

<https://www.elsa-support.co.uk/category/free-resources/>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids>

<https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/>