

## Health and Wellbeing Advice during Lockdown

As well as accessing the work set from class teachers via Google Classrooms, we have included a list of resources to support you during this time. These resources vary from links to support your learning, but also to support your child/ren emotionally.

### Calming activities

<https://www.bestcoloringpagesforkids.com/?s=Search&x=9&y=34> for some lovely colouring in activities (some for adults too!)

<https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html> some more calming colouring in sheets but with more intricate designs.



### Keeping children safe and support

<https://www.nspcc.org.uk/keeping-children-safe/> Guide for Parents – Keeping Children Safe. Provides information on a whole range of topics

<https://www.kooth.com/> free, anonymous counselling for children.

### Healthy Eating

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids-100-Calorie-Snacks-> Be snack smart and cut back on sugar with these easy tips and great snack ideas from Change 4 Life and the NHS

<https://www.nhs.uk/change4life/> The website that we all need in our lives to keep and think more healthy

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



## Wellbeing and Coronavirus

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/> some great advice and support, particularly for taking care of your mental health.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/> links to videos and articles to help answer questions about Coronavirus your child may have.

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx> a picture book for younger children who are worried about the virus.



## Exercise

<https://app.gonoodle.com/login> Go Noodle gets children up and moving to fun, engaging content and games. It allows children to wake up their bodies as well as engaging their minds.

<https://www.bbc.co.uk/teach/supermovers> These are videos that will get your child up and moving, and they are linked to the curriculum. They can also be selected based on which key stage your child is in.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ?safe=true> While the schools are closed, the famous exercise guru Joe Wicks is running a live PE lesson every week day at 9am from his YouTube channel.



## Gardening Activities

[http://www.bbc.co.uk/gardening/gardening\\_with\\_children/](http://www.bbc.co.uk/gardening/gardening_with_children/) different educational gardening activities developed with RHS

<https://kidsgardening.org/garden-activities/> Fun activities for families to learn together, while encouraging love for nature.

### **Learning support and resources.**

<https://www.bbc.co.uk/bitesize/dailylessons> daily, short lessons across the curriculum

<https://www.thenational.academy/online-classroom> Lovely activities across different subjects.

<https://whiterosemaths.com/homelearning/> maths videos and activities

<https://www.topmarks.co.uk/maths-games/hit-the-button> quick fire maths activities

<https://www.phonicsplay.co.uk/> helps to develop phonics and early reading.

<https://nrich.maths.org/> some great maths investigations for you to tackle at home.

<https://www.stem.org.uk/home-learning/family-activities> fantastic Science, Technology, Engineering and maths practical activities to do at home.



### **Spiritual Wellbeing**

<https://www.churchofengland.org/> enjoy reading and listening to the prayer of the day.

<https://www.cockfosters.church/> enjoy the Sunday service, live streamed from Christ Church.