

SOPHIE SAYS MENTAL HEALTH RESOURCE LIST



Resource 1

Childline: toolbox of games
to play – interactive and
fun way to get children to
think about feelings



Resource 2

Calm zone with
different activities
to try to get calm

Resource 3

Amazing video to help
children understand grief
and feelings whilst
dealing with grief



Resource 4

Early years resources –
articles to help
parents and teachers



Resource 5

Resources for being a good
friend, telling tales, what makes a
good friend, put yourself in my
shoes which is a lesson in
empathy, help with friendships

