

ELLA

FYI PRESENTER, 14



I think it's really important that kids have an understanding of what's happening in the world, so they can empathise and grow up with a global awareness and open-minded attitude. In my opinion, balanced news helps shape a person's view of the world and broadens their mindset.

JESS

FIRST NEWS REPORTER, 13



It's important for a child to know what is going on in the world so they feel included and know what's happening. My main interest is the environment. If I hadn't learnt so much, I might still be using plastic. I watch programmes about the environment – I think David Attenborough is brilliant.

BRAYDON

FYI PRESENTER, 11



Kids' news is very important, as it helps us understand what is happening in the world, but in a way that is much clearer than the usual adult news channels. I particularly enjoy the wildlife and natural world news that we report on, as well as 'fake news or fact?'.

RAAGHAV

FIRST NEWS READER, 13



I am passionate about technology and politics. It is no longer an option for young people like me not to engage with either – the two things are fundamentally linked! We have witnessed the power of platforms such as Twitter, Facebook and Google influencing the Brexit referendum and the 2016 US election.

Five superhero digital resources that boost mental health



This year more than ever before, we all appreciate the crucial role the digital world can play in protecting mental wellbeing. Last year, when many physical options for connection closed to us, online apps and tools became a lifeline, says Andrea Chatten, Child Emotional & Behavioural Psychologist at unravelsupport.co.uk.

“We’ve all learned how important online connection can be,” she says. “Apps and games have brought people closer together over lockdown and brought real benefits.”

“Whatever the future brings, the benefits of these digital tools should not be forgotten”, she says. “They can be used to improve the mental and physical health of the whole family, from children to the elderly.”

The tools opposite are five of the very best.



For tween workouts: Sworkit Kids

Fitness app Sworkit requires a subscription if you want adult fitness content, but the good news is that the children's workouts on the app are totally free and offer strength, agility, flexibility and balance workouts to boost mental and physical health. You can select the length of the workout and the focus, and schedule a time for it too, so that the children are sent a notification. The app links with Spotify so tweens can work out to their favourite playlist.

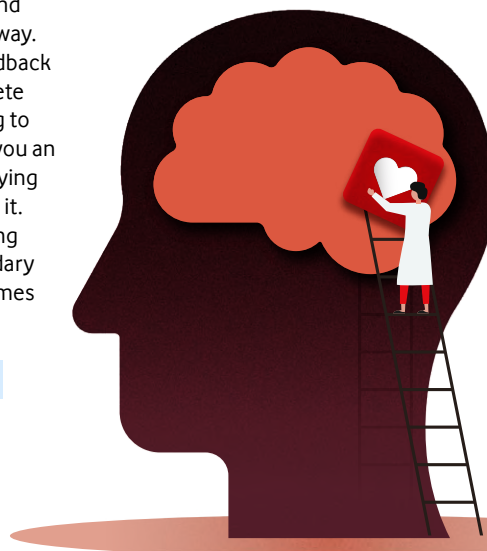
app.sworkit.com



For building resilience: Mind Moose

Used by schools and parents worldwide, Mind Moose takes 7-12 year olds on a journey through their own minds, developing resilience and coping skills along the way. As parents, you get feedback as your children complete Moose Missions relating to their wellbeing, giving you an insight into what's worrying them and how to tackle it. Particularly useful during the transition to secondary school, Mind Moose comes at a cost – £55 a year.

mindmoose.co.uk



For junior mindfulness: Smiling Kids

Aussie not-for-profit Smiling Kids helps everyone improve their mental health with this free app, which excels in specific meditations for kids and youth, with specific content for young people from the age of 3 and up. Whether it's a sleep meditation you need or ten minutes to consider your emotions, you can choose a meditation for your child or one suitable for the whole family.

smilingmind.com.au



For anyone struggling: Shout

24/7 text helpline Shout, launched by the Duke and Duchess of Cambridge in May 2019, is free on all major networks. By texting the word SHOUT to 85258, anyone in crisis can be put in touch with a trained volunteer who will chat to them in a series of texts. Shout is partnered with the mental health charity Young Minds, and texting YM to 85258 will connect to the service.

giveusashout.org



For senior fitness: Keep On Keep Up

Downloadable on the iPad, the new Keep On Keep Up app is one to share with elderly parents if you are worried about their sedentary lifestyle. The app was developed by the University of Manchester and gamifies the need to improve strength and balance to avoid falls. By increasing physical health, the app improves mental health, too, reducing the chances of isolation and withdrawal from society.

kokuhealth.com