

## **Social, emotional and mental health**

Role play resources

<http://www.earlylearninghq.org.uk/role-play-resources/>

Anxiety/stress

<https://www.twinkl.co.uk/resource/anxiety-and-stress-activity-pack-t2-p-628>

<https://www.twinkl.co.uk/resource/t-c-255094-making-negative-thoughts-into-positive-thoughts-activity-sheet>

<https://www.youtube.com/watch?v=l7g8Atv27Q8>

<https://youngminds.org.uk/find-help/conditions/anxiety/>