

Physical/Mental Health and Wellbeing Resources

Keeping our children (and ourselves) mentally well is going to be a big challenge over the coming months when anxiety levels are sure to hit an all-time high. To help your children relax, exercise and take their minds away from the outside world, the following websites, videos and resources are available. As you are aware, exercise is a stimulus to both the mind and body therefore we recommend completing at least one of these activities a day.

- Imoves is providing free access to their resources online using the link below. Here you will find **Quick Blasts, Active Blasts, Yoga** and **Additional Activities** to support Maths and Literacy. New resources will be added on a daily basis.

<https://imoves.com/the-ovement>

- Try out Joe Wicks' children's home workouts that are around 5-10 minutes.

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

- If you need to relax, try Mindfulness Yoga and relaxation videos on 'Cosmic Kids'

<https://www.youtube.com/user/CosmicKidsYoga>

- Get active with BBC supermovers!

<https://www.bbc.co.uk/teach/supermovers>

- Get up and dance with Go Noodle

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

- Fancy some meditation and yoga? Visit the muddy puddle teacher. Their website is free to subscribe to support parents and children

<https://themuddypuddleteacher.co.uk/become-a-muddy-puddle-teacher/>

- If you like art, try some of the arts and crafts activities to do at home

<https://www.happinessishomemade.net/category/homeschool/>

- Whole family mindfulness activities

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

