NEW FOR 2020! SPECIAL OFFER

A Toolkit of Wellbeing

Helpful strategies & activities for children, teens, their carers & teachers

Tina Rae

A must-have collection of easy-to-use activities to enhance emotional wellbeing in all children and young people, and to support the Recovery Curriculum in schools in response to the COVID-19 pandemic.

For use at home and school by parents, carers, teachers and others concerned with the wellbeing of children and young people, with much-needed practical advice and ideas to support you in protecting mental health and wellbeing at a time of uncertainty and fear.

These therapeutic tools, ideal for use by non-specialists, will provide an excellent means of developing a whole-school culture of support and nurture as young people transition back into school after what, for many, will have been a stressful period of lockdown.

Contains user-friendly and evidence-based strategies to build good mental health and develop the resilience needed to move on from stressful situations and trauma – including those related to the Coronavirus pandemic.

The activities are divided into sections for younger children, teenagers and whole groups or classes, and are grouped under the three key trauma recovery approaches of:

• Self-Regulate for Wellbeing
• Get Moving Mentally & Physically for Wellbeing
• Connect for Wellbeing

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