

## 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

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

<p><small>www.nhs.uk</small></p> <p><b>Pilates video for beginners - NHS Fitness Studio - NHS Choices</b></p>	<p><b>NHS Exercise Studio</b></p> <p><a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a></p>
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**Welsh Music, TV and Movement**

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

**Healthy Eating and Cooking**

<p><b>EVERY CHILD</b></p> <p><b>POB PLENTYN</b></p>	<p><b>Every Child Wales – 10 Steps to a Healthy Weight</b></p> <p><a href="http://everychildwales.co.uk/">http://everychildwales.co.uk/</a></p> <p><a href="http://everychildwales.co.uk/?lang=cy">http://everychildwales.co.uk/?lang=cy</a></p>
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	<p><b>Great Grub Club</b></p> <p><a href="http://greatgrubclub.com/">http://greatgrubclub.com/</a></p>
	<p><b>Food a Fact of Life - British Nutrition Foundation</b></p> <p><a href="https://www.foodafactoflife.org.uk/whole-school/remote-learning/">https://www.foodafactoflife.org.uk/whole-school/remote-learning/</a></p>
	<p><b>Top Marks</b></p> <p><a href="https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating">https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</a></p>
	<p><b>Change for Life</b></p> <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p>
	<p><b>Veg Power</b></p> <p><a href="https://vegpower.org.uk/downloads/">https://vegpower.org.uk/downloads/</a></p>
	<p><b>Cooking Together Wales</b></p> <p><a href="https://www.cookingtogether.co.uk/cook-a-long">https://www.cookingtogether.co.uk/cook-a-long</a></p> <p>Ryseitiau dwyieithog - sgrolwch i lawr am Gymraeg  <a href="https://www.cookingtogether.co.uk/recipe-hwb">https://www.cookingtogether.co.uk/recipe-hwb</a></p>
	<p><b>The Kids' Kitchen</b></p> <p><a href="https://www.facebook.com/TheKidsKitchen/">https://www.facebook.com/TheKidsKitchen/</a></p>

## Mental and Emotional wellbeing

	<p><b>Mindfulness in Schools Project (MiSP) – Sit Together</b></p> <p><a href="https://mindfulnessinschools.org/misp-sit-together/">https://mindfulnessinschools.org/misp-sit-together/</a></p>
	<p><b>New Horizon</b></p> <p><a href="https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg">https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg</a></p>
	<p><b>Heartfulness</b></p> <p><a href="https://www.heartfulness.uk/primaryschools/">https://www.heartfulness.uk/primaryschools/</a> <a href="https://www.heartfulness.uk/secondaryschools/">https://www.heartfulness.uk/secondaryschools/</a></p>
	<p><b>Go Noodle</b></p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>
	<p><b>Action for Happiness</b></p> <p><a href="https://www.actionforhappiness.org/calendars">https://www.actionforhappiness.org/calendars</a></p>
	<p><b>Welsh medium meditation app: Ap Cwtsh</b></p> <p><a href="https://apps.apple.com/us/app/ap-cwtsh/id1373007452">https://apps.apple.com/us/app/ap-cwtsh/id1373007452</a> i-phone</p> <p><a href="https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en">https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en</a> android phone</p>

## Safety / Online Safety

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