

# Child's Mental Health Week

A few resources that may be useful:

## Express yourself February Calendar

<https://www.elsa-support.co.uk/express-yourself-february-calendar/?fbclid=IwAR3DCGyyhT8ISUdpX6sVS9pyt5OvQO0Cdjki7t96LFM6l8SejB-bl8Flbk>

## Relax Kids

[https://www.relaxkids.com/express?fbclid=IwAR1iERi2QHJzP\\_OaN8pekFIU2FTQbCr\\_yg8eq1BrxaI5uCqqSfQxzUeNhBw](https://www.relaxkids.com/express?fbclid=IwAR1iERi2QHJzP_OaN8pekFIU2FTQbCr_yg8eq1BrxaI5uCqqSfQxzUeNhBw)

## Wellbeing Week Daily Resources

<https://www.elsa-support.co.uk/wellbeing-week-daily-resources/?fbclid=IwAR1DXfZ1YRb7sQ7rJOxQp5BM4WG384P5yRslcU1sIY2SX14GjSuegzlkq9g>

The Daily Five is five simple steps that show us how to become more resilient. In each video, Sarah guides us through movement, stretching and breathing.

<https://www.youtube.com/playlist?list=PL4O3p4kroDaaTLWhv5zeJndJluaka0qB8>