it will help your eyes!
- Sleep...routine...wind down...turn devices off well before bedtime



Mobile Apps for Children

Sleep Meditations for Kids

If you have an anxious child who finds it hard to drop off at night, this meditation app might be helpful. 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, also Moshi: Sleep & Mindfulness



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.

Breathe, Think, Do with Sesame Street

Even young children aged two to five can become more aware of their own emotions. Breathe, Think, Do features your child's favourite Sesame Street characters to help teach them skills such as problem-solving, self-control, planning and perseverance.

Three Good Things

Evidence suggests that if you write three good things down every day, your happiness and positivity increase. This simple little app is a great way for your child to record what they're grateful for.

Happime for Young People

This app aims is designed to help children to worry less, be more confident, improve self esteem and be happier through a series of games, bitesize videos and audio.

CBeebies Go Explore

Your Mindful Garden is one of a suite of activities for young children in the CBeebies Go Explore app, encouraging young children to grasp basic mindfulness techniques to improve their wellbeing through short, simple activities.

Stop Breathe and Think Kids

Meditation and mindfulness made fun and easy for children to help them develop strategies for better sleep, being calm, learning to breathe and to resolve conflicts.



Headspace Guide to Meditation on Netflix

A new animated series by the Headspace is available on Netflix.

Childline Kids

Offers children support for a range of issues, as well as online activities and games to support their emotions and wellbeing.

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



Children should be appropriately supervised when using any online resources