

## 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](#)

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](#)

Yoga on YouTube available at any point to give you a relaxing break.