

SAFEGUARDING

Feeling Anxious – Play some games

Games and puzzles are a great way to distract yourself, lift your mood or settle your mind. When you need to feel calm, playing games that help you work through your feelings or give you a different focus can be really helpful. You might have a favourite game of your own or you can try one of the ones below from Childline.

Build your happy place



Create your ideal room. Fill it with things that help you feel happy, calm and safe.

Play now

Balloon game



Play our game and feel your worries float away.

Play now

Aeroplane



Send your worries into the sky and watch them disappear.

Wall of expression



Write your worries on the wall and then watch them crumble away.

Working together to keep our children safe and happy.

Halina Rooney

Deputy Head of Inclusion/SENCo