

Well-being resources and links

A picture book about worries:

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>

Podcasts from Claire Peters, MAT Educational Psychologist

Podcast about returning to school:

<https://www.dropbox.com/s/n6f9t0qqze78ul0/Return%20to%20school.mp4?dl=0> and attached PDF

Podcast about Play:

<https://www.dropbox.com/s/wvy9rebtv4j68ow/PlayandResilience.mp4?dl=0> and attached PDF

Podcast about Anxiety: <https://www.dropbox.com/s/ne0jpo4otot03hl/Anxiety.mp4?dl=0> and attached PDF

Podcast about Wellbeing:

<https://www.dropbox.com/s/nqacazj05sjzqb1/Wellbeing%20Final.mp4?dl=0> and attached PDF

ELSA website link for wellbeing resources: <https://www.elsa-support.co.uk/category/free-resources/>

Dojo Mindset Series of growing the brain

Episode 1: Your brain is like a muscle

<https://youtu.be/pmoP7HP3BnE>

Episode 2: The magic of mistakes

<https://youtu.be/EoWLgWCcpWo>

Episode 3: The power of yet!

<https://youtu.be/OFKVoCuwl2s>

For older pupils: The learning brain

<https://youtu.be/cgLYkV689s4>

Song about the brain:

<https://youtu.be/Qw8E9WnZTQk>