

Mental Health and Wellbeing Resources

- Think you know (Internet and Online safety)
https://www.thinkuknow.co.uk/11_13
- Change4life (Healthy Lifestyle and Eating)
School Health <https://www.kentyouthhealth.nhs.uk/>

This site covers all aspects of health and has information about COVID 19.
This is where you can refer to the school nurse.

Emotional Health

- Moodspark <https://moodspark.org.uk/>
- Young Minds https://youngminds.org.uk/?gclid=Cj0KCQiA5bz-BRD-ARIsABjT4nitYKn1hRvUuTCnhg2V-41gMI90ktA-0ERFpf06V_t9jAnvjrm2NAUaAp6ZEALw_wcB
- Every mind matters <https://www.nhs.uk/oneyou/every-mind-matters/>

Secondary school transition

- My secondary school transition booklet
- Moving Up! The transition to secondary school animation:
<https://youtu.be/thnoUraeoGs>

Mindfulness apps – relaxation and breathing

- WYSA (Google Play/Apple store) – an ‘emotionally intelligent’ penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you. It uses evidence-based CBT techniques to help you feel better. You can chat with WYSA using text and photo responses
- <https://www.headspace.com/mindfulness>
- Stop, Breathe & Think Kids is a mindful games app designed for kids age 5-10. Kids can check how they are feeling using emoji’s and try mindful meditations around those emotions. Stickers reward progress and keep mindful activities engaging. (Google Play/Apple store)

Behaviour

Have you noticed you’re staying up later, feeling more sensitive or that no one understands you? These are all normal feelings for teenagers and a sign of your developing brain. You can find out more about these changes with an online course ‘Understanding your teenage brain.’ The password for this free resource is INVICTA, <http://bit.ly/3m8i2hM> www.inourplace.co.uk