**Social, Emotional and Mental Health**

https://positivepenguins.com/

Positive Penguins is an award winning, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking.

Further resources and support:

<https://youngminds.org.uk/resources/?page=2#listing>

https://www.kooth.com/

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health#article-top>

https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources#Short%20activities