Social, Emotional and Mental Health

* <https://www.elsa-support.co.uk/category/free-resources/>  Games and activities to support different areas of mental health; anxiety, anger, emotions, mindfulness etc.
* <https://managing-change.middletownautism.com/> Resources aimed for 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>  Social stories and resources covering life issues, including the impact of COVID 19, that can be used to support children’s understanding.
* <https://www.bookofbeasties.com/> 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> Games to play to develop children’s social and emotional awareness