**EA Sensory Service**  

# Mental Health and Wellbeing Resources

Below is a sample of some links that provide a range of resources and information on mental health.

The NHS have provided [guidance](https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/) on talking to children about their mental health.

‘Fablefy’ have designed a 21 day mindfulness bootcamp for children on YouTube.

‘Cosmic Kids Yoga’ is a fun way for children to engage with yoga and mindfulness and can be found on YouTube.

Dancing is good stress reliever. Search for ‘Just Dance’ or type in ‘Dance Routines’ on YouTube

[BBC Supermovers](https://www.bbc.co.uk/teach/supermovers) gets children moving while they are learning and having fun.

The National Deaf Children’s Society haver resources [here](https://www.ndcs.org.uk/information-and-support/parenting-and-family-life/emotional-health-and-wellbeing/) to support emotional health and wellbeing.

\* The Education Authority Sensory Service is not responsible for the content of the resources linked on this page nor does it constitute endorsement

For further advice please contact the Sensory Service via phone: 028 25 661 258 or email: sensoryservice@eani.org.uk