**Intranet Distraction Pack and Wellbeing Resources**

* Yoga: <https://hmppsintranet.org.uk/resources/in-cell-materials/yoga/>
* Arts & Creative Writing: <https://hmppsintranet.org.uk/resources/in-cell-materials/art-writing/>
* Educational materials (inc. ESOL): <https://hmppsintranet.org.uk/resources/in-cell-materials/education/>
* Translated materials – lots of different languages: <https://hmppsintranet.org.uk/resources/in-cell-materials/foreign-language/>
* Physical Workouts: <https://hmppsintranet.org.uk/resources/in-cell-materials/workouts/>
* Activity/Distraction packs (very varied contents including chess, puzzles, colouring): <https://hmppsintranet.org.uk/resources/in-cell-materials/workouts/>
* Wellbeing Plan and related packs (inc. a ‘help with isolation’ pack): <https://hmppsintranet.org.uk/resources/in-cell-materials/wellbeing/>
* Learning Disabilities and Challenges (LDC) packs designed by Psychology colleagues in the Midlands: <https://hmppsintranet.org.uk/resources/in-cell-materials/learning-disabilities-and-challenges-newsletter/>