

Well Being Links for Students

Bucks Mind has shared the linked resources below, to challenge the thinking style of thoughts are facts:

[Catch it Check it Replace it](#)

[Session Plan](#)

[Worksheet](#)

[Tools for Managing Emotions](#)

[Useful Organisations](#)

[Worry Explanation Questions](#)

[Thriving With Nature'](#)

[All Things That Make Me Beautiful](#)

[Primary and KS3 About Me](#)

[My House](#)

[Small Talk Discussion Cards](#)

[Mental Illness Stigma Worksheet](#)

[Supporting Your Mental Health while staying at Home](#)

[Self Esteem Journal](#)

[Growth Mindset](#)

[Unhelpful Thinking Styles](#)

[Self Care Kit](#)

[Mindfulness and Breathing Techniques](#)