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| |  |  | | --- | --- | | |  | | --- | | Keeping children entertained while also juggling lifes chores has become a new and demanding challenge. In a bid to help, we have put together **a collection of free worksheets** taken from **15** of our activity books!  Below are sample sheets to help children learn and keep healthy minded during these uncertain times. We've also labelled the downloads with age-ranges and topics to help you find something suitable for your child. | | | |  |  | | --- | --- | | |  | | --- | | [image](https://scanmail.trustwave.com/?c=17268&d=_8_83k5ajyS4dWX94OlRkjN46xZMDLkCvMiJKQfB8w&s=343&u=https%3a%2f%2femails%2ejkp%2ecom%2ft%2ft-l-nhkdhhk-mujdttddt-b%2f) | | |  | | | |  | | --- | | [VIDEO: Hand Breathing Relaxation and Regulation Tool](https://scanmail.trustwave.com/?c=17268&d=_8_83k5ajyS4dWX94OlRkjN46xZMDLkCvM3aL1CT8w&s=343&u=https%3a%2f%2femails%2ejkp%2ecom%2ft%2ft-l-nhkdhhk-mujdttddt-n%2f) | |  | | [Click to watch a simple and effective relaxation technique for children (and adults!) who need a quick 'brain break' or 'mindful moment'](https://scanmail.trustwave.com/?c=17268&d=_8_83k5ajyS4dWX94OlRkjN46xZMDLkCvJiCKQXCog&s=343&u=https%3a%2f%2femails%2ejkp%2ecom%2ft%2ft-l-nhkdhhk-mujdttddt-p%2f) | |  | | by Dr Karen Treisman | |  | | |

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| ****Learning Aids:**** |
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