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This is a brief list of useful resources to support your school with PHSE, particularly surrounding Emotional Health & Well Being. It is not extensive and we are aware of the resources that you already have in school around nurture and PHSE.

Books & Authors

Below are some books that have excellent activities and ideas that are easy to translate into classroom activities for small groups and individuals. They can also be recommended for parents if they are asking for activities to do at home. We would encourage parents and teachers to use the resources as a starting point for discussion or even join in with the activities to support their own well-being.



The co-author Pooky Knightsmith, is an educational psychologist who also posts useful videos for teachers and other professionals on YouTube which are well worth a watch.

<https://www.youtube.com/watch?v=6IQXA3Sjlk4> - 3 ways to calm things down.

As you know, teaching these strategies whilst children are calm help embed the strategies for when they are needed.

We would suggest The Huge Bag of Worries; Wilma Jean, the Worry Machine and The Mental Health & Wellbeing Workout for Teens by Paula Nagel. Further reading resources can be found using this link.

<https://reading-well.org.uk/books/books-on-prescription/children>

We enjoy using the Gnat's Handbook for Mindfulness; **The Mindful Gnats workbook can be found on www.PeskyGnats.com**