<https://www.heartsmart.family/>

<https://www.youtube.com/user/CosmicKidsYoga?app=desktop>

<https://www.nhs.uk/change4life/activities>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Books

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

<https://www.sophiesstories.co.uk/stay-home-superheroes>