



The Wellbeing Toolkit for Mental Health Leads

A Comprehensive Training Resource to Support Emotional Wellbeing in Education & Social Care

Tina Rae, Amy Such & Jo Wood

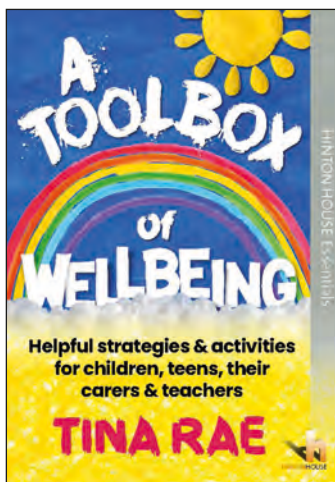
Contains 21 practical and accessible modules to enable you to support the wellbeing of young people, while also developing staff confidence and whole-school approaches that will support the wellbeing of the whole community.

Training modules include as Anxiety, ADHD, ASD, Body Image, Eating Disorders, School Phobia, Grief & Loss, Trauma & Adverse Childhood Experiences (ACEs), Attachment Disorders, Using Social Media & Online Pornography.

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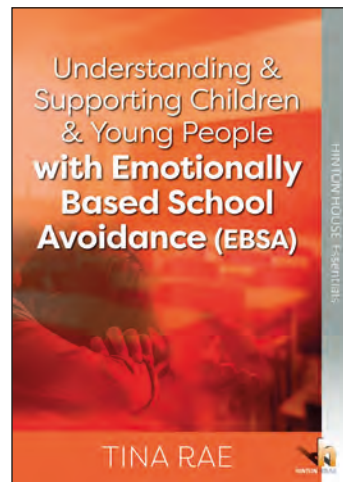
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Helpful strategies & activities for children, teens, their carers & teachers

Tina Rae

Easy-to-use activities to support and nurture young people. Divided into activities for younger children, teenagers and whole groups or classes, and grouped into 3 key recovery approaches of: Self-Regulate; Get Moving Mentally & Physically; Connect for Wellbeing.

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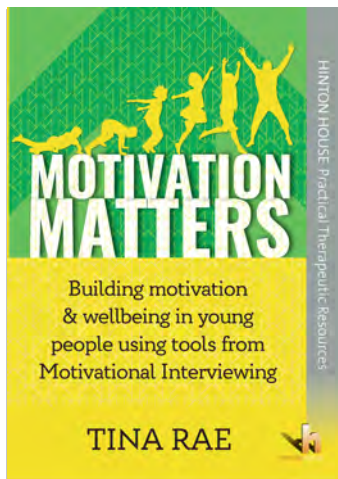
My Toolbox of Wellbeing Journal

Creative inspiring activities & strategies

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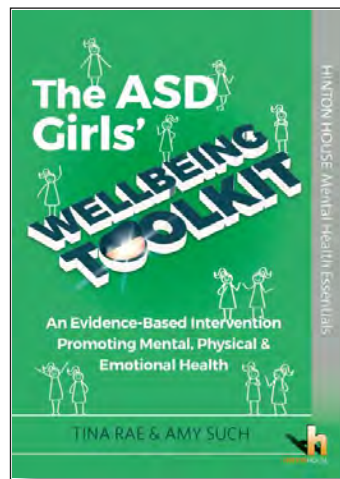
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Building motivation & wellbeing in young people using tools from Motivational Interviewing

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Motivation comes from self-esteem. Young people who have low self-esteem are less likely to be able to make decisions to change patterns of behaviour, which in turn can affect not only their mental wellbeing but also their achievement in educational and social contexts.

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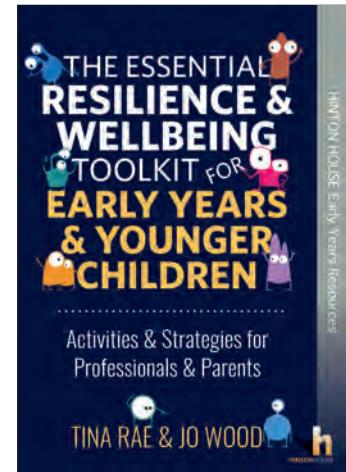
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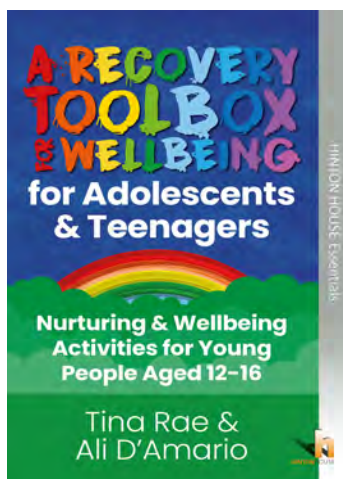


The Essential Resilience & Wellbeing Toolkit for Early Years

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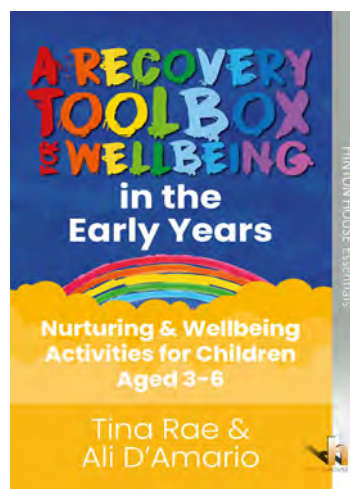
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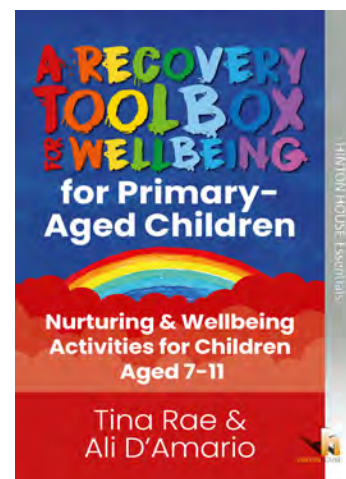
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