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

For breathing exercises, activities, games and to help let go of stress.

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

Content targeted at the under 12s.

<https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm>

Easy ways to move well and eat well.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The Duke and Duchess of Cambridge support Every Mind Matters advice for looking after mental well-being.

<https://www.gonoodle.com/>

Movement and mindfulness videos

<https://www.healthyminds.services/>

Mental health and well-being resources for children and young people in Bradford

<https://insighttimer.com/meditation-topics/kids-meditation>

Links to free guided mediation

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

An educational resource for all adults, children and young people’s mental health

<http://www.childhoodbereavementnetwork.org.uk/>

Advice on supporting grieving children especially during the pandemic

<https://www.nhs.uk/apps-library/thinkninja/>

An app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

<https://www.otb.ie/home-support/>

Outside the Box has produced a free activity journal to help children enhance their mental well-being though a range of activities

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

The UK’s leading charity fighting for children and young people’s mental health