

Health & Wellbeing home activities for families

Please find below a list of resources and support agencies which may help school staff, pupils, parents and carers during this time of self-isolation at home and social distancing.

(Based on a resource developed by the Cardiff Healthy Schools team and Central South Consortium and contributions from the North Wales Healthy Schools Teams and CAMHS Service)

Physical Activity

	Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga
	Joe Wicks https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
	Jump Start Jonny https://www.jumpstartjonny.co.uk/free-stuff (Link doesn't always work – but can google Jump Start Jonny)
	CBeebies Andy's Wild Workouts https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player
	Change 4 Life https://www.nhs.uk/change4life/activities

<p>www.nhs.uk</p> <p>Pilates video for beginners - NHS Fitness Studio - NHS Choices</p>	<p>NHS Exercise Studio</p> <p>https://www.nhs.uk/conditions/nhs-fitness-studio/</p>
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Music, TV and Movement

	<p>Ffa La La</p> <p>Facebook page - https://www.facebook.com/ffalala/</p> <p>Website: https://www.addysg-ffalala-education.com/index.html</p>
	<p>S4C Cyw</p> <p>Website: https://cyw.cymru/en/</p> <p>Facebook: https://www.facebook.com/CriwCyw/</p>

Healthy Eating and Cooking

	<p>Every Child Wales – 10 Steps to a Healthy Weight</p> <p>http://everychildwales.co.uk/</p>
	<p>Great Grub Club</p> <p>http://greatgrubclub.com/</p>

	<p>Food a Fact of Life - British Nutrition Foundation</p> <p>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>
	<p>Top Marks</p> <p>https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</p>
	<p>Change for Life</p> <p>https://www.nhs.uk/change4life</p>
	<p>Veg Power</p> <p>https://vegpower.org.uk/downloads/</p>
	<p>Cooking Together Wales</p> <p>https://www.cookingtogether.co.uk/cook-a-long</p>
	<p>The Kids' Kitchen</p> <p>https://www.facebook.com/TheKidsKitchen/</p>

Mental and Emotional wellbeing

	<p>Five Ways to Wellbeing: Healthy Family Challenge https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/5-ways-resources/healthy-family-challenge-phw-bilingual-download-pdf/</p> <p>Pledge card https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/5-ways-resources/pledgecard-pdf/</p>
	<p>Mindfulness in Schools Project (MiSP) – Sit Together https://mindfulnessinschools.org/misp-sit-together/</p>
	<p>New Horizon https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHLiNXg</p>
	<p>Heartfulness https://www.heartfulness.uk/primaryschools/ https://www.heartfulness.uk/secondaryschools/</p>
	<p>Action for Happiness https://www.actionforhappiness.org/calendars</p>
	<p>Welsh medium meditation app: Ap Cwtsh https://apps.apple.com/us/app/ap-cwtsh/id1373007452 i-phone https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&hl=en android phone</p>

Safety / Online Safety

	<p>CEOP (Child Exploitation and online protection)</p> <p>https://www.thinkuknow.co.uk/parents/</p> <p>CEOP safety centre</p> <p>https://www.ceop.police.uk/safety-centre/</p>
	<p>UK Safer Internet Centre</p> <p>https://www.saferinternet.org.uk/</p>
	<p>Childnet</p> <p>https://www.childnet.com/resources/supporting-young-people-online</p>
	<p>BBC Own It App</p>
	<p>School Beat</p> <p>https://schoolbeat.cymru/en/</p> <p>https://schoolbeat.cymru/cy/</p>
	<p>E-bug</p> <p>https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</p> <p>https://e-bug.eu/</p>



NSPCC PANTS Underwear rule

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

For Welsh resources scroll down the page.

Welsh Pantosorws video on Youtube:

<https://www.youtube.com/watch?v=2-GBXPkVUeY>

Eco / Nature



Eco Schools

Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme.

<https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/>



Beach Academy

<https://www.beachacademywales.com/learningresources>



RSPB

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>



Wildlife Trust

<https://www.wildlifetrusts.org/kids-and-families>



Scouts

<https://www.scouts.org.uk/the-great-indoors/>



National Children's Gardening Week

<https://www.childrensgardeningweek.co.uk/fun-things-to-do/>