

Mental Health Resources

[Cosmic Yoga](#)

Free child friendly yoga, mindfulness and relaxation activities and games based around well-known stories.

[Heads Together](#)

Resources for supporting children and young people's mental health and wellbeing at home and at school.

[MindRun4Girls](#)

Physical activity session and mindfulness techniques to try at home.

[Off the Record](#)

Weekly activities for young people- online discussions, mental health support and online yoga sessions. Some sessions require you to sign up online.

[Place2Be](#)

Wellbeing activity ideas for families, age 7-12 years.

[Teen Yoga Foundation](#)

Live yoga streamed daily at 10am on YouTube.