

## Excellent Well Being Resources

During the COVID 19 lockdown, we're all feeling less secure and missing our usual routines. Just as doing exercise improves physical health, you and your child can do activities to also boost their mental health. Giving them the education to find healthy ways to deal with their feelings and reactions to the COVID 19 situation.

Please find useful links/advice or articles which may help below.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>