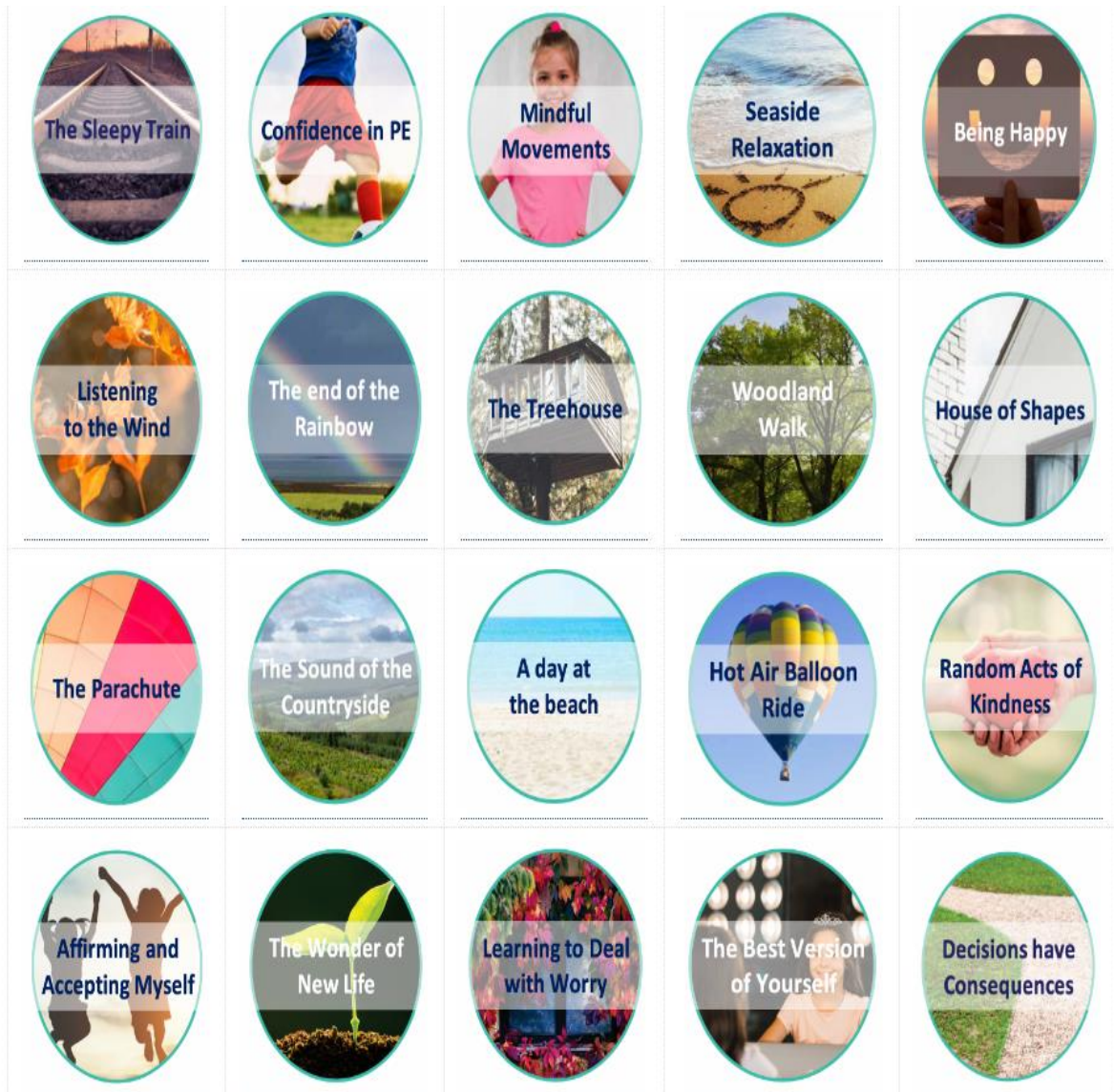


# Resources for Mental Health and Well Being for Children

Please click on the following link:

<https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>



Guided visualisations and meditation for children.

Adults can enjoy too, so that the whole family benefits from taking a 'moment out'.

Please click on the above link and enjoy.