



Family Support



Family reflection & relaxation

paulwillmott.com twistonline.co.uk

Working in partnership with countiesUK.org childrenworldwide.org.uk

Watch 2 Minute Twist on TBN UK Wednesdays at 4.50pm Repeated Saturdays at 9.50 am
Sky 582 or Freeview channel 65 Also on demand at watch.tbnuk.tv.

Social stories <https://littlepuddins.ie/>

Relaxation and coping strategies <https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills#>

Breathing exercises <https://childhood101.com/fun-breathing-exercises-for-kids/>

Dudley faith groups https://www.dudleyci.co.uk/kb5/dudley/asch/results.page?adultchannel=3_12

Relaxing music for children to listen to anytime. Good to listen to whilst having some 'quiet time' together. Make this part of your routine. You don't have to look at anything on screen-just listen. <https://youtu.be/R240eC5KTEA>