

It is important that you and your family take some time out to keep your mind and bodies healthy.

Below are some links to activity ideas for those well-earned learning breaks, for some boredom busting or some calm, relaxation time!

We hope they help,

The Wellbeing team

Get moving with the links below:

- Link to **Joe Wicks PE** sessions;

https://www.youtube.com/watch?v=6v-a_dpwhro

- Get moving with **Andy's Wild Exercises** (off CBeebies - a great alternative to Joe's PE sessions, for younger children)

<https://www.bbc.co.uk/programmes/p06tmmvz>

- Enjoy creating patterns with movement on **Go Noodle**;

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

- Enjoy these dances on YouTube with **Just Dance**;

Pirate dance (you may remember this from the Year 1 topic!)

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

A fun dance challenge

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

- Relax and unwind with **Cosmic Yoga**.

<https://www.youtube.com/watch?v=KMY2pMsLiJw>

Cosmic yoga is not just for the young children, they have a version for older children.

<https://www.youtube.com/watch?v=mz9Qq7vIUfw>

Use the links below for some 'chill time'.

- **Mindfulness colouring**

<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

- **Appreciation colouring**

<https://www.royalmail.com/thumbsup>

- **Guided meditation and relaxation**

Superhero

<https://www.youtube.com/watch?v=pVKIZNCL5Ms>

Moon and Stars

<https://www.youtube.com/watch?v=QQCnWvwrO8U>

Sleeping Dragon

<https://www.youtube.com/watch?v=AUjpWdbMrAg>

Space breathing

<https://www.youtube.com/watch?v=KhXt7cpCPPs>

Magic Treehouse

<https://www.youtube.com/watch?v=WhoIeqDJM6E>