

The following links are to support your child's wellbeing and mental and physical health. Keeping active, getting outside (this can just be in the garden), being creative (e.g. baking, art), mindfulness time (e.g. mindful colouring, yoga, meditation), can all help support your child and yourselves.

Go Noodle This site gives you access to free movement and mindfulness videos.
<https://www.gonoodle.com/>

Cosmic Kids has videos of relaxation, including stretches and breathing techniques <https://www.cosmickids.com/>

Supermovers has lots of videos that will get your children active. The videos link to the curriculum so will keep the children active whilst still learning. <https://www.bbc.co.uk/teach/supermovers/>

Imoves have 'Active blasts' including workouts and relaxation activities- <https://imoves.com/the-ovement>

Joe Wicks Kids Workouts He is doing live workouts at 9am everyday! You can also access all of his other workouts on his YouTube page. e.g. <https://www.youtube.com/watch?v=RzOgo1pTda8>

Just Dance Kids has lots of movement and dance videos to get your children moving. Typer 'Just dance kids' into YouTube and you'll find lots of videos.
<https://www.youtube.com/>

Childline Tool Box has a calm zone where you can access activities, breathing exercises, games and videos on ways to cope and expressing emotion https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6_pXFAJTxi3PpVt6dkR1dDHiyN4IrWpuocfTurpUPQ8