

<u>Resources to support children's SEMH (Quick links for home)</u> <u>Use the quick links below to access SEMH resources to support children.</u>	
<p><u>Anxiety</u></p> <p>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</p>	<p><u>Transition</u></p> <p>10 top tips to help children cope with change</p>
<p><u>Loss and Grief</u></p> <p>Activity sheets for children living with a seriously ill person Cambridgeshire SEND Services Bereavement guidance during Covid-19</p>	<p><u>Low Mood</u></p> <p>Low Mood</p>
<p><u>Additional General Resources</u></p> <p>5 point feelings trigger chart with strategies Sleep advice for parents Teaching your children about envy or embarrassment</p>	<p><u>Self-esteem</u></p> <p>All about me. Wishes and feelings worksheets and activities Ways to support healthy self-esteem in children for parents</p>