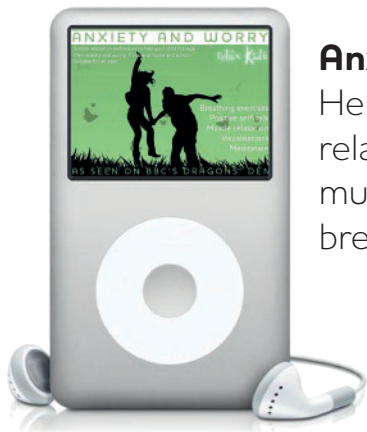


Audios to help children manage their feelings in difficult times



Anxiety MP3

Helping children and young people to feel safe and calm using a variety of relaxation and simple anxiety management techniques such as progressive muscle relaxation, visual imagery, mindfulness, positive affirmations and breathing techniques.



Quiet spaces MP3

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