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| Mental Health and Well-being – Resources to support returning to school | |
| Well-being Resources for teachers | |
|  | Mentally Healthy Schools – Staff Wellbeing Planning Pack - [Click Here](https://mentallyhealthyschools.org.uk/resources/supporting-staff-wellbeing-during-the-return-to-school/) |
|  | Mentally Healthy Schools – Reframing Thoughts for staff - [Click Here](https://mentallyhealthyschools.org.uk/resources/reframing-thoughts-activity-for-school-staff/) |
|  | Mentally Healthy Schools – Reducing Separation Anxiety Teacher Resource - [Click Here](https://mentallyhealthyschools.org.uk/resources/separation-anxiety-tools-for-teachers/) |
|  | Mentally Healthy Schools – Well-being INSET Day Toolkit - [Click Here](https://mentallyhealthyschools.org.uk/resources/planning-a-wellbeing-inset-day-toolkit/?utm_source=newsletter&utm_medium=email&utm_campaign=inset&utm_content=toolkit) |

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| Mental Health and Well-being – Resources to support returning to school | |
| Well-being Resources for pupils | |
|  | Mentally Healthy Schools – Reflecting on Lockdown Activity - [Click Here](https://mentallyhealthyschools.org.uk/resources/reflecting-on-lockdown-activity/) |
|  | Mentally Healthy Schools – Brain Breaks helping children settle back into the classroom - [Click Here](https://mentallyhealthyschools.org.uk/resources/brain-breaks-helping-children-settle-back-into-the-classroom/) |
|  | Mentally Healthy Schools – Piece of the Puzzle Assembly - [Click Here](https://mentallyhealthyschools.org.uk/resources/piece-of-the-puzzle-assembly-plan/) |
|  | Mentally Healthy Schools – Piece of the Puzzle Activity Pack - [Click Here](https://mentallyhealthyschools.org.uk/resources/piece-of-the-puzzle-activity/) |
|  | Mentally Healthy Schools – Reframing Thoughts Activity - [Click Here](https://mentallyhealthyschools.org.uk/resources/helping-children-reframe-negative-thoughts/) |