Well-being Resources

Here we have listed some well-being resources to support you and your child at home in feeling calm, happy and relaxed . Well-being is not about feeling happy all the time but knowing that a range of emotions are a normal part of being human and having the ability and reliance to manage these and keep a positive focus.

Gratitude is all about being thankful and focusing on the good around us. When we learn to be thankful for everything and have an attitude of gratitude, we feel more positive, peaceful and happy each and every day.

Therapeutic activities master list

Calm Activities

Calm affirmations

Calm Exercise Cards

Calm Pack Advert

Calm pack cover

Calm Pack Door Hanger

Calm Pack Welcome Letter

Calm Selfie Props

Calmometer

Creating a calm corner

Meditation for Calm

Message for parents

Family-Wellbeing-Toolkit-Mental Health Ireland

Coronavirus, A Book For Children

The great isolation activity book

Wellbeing Wednesday resources

Barnardos Parent resources

Article from Irish Times about bereavement with support links

List of free Camhs resources and downloadable self-help guides

As I Am links for pupils with Autism

Stress Control

Stress control free downloads

Thriving at home

Lockdown Social Story 1

Covid Test centre social story

Well Being Club- week 1 distant learning

The Stay Home Superheroes

Support for pupils with autism

Active Ideas:

https://www.youtube.com/user/CosmicKidsYoga?app=desktop&cbrd=1

Cosmic Kids Yoga

Dance and exercise

PE Ideas and Videos

Go Noodle

Yoga Resources

Affirmations

Relaxation Activity

Importance of Laughter

Exercises to Encourage Calm and Focus

Brain Break Breathing

Gratitude Activities

Mindful Minutes

Mindful Walking

Feather Breathing

Be Kind to yourself activity sheet

Letting go of worries

My Fabulous Dream

Take 5 breathing exercise

Jungle Mindfulness Colouring Sheets

I am an amazing person activity sheet

Managing My Worries Book 1

Managing my worries book part 2

A Well-being Journal for Children

Yoga and Mindfulness

Beginner's Yoga

Intermediate Yoga for Children

Advanced Yoga for Children