**Daily relaxation resources**

Creating daily time to focus on relaxation and calm can benefit autistic young people. Building time for this into a routine can have positive benefits on ability to manage emotional and sensory regulation, as well as developing a sense of wellbeing. The following resources may be beneficial:

* [Home - Relax Kids - Official Website](https://relaxkids.com/) **Web based** support for children’s mental and emotional health and wellbeing with a range of tools and techniques to help calm their body and mind.
* [Home - Cosmic Kids](https://cosmickids.com/) Story based yoga exercises.
* [ThinkNinja on the App Store (apple.com)](https://apps.apple.com/gb/app/thinkninja/id1425884328) An NHS backed app from Helios, with a CBT basis. Lots of interactive resources to manage emotions, develop coping strategies and practice relaxation.
* [ThinkNinja - Apps on Google Play](https://play.google.com/store/apps/details?id=com.thinkninja&gl=US) An NHS backed app from Helios, with a CBT basis. Lots of interactive resources to manage emotions, develop coping strategies and practice relaxation.
* [Calm - The #1 App for Meditation and Sleep](https://www.calm.com/) App based resources to support relaxation, meditation and sleep routines.
* [Meditation for Kids - Headspace](https://www.headspace.com/meditation/kids) An app for guided meditation and routines. Short tutorials / resources to develop different routines for different parts of the day.
* [Home - Kooth](https://www.kooth.com/) Online / app based resources for young people age 12-18, with articles about developing positive mental health.
* [Emotional Health and Wellbeing Information - Worcestershire Children First Education Services](https://www.worcestershire.gov.uk/WCFEducationServices/info/12/emotional-health-wellbeing) A collection of links and further resources to support emotional health and wellbeing