

Breathe, Think, Do with Sesame. Breathe, Think, Do With Sesame by [Sesame Street](#) teaches children to keep calm and carry on by introducing kids to three possible strategies for working through problems. This app touches on familiar emotional challenges such as problem-solving, self-control, planning, and time on task.

<https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en>



Twinkl - Free subscription for parent.  
Health and well-being activities suitable for early years to high school age.

<https://www.twinkl.co.uk/sign-in>

An example of resources on offer:

### Topics & Themes - Sports

This section contains a wide range of sports-themed printables to engage and enthuse children in a range of different ways through sports. From finding out a little more about individual sports, to reading through skills cards to practise technique, your child can find something about a sport they might want to have a go at.

[chillpanda.co.uk/](http://chillpanda.co.uk/)



Cosmic Kids – Early years and Ks1  
Free

<https://www.cosmickids.com>



<https://www.headspace.com>

A free trail is available

A mindful and relaxation app for all ages

