



# The Meadow Community Primary School and Pre-School

## Social, Emotional and Mental Health Suggested Resources

### *Social, emotional and mental health*

#### *Role play resources*

<http://www.earlylearninghq.org.uk/role-play-resources/>

#### *Anxiety/stress*

<https://www.twinkl.co.uk/resource/anxiety-and-stress-activity-pack-t2-p-628>

<https://www.twinkl.co.uk/resource/t-c-255094-making-negative-thoughts-into-positive-thoughtsactivity-sheet>

<https://www.youtube.com/watch?v=l7g8Atv27Q8>

<https://youngminds.org.uk/find-help/conditions/anxiety/>

#### *Other Resources*

<https://www.elsa-support.co.uk/category/free-resources/>

*A range of resources, games etc. to support different areas of mental health; anxiety, anger, emotions, mindfulness etc.*

<https://managing-change.middletonautism.com/>

*Resources aimed at autistic pupils, but could be used with others to support change, particularly around COVID 19.*

<https://www.autismlittlelearners.com/search/label/My%20Freebies?updated-max=2020-07-05T17:59:00-07:00&max-results=20&start=20&by-date=false>

*A range of social stories and resources around a lot of different life issues, including COVID 19, that can be used to support children's understanding.*

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/ipad-apps-for-complex-communication-support-needs/>

*iPad Apps for Complex Communication Support Needs*

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

*Create a free account to access certain activities and resources to support mindfulness and well-being.*

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

*A selection of games to play to build children's social and emotional awareness*