



Here at St Bernard's, the mental health of our children and our families is of great importance. Our curriculum enables our children to develop good mental health and find ways to deal with any emotions they may have. Below are some resources you can access to support your child further.

The Think Ninja app is available to download via this link. This app empowers children and young people to build resilience, manage their emotional health and to fulfil their potential.



TOP 50 MINDFULNESS RESOURCES for CHILDREN and TEENS

[Click Here](#)



Stress relief
Glitter Jar
[Instructions](#)



[Activities for the whole family](#)



"Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand."

Isaiah 41:10

BIBLE VERSE
FOR TODAY.NET

