

# SUPPORTING WELLBEING AT HOME

Below are a list of child-friendly apps and websites that support and promote wellbeing.



## KS1

- Breathe, Think, Do with Sesame
- Cbeebies Go Explore
- Focus on the Go!
- BBC Super Mood Movers
- Go Noodle!



## KS2

- Sleep Meditations for Kids
- BBC Super Mood Movers
- BBC Own It
- Mindful Powers
- Go Noodle!



[www.readbrightly.com](http://www.readbrightly.com)  
[www.lovereadng4kids.co.uk](http://www.lovereadng4kids.co.uk)  
KS2 - [www.booksfortopics.com](http://www.booksfortopics.com)

