

## Lidia Stanton books

<https://www.amazon.co.uk/stores/author/B01H7ML9EO>

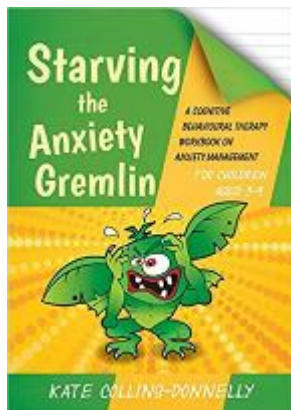


## Worry Monster

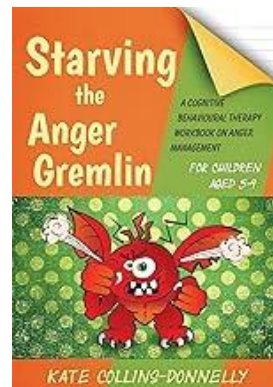
<https://www.amazon.co.uk/worry-monster/s?k=worry+monster>



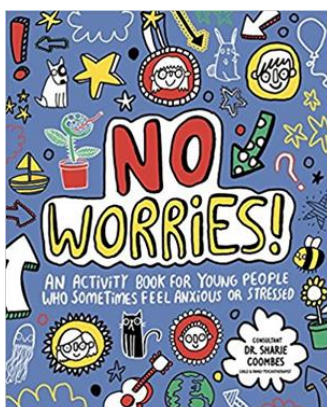
## Starving the Anxiety Gremlin



## Starving the Anger Gremlin



## No Worries



## Kids Guide to Being Awesome and in Control




## Dance Mat Typing (Touch Mat Typing)

<https://www.bbc.co.uk/bitesize/articles/z3c6tfr>

**Level 3: Learn the six keys below the home row**

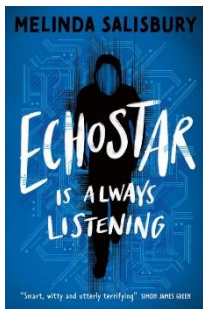
In this level you will learn to type six new keys that lie below the home row including letters v, m, b, n, c and the comma.

- Stage 7: v m
- Stage 8: b n
- Stage 9: c ,



Play level 3

Play level 3 and click on the button to select the stage you want.



## Barrington Stoke (dyslexia friendly reading books)

<https://collins.co.uk/pages/parents-and-carers>

## Headspace app for kids

<https://www.headspace.com/meditation/kids>



## Smiling Mind for Families app

<https://www.smilingmind.com.au/smiling-mind-app-for-families>



## Calm app for kids

<https://www.calm.com/app/kids>



Immersive Reader

Microsoft's Immersive Reader is a free tool built into Microsoft 365, Edge, and other apps to help reading and comprehension. It offers features like text-to-speech, line focus, grammar highlighting (syllables, nouns, verbs), text customization (spacing, fonts, colours), and a picture dictionary. Right click on a text to open it.

## Reading ruler

<https://www.amazon.co.uk/Reading-Ruler/s?k=Reading+Ruler>

