

## **Links to Well-Being resources that you may find useful:**

Sparklers and home learning – great online activities:

<https://sparklers.org.nz/parenting/sparklers-and-home-learning/>

Story that focuses on emotions:

[https://www.youtube.com/watch?v=6irr\\_hGCRI0](https://www.youtube.com/watch?v=6irr_hGCRI0)

Understanding anxiety:

[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)

Sheet of links to videos about how the brain works:

<https://docs.google.com/document/d/1yjiJbhRT3aQwG2NpsJSFIs7pKJCD5ATCi993DgMTqK0/edit>

This is a range of activities that can be useful for juniors:

[https://learningfromhome.govt.nz/age/early-learning?fbclid=IwAR36LiuzMd1YKOnTkbpIrtWDgYveuxc\\_JqHwB6qUpS\\_L9tSP0UG7OATPH1w](https://learningfromhome.govt.nz/age/early-learning?fbclid=IwAR36LiuzMd1YKOnTkbpIrtWDgYveuxc_JqHwB6qUpS_L9tSP0UG7OATPH1w)

This link is already familiar to you and will be useful to support any anxiety that may arise in children due to the current situation. :

<http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>

And then this is for the whole family to help us keep calm and carry on:

<https://blog.smilingmind.com.au/how-mindfulness-can-help-during-coronavirus>