



## [Make a Wellness Journal](#)

**Weaving Well-being Free Wellness Journal:** <https://indd.adobe.com/view/5237deef-2311-469f-9e2d-b5ee89c2000f?fbclid=IwAR22-4-eAH-ak5AOK6L7bZxmlA9guhGEXyUFkp2S7pg8QAUit1P4nBnnjJo>

**Links for positive affirmations for children to include in their journal**

- <https://www.thepathway2success.com/101-positive-affirmations-for-kids/>
- [https://www.youtube.com/watch?v=Ud\\_eeFkzH4w](https://www.youtube.com/watch?v=Ud_eeFkzH4w)
- <https://biglifejournal.com/blogs/blog/7-new-fun-ways-kids-affirmations>
- <https://www.mother.ly/child/positive-affirmations-build-kids-confidence>

## [Tune into your Feelings](#)

**Here is a beautiful story for younger children that encourages us to think about how our heart is feeling:** <https://www.youtube.com/watch?v=xlflgHBwYx4>

**Feelings booklet (younger children):** <https://www.twinkl.ie/resource/roi-a-32-my-feelings-activity-booklet>

**Emotions" - StoryBots Super Songs:** <https://www.youtube.com/watch?v=akTRWJZMkso>

**Feelings Song:** <https://www.youtube.com/watch?v=-J7HcVLsCrY>

**Apps:**

- Smarty Pants
- ABA Flashcards Emotions
- Emotions: Flashcards

## [Make a Calm Box](#)

<https://www.linkedin.com/pulse/make-emergency-box-your-child-tough-times-sarah-lewis?fbclid=IwAR3ooA1AQNY6-UJ9wqC5t96yAKzR8hUcpNyyGv2xFWq7vznCcwRQvunMVDQ>

## [Make a Happiness Jar.](#)

**Making a happiness jar:** <https://www.youtube.com/watch?v=D47xgsmFTws>

**Jar of Happiness Story:** <https://www.youtube.com/watch?v=CMtVKMfLE5M>

**Jar of Happiness Worksheets:** [http://www.childs-play.com/parent-zone/the\\_jar\\_of\\_happiness\\_activitie.html](http://www.childs-play.com/parent-zone/the_jar_of_happiness_activitie.html)

## [Train your mind to talk to you in a positive way](#)

**Why positive self-talk is important:** <https://growkidsminds.com/positive-self-talk-and-why-its-important-gkm025/>

**How to teach positive self-talk:** <https://www.thepathway2success.com/how-to-teach-positive-self-talk/>

## [Use music to relax](#)

**Relaxing music for children:**

<https://www.classicfm.com/discover-music/relaxing-music-for-children/>

<https://www.goodtoknow.co.uk/family/calming-music-for-children-anxious-533017>

## [Try some Mindfulness and Meditation](#)

There are lots of great meditation resources available online.

- **Visualisations and breathing techniques for children:** <https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>
- **Introduction to Mindfulness/Meditation** <https://youtu.be/8rp5bpFIUqg>
-  **Calm** app
- <https://www.cosmickids.com/mindfulness-meditation-videos-kids/>
- **Visualisations:** <https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>
- **Body Scans are a great way to help to release tension from our muscles. Here are some examples:**  
[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)  
[https://www.youtube.com/watch?v=56\\_8aK3cLEA](https://www.youtube.com/watch?v=56_8aK3cLEA)  
[https://www.walkinmyshoes.ie/media/1518/mys\\_mindfulness\\_ex2.mp3](https://www.walkinmyshoes.ie/media/1518/mys_mindfulness_ex2.mp3)

## [Take Deep Breaths](#)

**Find some helpful breathing techniques here:**

<https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>

<https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>

<https://www.mindfulmazing.com/10-breathing-exercises-for-kids-with-anxiety-or-anger/>

<https://www.yoremikids.com/news/best-breathing-exercises-for-kids>

## [Learn some Yoga](#)

**Here are some great yoga websites that have yoga options for all ages:**

<https://www.cosmickids.com/category/watch/>

<https://theyogaroot.org/kids-yoga-portal>

<https://yogawithadriene.com/yoga-for-kids/>

<https://www.aloyoga.com/blogs/alo-blog/yoga-for-kids-a-super-fun-flow-with-alissa-kepas>

## Work on our worries

- **The Worry Lorry:** <https://www.walkinmyshoes.ie/media/3385/worry-lorry.pdf>
- **The Worry tree approach to dealing with worries:** <https://www.elsa-support.co.uk/the-worry-tree/>
- **The Worry tree for younger children:**  
**Worry Tree story Time** <https://www.youtube.com/watch?v=AQv2KD4cb-E>  
**Worry Tree Activity Sheets**  
<https://content.schoolinsites.com/api/documents/811c9d94eb9b4f228a40e2e3ae63bdd3.pdf>
- **Story time: "Everybody Worries"**  
[https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx&fbclid=IwAR3Ur6biuAVWa-HnE3VltsEid5BreWmNxt\\_rylltYToa3fyCimPfyKjuuw](https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx&fbclid=IwAR3Ur6biuAVWa-HnE3VltsEid5BreWmNxt_rylltYToa3fyCimPfyKjuuw)

## Practice an attitude of Gratitude

**Gratitude activities for children:** <https://blissfulkids.com/5-awesome-mindful-gratitude-activities-for-kids/>

**Explaining why gratitude is important:** [https://www.youtube.com/watch?v=U5lZBjWDR\\_c](https://www.youtube.com/watch?v=U5lZBjWDR_c) (Children)

<https://weavingwellbeing.com/how-to-harness-benefits-of-attitude-of/> (parents)

**The Gratitude Game:** <https://teachbesideme.com/gratitude-game-pick-sticks/>

## Get Creative!

**Websites for art activities:**

- <http://www.iamanartist.ie/>
- <https://www.makebeliefscomix.com/>
- <https://www.twinkl.ie>
- <https://www.youtube.com/channel/UCo4dOgD4okn25M6mvfBo2rQ>

**Websites for Cooking and Baking:**

- [www.odlums.ie](http://www.odlums.ie)
- <https://thehealthyspoon.ie>
- [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
- [www.twinkle.ie](http://www.twinkle.ie)

**Lego Websites**

- <https://thestemlaboratory.com/wp-content/uploads/2020/02/LEGO-Challenges.pdf>
- <http://scoilchroinaofaatheny.ie/lego-club/>
- **Apps: Instructions for Lego, Animated Bricks 3D**

## Get Active!

- [www.verywellfamily.com](http://www.verywellfamily.com)
- <http://scoilchroinaofaatheny.ie/lets-get-moving/>
- <https://www.twinkl.ie/resources/roi-resources/home-summer-camp-republic-of-ireland>

## Connect with Friends

**Social Skills apps:**

- Social Story Creator
- [Hamaquchi Apps - Between the Lines](#)

- My Life Skills Box
- Choiceworks
- All About Me Storybook

**Games to play while social distancing:** <https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing>

## Support for parents supporting their child's Wellbeing

- Podcasts for parents dealing with difficult issues:  
<https://www.walkinmyshoes.ie/library/podcasts?cat=7002,7013,7014,7015>
- Helping your child to cope with and manage their worries <https://www.psycom.net/help-kids-with-anxiety>
- Child and adult Mental health services: [https://www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/introduction-to-camhs.html?gclid=CjoKCOjwoMb3BRCaARIsAPSNGpW73jt-E2lfRfXK3j9gPbH\\_I8Qs1BoRKClI4r9uZlc-SWAWMhWIA6kaAhh7EALw\\_wcB&gclidsrc=aw.ds](https://www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/introduction-to-camhs.html?gclid=CjoKCOjwoMb3BRCaARIsAPSNGpW73jt-E2lfRfXK3j9gPbH_I8Qs1BoRKClI4r9uZlc-SWAWMhWIA6kaAhh7EALw_wcB&gclidsrc=aw.ds)
- Helping a child with anxiety: <https://www.tusla.ie/parenting-24-seven/12-years/name-it-and-tame-it/anxiety/>
- Coping during Covid 19: <https://www.gov.ie/en/publication/606da7-coping-at-home-during-covid-19/>
- <https://www.parentline.ie/>
- <https://www.aware.ie/information/information-for-parents/>
- <https://www.barnardos.ie/our-services/work-with-families/family-support>
- <https://www.samaritans.org/ireland/samaritans-ireland/>
- Counselling options for parents:  
<https://www.irishtimes.com/life-and-style/health-family/here-is-a-list-of-counselling-services-if-you-want-to-talk-to-someone-1.4211976>  
<https://iacp.ie/page>
- Free stress control classes: <https://www.hse.ie/eng/about/who/healthwellbeing/>
- Mayo Mental Health Association has a range of awareness guides to support people in many difficult situations. They include support lines, symptoms and possible treatments:  
<http://www.mayomha.ie/awareness-guides.html>
- <https://www.facebook.com/mayomha>

