

+++++++At----- children's wellbeing is considered a great importance and we would like to help you support your child with this during any period of isolation. The following are links 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.

**Supermovers** have numerous 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>

**Childline Tool Box** has a calm zone where you can access activities, breathing exercises, yoga, games and videos on ways to cope and expressing emotion

[https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6\\_pXF AJTxi3PpVt6dkR1dDHiyN4IrWpuocfTuRpUPQ8](https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6_pXF AJTxi3PpVt6dkR1dDHiyN4IrWpuocfTuRpUPQ8)

**Go Noodle** have both an 'At home' and 'For families' option where you can access free movement and mindfulness videos <https://www.gonoodle.com/>

**Imoves** have 'Active blasts' including workouts, yoga and pilates-

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

**The Muddy Puddle Teacher** is offering a 30 day free trial. This includes activities for the outdoors, yoga and meditation. <https://themuddypuddleteacher.co.uk/>

**Action For Happiness** produce monthly calendars to support mindfulness

<https://www.actionforhappiness.org/calendars>

**Blissful Kids** share mindful game ideas

<https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/?fbclid=IwAR0QjYSYGUBrOUEa-aMGKycMpBLfOKIpHEO7GumcIGZJIDzYrQ2co3y9eDI>

**Babbledabbledo** share creative activity

ideas <https://babbledabbledo.com/80-easy-creative-projects-for-kids/>

### Youtube

**Joe Wicks Kids Workouts** e.g. <https://www.youtube.com/watch?v=d3LPrhIOv-w>

**Cosmic Kids Yoga-** e.g. <https://www.youtube.com/watch?v=R-BS87NTV5I>

**Jumpstart Jonny Workouts** e.g. <https://www.youtube.com/watch?v=YfbTvJMcRow>

**Guided Meditation For Kids** e.g. [https://www.youtube.com/watch?v=Bk\\_qU7l-fcU](https://www.youtube.com/watch?v=Bk_qU7l-fcU)

The mental health charity **Mind.org** offer advice and support on mental health and wellbeing. You can access support specifically relating to the corona virus for both children and adults here.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?fbclid=IwAR3tgvHybSo2cIYe-uOq2iKhOXFXpT12Q-TFP4IxadPa0TZw9UY9rEjf5Jo> If you are concerned about your child you can also find contact information here.