

Mental Health and Wellbeing Activities and Resources

Mindfulness Activities: Short mindful practices that can help bring you to the present moment

[Muscle tensing exercise](#)

[Food mindfulness activity](#)

Five senses activity: Notice something you can see, hear, touch, taste and feel. Use your hand to count the 5 senses. You could do this as a group activity by drawing around your hand and writing the 5 senses on each fingers.

Practical Activities: Things to make and do to support wellbeing

[Self Sooth Boxes](#)

[Making a Stress Ball](#)

[Emotions Jenga activities](#)

[5 Ways to Wellbeing | Mind – Mind](#)

Breathing Exercises: Short breathing techniques to help regulate breath and calm down

[Hand Breathing](#)

[Box breathing relaxation technique: how to calm feelings of stress or anxiety \(youtube.com\)](#)

5/2/7 Breathing: breathe in for 5, **hold** for 5 and out for 7. Can adjust numbers to suit (out needs to be longer).

Health and Wellbeing Books

[Reading Well books:](#) (available at all South Gloucestershire libraries)

[Suggested books young children](#)

[Happy Parent Happy Child Resource for parents of pre-school age children](#)

Understanding Our Emotions

Daniel Siegel models

[Flipping your lid](#)

[Upstairs/ Downstairs Brain teaching resource](#)

[Trauma and the Brain- UK Trauma Council](#)

[Trauma and the brain explained by children- UK Trauma council](#)