

## Wellbeing Resources from 17<sup>th</sup> April E-Bulletin

### How Are You Feeling? Website

Hull City Council's website [howareyoufeeling.org.uk](http://howareyoufeeling.org.uk) aims to be a trusted source for Young People, Parents and Carers to find advice and support. It has some fun visuals and information about what you can do to keep yourself mentally well.

The Young Peoples' page on 'How Can I Feel Better' also has some great top tips that don't just apply to young people!

Visit: [hayf.squarespace.com/how-can-i-feel-better](http://hayf.squarespace.com/how-can-i-feel-better).

Apps for Discovering Art in New Ways

### Acute Art

Acute Art is an app providing a new way of discovering, experiencing, and collecting augmented reality art. To allow users to enjoy their recent time-based work, KAWS, they have created a mini version of the AR work which will fit inside your home - download the Acute Art app to try at: [acuteart.com](http://acuteart.com).

### Smartify

Smartify object recognition app is making all its museum audio tours free for the rest of 2020: [smartify.org](http://smartify.org).

### Explore Digital Storytelling and VR Documentaries

#### Storytelling by Storythings

Editorial, podcasts and video and more. [www.storythings.com](http://www.storythings.com).

#### Interactive web documentaries

[www.vice.com/en\\_uk/article/xyvmyd/the-6-most-innovative-interactive-web-documentaries](http://www.vice.com/en_uk/article/xyvmyd/the-6-most-innovative-interactive-web-documentaries)

#### 360 VR documentaries

[www.wareable.com/vr/best-vr-360-documentaries-to-watch-6279](http://www.wareable.com/vr/best-vr-360-documentaries-to-watch-6279)

#### Planet Earth II 360

[www.bbc.co.uk/programmes/articles/365zWpz7HypS4MxYmd0sS36/planet-earth-ii-in-360](http://www.bbc.co.uk/programmes/articles/365zWpz7HypS4MxYmd0sS36/planet-earth-ii-in-360)

### Do Nothing for 2 Minutes

Take a break from your screen and keyboard and relax for two minutes listening to the sound of waves: [www.donothingfor2minutes.com](http://www.donothingfor2minutes.com)