






WHISTON WILLIS PRIMARY ACADEMY



WHISTON WILLIS PRIMARY ACADEMY MENTAL HEALTH AND WELLBEING

LEARNING SKILLS TO SELF-CALM	
AUDIO CD: 	Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel
	Enchanted Meditations for Kids by Christiane Kerr
	I Can Relax! A Relaxation CD for Children by Dr. Donna Pincus
	Rays of Calm (Calm for Kids) by Christiane Kerr
	Relaxation and Self-Regulation Techniques for Children and Teens by Dr. Mary Alvord
YOUTUBE: 	Sesame Street: Common and Colbie Caillat - "Belly Breathe"
	New Horizon - Meditation & Sleep Stories: BREATHING EXERCISE
	Stop, Breathe & Think: Breathing Superpower Compilation
	Cosmic Kids Yoga
	Mark Connelly: Relaxed Breathing Training Versions A, B, C, D
	Stop, Breathe & Think: Belly Breathing Meditation; Mindful Breathing Meditation
	Epworth HealthCare: Short Calming Belly Breathing; Five Minute Mindful Breathing; Progressive Muscle Relaxation
BOOKS: 	Alphabreaths: The ABCs of Mindful Breathing Hardcover by C. Willard
	Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens by Lisa Roberts
	Mindfulness for Kids by Dr. Nicola Kluge
	Mindfulness Skills for Kids & Teens by Debra Burdick
	Meditation and Relaxation for Kids by Dr Elizabeth Scott