



## Mindfulness

'Mindfulness' means maintaining an awareness of thoughts and feelings through a clear, calm mind.

The below sources can provide you with guided mindful meditations which can help manage anxiety or stress.

[www.mindful.org/three-meditations-for-beginners/](http://www.mindful.org/three-meditations-for-beginners/)


5 minutes of mindfulness-  
[www.youtube.com/watch?v=Wsy2L9VvX90](http://www.youtube.com/watch?v=Wsy2L9VvX90)

Mindfulness for sleep-  
[www.mindful.org/a-mindfulness-practice-for-better-sleep/](http://www.mindful.org/a-mindfulness-practice-for-better-sleep/)



## Sleep Habits

Trying to maintain good sleep habits is essential to regulate brain function and mood.

 Pzizz is a free app recommended by the NHS, which helps to calm the mind and induce a restful sleep.

[www.sleepfoundation.org/articles/sleep-strategies-kids](http://www.sleepfoundation.org/articles/sleep-strategies-kids)



## Positive Affirmations

These are statements to say that can help to overcome negative thoughts and lead to positive changes.



[www.thepathway2success.com/101-positive-affirmations-for-kids/](http://www.thepathway2success.com/101-positive-affirmations-for-kids/)



## Breathing

Deep breathing techniques can help you feel calmer and help to combat anxiety. Sit or lie comfortably to begin.

### Balloon Breathing

Inhale through your nose slowly, notice your stomach expanding like an inflating balloon. Exhale slowly through your mouth, image a balloon releasing air. Repeat this for as long as is needed.



### Lion's Breath

This practice involves inhaling slowly before breathing out with a big open mouth (like a roaring lion!)

Inhale through your nose. Fill your belly with air, now open your mouth as wide as possible and breathe out with a 'ha' sound pushing the air back out. Repeat this for as long as is needed.

### NHS.UK Breathing Practice

Breathe in through your nose and out through your mouth. Breathe in gently, counting slowly from 1 to 5. You may find it difficult to reach 5 at first but should continue to aim for this. Then, without pausing or stopping or holding your breath, breathe out gently, counting slowly from 1 to 5. Repeat this for as long as is needed, slowly inhaling and exhaling.



# Glencryan School Wellbeing Toolkit



Now, more than ever, it is really important to look after the health and wellbeing of yourself and your family. This toolkit provides a range of resources / activities which you can all do to maintain and improve your wellbeing during this period of disruption.



## Beat Boredom

Fun links to keep you entertained!

- PE with Joe Wicks-  
[www.youtube.com/TheBodyCoach](http://www.youtube.com/TheBodyCoach)
- Craft Club-  
[www.hobbycraft.co.uk/ideas/kids/kids-craft-club](http://www.hobbycraft.co.uk/ideas/kids/kids-craft-club)
- Singing and dancing-  
[www.gonoodle.com](http://www.gonoodle.com)
- Learn to cook-  
[www.bbc.co.uk/cbeebies/shows/i-can-cook](http://www.bbc.co.uk/cbeebies/shows/i-can-cook)
- A day out at Chester Zoo  
[www.chesterzoo.org/virtual-zoo/](http://www.chesterzoo.org/virtual-zoo/)



## Support and Help

- [www.youngminds.org.uk](http://www.youngminds.org.uk) Children & young people's mental health charity
- [www.samh.org.uk](http://www.samh.org.uk) Scottish adult mental health charity
- [www.stem4.org.uk](http://www.stem4.org.uk) Supporting positive mental health in teenagers
- [www.samaritans.org.uk](http://www.samaritans.org.uk) Emotional support for people who are struggling
- [www.parentclub.scot](http://www.parentclub.scot) Tips and advice for all Scottish parents