**ONLINE SUPPORT FOR SCHOOL REFUSAL, ANGER & ANXIETY**



**SCHOOL REFUSAL**

[SCHOOL ANXIETY ('REFUSAL') | 5 ideas for supporting children who are struggling to attend school - YouTube](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3d6sg%5f10ZDhEw&umid=E4362B3E-D4D3-E205-A5B2-E51ED4663EBE&auth=de41389fcd07b045c2bf0b8b6a6bb2cde097bfb7-49e6b1ece5f8d695ff8f8dedf1ecb2339fcd019e)

[How to deal with school refusal - ReachOut Parents](https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/how-to-help-a-teen-who-doesnt-want-to-go-to-school)

[What is school refusal and what can I do about it? (actionforchildren.org.uk)](https://parents.actionforchildren.org.uk/education/school-university/coping-school-refusal/)

**ANXIETY**

 [4 ideas for supporting a child with anxiety - YouTube](https://www.youtube.com/watch?v=VbMUMFxjv40)

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.youngminds.org.uk%2fparent%2fparents%2dhelpline%2dand%2dwebchat%2f&umid=E4362B3E-D4D3-E205-A5B2-E51ED4663EBE&auth=de41389fcd07b045c2bf0b8b6a6bb2cde097bfb7-ad9bf2c3b50e8e29ee68d3319fa0aadc3d233144)

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.youngminds.org.uk%2fparent%2fa%2dz%2dguide%2fanxiety%2f&umid=E4362B3E-D4D3-E205-A5B2-E51ED4663EBE&auth=de41389fcd07b045c2bf0b8b6a6bb2cde097bfb7-ca1c2855cbe212daee30a2e15f40c08e9f1ad156)

[Parents Survival Guide | Mental Health Support | YoungMinds](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.youngminds.org.uk%2fparent%2fsurvival%2dguide%2f&umid=E4362B3E-D4D3-E205-A5B2-E51ED4663EBE&auth=de41389fcd07b045c2bf0b8b6a6bb2cde097bfb7-185c4fd55dda2acf234adad83257b3ada1afe82f)

[4 ideas for supporting a child with anxiety - YouTube](https://www.youtube.com/watch?v=VbMUMFxjv40)

[Box Breathing Technique - simple strategy to calm anxiety - YouTube](https://www.youtube.com/watch?v=JYytiS0ymZg)

**ANGER & POOR BEHAVIOUR**

[Pooky Ponders: Why do some kids misbehave? | Meic Griffiths - Creative Education](https://www.creativeeducation.co.uk/blog/pooky-ponders-why-do-some-kids-misbehave-meic-griffiths/)

[Learning from angry, aggressive or anxious meltdowns using the '5 Whys' approach - YouTube](https://www.youtube.com/watch?v=Ta-QrJgZGAI)

[Angry Outbursts: using anger rules to keep children (and us) safe - YouTube](https://www.youtube.com/watch?v=rPxVitvae8w)

[Information for young people on dealing with anger | Mind, the mental health charity - help for mental health problems](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.mind.org.uk%2finformation%2dsupport%2ffor%2dchildren%2dand%2dyoung%2dpeople%2fanger%2fdealing%2dwith%2danger%2f&umid=E4362B3E-D4D3-E205-A5B2-E51ED4663EBE&auth=de41389fcd07b045c2bf0b8b6a6bb2cde097bfb7-151f93323b8ec6c9e68bf1cd176837fcd7e1ea42)

[Window of Tolerance - a simple tool for emotional regulation - YouTube](https://www.youtube.com/watch?v=vYab1q5N9-U)

[How can I manage my teenager's challenging behaviour? - Support for Parents from Action For Children](https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/manage-challenging-behaviour/)

[How do I set house rules for my teenager? - Support for Parents from Action For Children](https://parents.actionforchildren.org.uk/behaviour/using-rules-rewards/how-do-i-set-house-rules-for-my-teenager/)

[Home - Stop.Breathe.Think (stopbreathethink.org.uk)](https://www.stopbreathethink.org.uk/)

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.