

Resources to support children's SEMH (Quick links for home)

Use the quick links below to access SEMH resources to support children.

Anxiety

7 ways to calm quickly
Anxiety- advice for parents
Calm down Strategy Cards
Calm Down
Emotional Resilience Game
Iceberg
Managing worry 3 session guide
My rainbow worries worksheet
Relaxation ideas
Strategies for anxious children
Supporting with low mood 3 session guide
The Worry Waterfall poster
Thoughts and feelings sheet

Transition

10 top tips to help children cope with change

Loss and Grief

Activity sheets for children living with a seriously ill person
Cambridgeshire SEND Services Bereavement guidance during Covid-19

Low Mood

Low Mood

Additional General Resources

5 point feelings trigger chart with strategies
Sleep advice for parents
Teaching your children about envy or embarrassment

Self-esteem

All about me. Wishes and feelings worksheets and activities
Ways to support healthy self-esteem in children for parents