

## ONLINE SUPPORT FOR SCHOOL REFUSAL, ANGER & ANXIETY



### SCHOOL REFUSAL

[SCHOOL ANXIETY \('REFUSAL'\) | 5 ideas for supporting children who are struggling to attend school - YouTube](#)

[How to deal with school refusal - ReachOut Parents](#)

[What is school refusal and what can I do about it? \(actionforchildren.org.uk\)](#)

### ANXIETY

[4 ideas for supporting a child with anxiety - YouTube](#)

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)

[Parents Survival Guide | Mental Health Support | YoungMinds](#)

[4 ideas for supporting a child with anxiety - YouTube](#)

[Box Breathing Technique - simple strategy to calm anxiety - YouTube](#)

### ANGER & POOR BEHAVIOUR

[Pooky Ponders: Why do some kids misbehave? | Meic Griffiths - Creative Education](#)

[Learning from angry, aggressive or anxious meltdowns using the '5 Whys' approach - YouTube](#)

[Angry Outbursts: using anger rules to keep children \(and us\) safe - YouTube](#)

[Information for young people on dealing with anger | Mind, the mental health charity - help for mental health problems](#)

[Window of Tolerance - a simple tool for emotional regulation - YouTube](#)

[How can I manage my teenager's challenging behaviour? - Support for Parents from Action For Children](#)

[How do I set house rules for my teenager? - Support for Parents from Action For Children](#)

[Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](#)

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Stop.Breathe.Think gives young people, aged 21 or younger, access to free 1-1 counselling sessions. No wait times and available nationally, we provide vital support to those who need it right now. Stop.Breathe.