



# Fleet Primary School

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## Physical and Mental Wellbeing

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Links to how to get exercise when at home:

- Sport England has compiled a list of exercise ideas for keeping active in and around the home <https://www.sportengland.org/news/how-stay-active-while-youre-home>
- Joe Wicks will be hosting a free live workout for children at 9.00 every morning for 30 minutes on his YouTube channel-the Body Coach TV
- Change for Life <https://www.nhs.uk/change4life>
- BBC Supermovers <https://www.bbc.co.uk/teach/supermovers>

More Wellbeing resources:

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

Loads of yoga videos for children with themes. Eg. Frozen, superheroes.

<https://www.gonoodle.com/>

Mindfulness and movement breaks, suitable for younger children

<https://www.childline.org.uk/toolbox/calm-zone/>

Calming activities and resources for young people

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Young people's mental health charity

<https://www.kooth.com/>

Free online support for young people

Advice for parents

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>