Ideas to support wellbeing and keeping active

PE with Joe Wicks – Live 30min workouts every weekday from 9am

https://www.youtube.com/watch?v=K6r99N3kXME

Supermovers – fun, curriculum linked resources to get pupils moving while they learn

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

Premier League Primary Stars – Free resources helping children get active as well as fun videos, games and worksheets.

https://plprimarystars.com/for-families

Cosmic yoga – mindful relaxation for kids!

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

GoNoodle – Movement powers change

https://www.gonoodle.com/for-families/

Newsround – Keeping children up to date with the world around them

https://www.bbc.co.uk/newsround

Calm – Meditation to empower all to feel resilient and strong

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

Smiling mind – a guide to managing stress and anxiety during these uncertain times.

https://www.smilingmind.com.au/

Molehill Mountain App – Help track and self-manage anxiety.

https://www.autistica.org.uk/get-involved/molehill-mountain-app?utm_source=Twitter&utm_medium=BlueMonday&utm_campaign=BlueMonday