



MENTAL HEALTH SUPPORT TEAM IN SCHOOLS

A LIST OF RESOURCES TO SUPPORT MENTAL WELLBEING FOR YOUR CHILDREN AND SCHOOL

KEY STAGE ONE

SHORT WELLBEING EXERCISES

A 10 Step Guide to Mindful Listening

<https://www.meditationinschools.org/wp-content/uploads/2015/02/Mindful-Listening.pdf>

Meditation in Schools

<https://www.meditationinschools.org/wp-content/uploads/2012/09/Metaphorical-Educational-Story-for-teaching-meditation-to-6-yr-old-children.pdf>

Spread a little kindness in the classroom!

https://www.mentallyhealthyschools.org.uk/media/1966/classroom-activities_2017.pdf

Emotion Wheel

<https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf>

Relax like a Cat

<https://www.mentallyhealthyschools.org.uk/resources/relax-like-a-cat-relaxation-exercise/>

Sesame Street in Communities

<https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=breathe-bundle>

Top 10 Tips for Teaching Mental Health and Wellbeing

<https://www.artisfoundation.org.uk/blog/blogposts/2018/06/top10tips/>

Resilience Game

<https://www.mentallyhealthyschools.org.uk/resources/resilience-game/>

Human Alphabet

<https://schools.au.reachout.com/wellbeing-5s/human-alphabet>

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/resources/>

ONLINE RESOURCES

Create a Mood Journal

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

Mindfulness Bingo

<https://myfreebingocards.com/bingo-card-generator/edit/u4sc3a>

Calming Strategies

<https://www.elsa-support.co.uk/take-a-calming-strategy/>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

A selection of assembly ideas and class-based activities

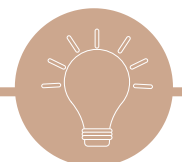
<https://www.place2be.org.uk/media/yesitwzt/primaryschoolresources.pdf>



**WE ARE
HERE TO SUPPORT
YOUR SCHOOL**

**PLEASE
CONTACT US ON
[dhc.mhstream.north
dorset@nhs.net](mailto:dhc.mhstream.north.dorset@nhs.net)**

**WE NOW HAVE A
WEBSITE! Take a look!**



IDEAS

- Create a happiness jar
- Go for an observation walk
- Try out some yoga
- Create a playlist that makes you feel calm and happy





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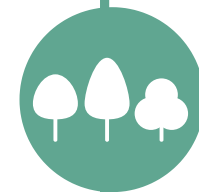
Wellbeing Fives

<https://schools.au.reachout.com/wellbeing-5s>



5 minute activities to use in your classroom that will help refocus, energise and develop wellbeing in your students. This will provide you with:

- Whole class and individual activities
- Activities to get your students thinking and moving
- Ideas for rebuilding relationships, improving communication, developing problem-solving skills and enhancing wellbeing in your students.



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ONLINE RESOURCES

Talking Mental Health

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/talking-mental-health-animation-teacher-toolkit/>

This aims to give children an understanding of what mental health is and the difference between every day small feelings and a big feeling. It offers consistent and accessible language to talk about mental health and gives tips on how to be a good listener.

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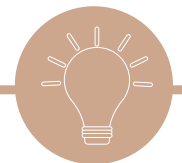
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