






The Wellbeing Hub care package for schools

March 2026

We've gathered some resources from The Wellbeing Hub to support your whole school community during this difficult time. Click the links below to view the resources.

Supporting resources on The Wellbeing Hub

- Stop and breathe: Tips for reducing anxiety 
- Supporting young people in an uncertain world 
- The Worry Tree 
- Box breathing technique to reduce anxiety and stress - pg 2
- 20 ideas to help you regain calm - pg 3

Know someone who's struggling? There is support available

[Hoopfull Directory](#) 

[Therapy Route](#) 

[TACaccess](#) 

[Insights Psychology](#) 

[Light House Arabia](#) 

[Sage clinics](#) 

For further support, have a look at the organisations below



[Getselfhelp.co.uk](#) 



BOX BREATHING

Hold for 4

Breathe in for 4



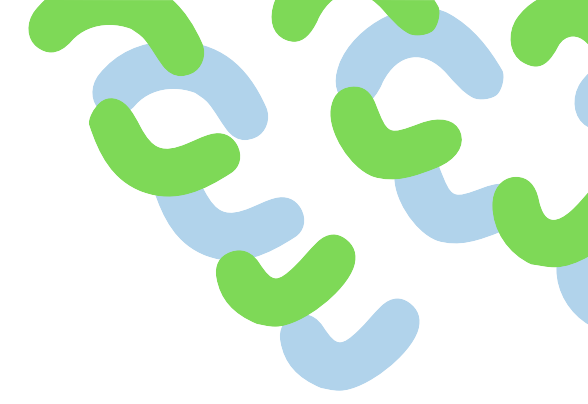
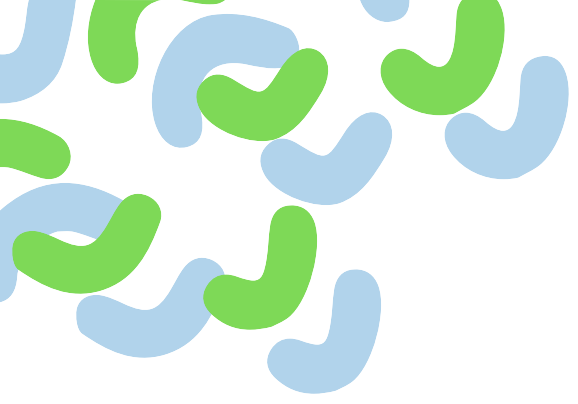
**Start
here**



Breathe out for 4

Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath into you belly. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the third side. Hold your breath for four seconds, as you trace the bottom of the square - repeat.



20 ideas to help you regain calm

1. Breathe deeply (e.g., inhale for 4 counts, exhale for 4 counts).
2. Count to ten slowly before responding.
3. Take a movement break (stretch, stand or walk).
4. Take a timed break from what you are doing.
5. Use a 'calm down' card or request a time-out in a quiet space.
6. Emotional self-check-ins (try to identify and name what you are feeling)
7. Mindful listening - focus intently on a specific sound in the classroom.
8. Guided imagery or visualisation, take time to imagine a place where you feel calm and relaxed.
9. Write about how you are feeling on paper.
10. Use positive self-talk ("I can handle this"; "It's okay to feel frustrated").
11. Squeeze or play with a sensory/fidget object.
12. Notice 4 things you can see, 3 you can hear, 2 you can touch, 1 you can smell, then breathe slowly.
13. Ask for help or clarification when stuck.
14. Progressive muscle relaxation - working from your toes upwards, clench and release muscles until you reach your head.
15. Use noise-cancelling headphones if sounds feel overwhelming.
16. Use weighted lap pads or shoulder wraps for deep pressure and grounding.
17. Look at calm-down jars/bottles with glitter or water for visual soothing
18. Use soft sensory objects, like textured balls or fabric swatches, for quiet touch input.
19. Play with theraputty (therapy putty) to channel your energy.
20. Wear and use chewellery (chewable necklaces or bracelets) if chewing helps you feel calm.