

1st February 2021








Dear Families

As we are making Children's Mental Health week a top priority this week (as always!) I have put together a little list of popular apps you can download on your devices at home to support with mental and emotional well-being. They're actually great for all the family and I find the Mindful Powers and Chill Panda apps great for a short, little break encouraging you to 'CHILL', take a breath and try to relax for 5 minutes or longer if you so wish. For younger children the sesame app is apparently very good. They're so easy to use, some are free and some at a small cost. I know that some children are finding sleeping a problem so the sleep apps are worth a look too. Choose what's right for you but of course please encourage your children to use these apps responsibly with your guidance. Please drop me a line and let me know if they help in some small way. Parents/Carers, children you are doing an AWSOME job, balancing home and working life.



Take Care Everyone! Miss Horne vhorne@st-day.cornwall.sch.uk

Apps to support with mental well-being		Cost
Mindfulness/meditation/breathing	Dreamykid	free
	Headspace (All ages)	✓
	Breath, think do with Sesame Street	free
	Mindful Powers	free
	Chill Panda	free
Sleep support 	SleepTown Building healthy sleep patterns (this builds a house over time while you are sleeping).	£1.99