



Get Moving and Feel Good!

Go Noodle

Banana Banana Meatball



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

PE With Joe

Get moving, get fit and feel good with a Joe workout.



<https://www.youtube.com/watch?v=Rz0go1pTda8&list=PLyCLOpd4VxBsXs1WmPceKtsQyFbXTf9FO>

Cosmic Kids Yoga



Choose an adventure! Will you choose Minecraft or Frozen?

<https://www.youtube.com/watch?v=02E1468SdHg>

<https://www.youtube.com/watch?v=xlg052EKMtk>

The Importance of Fitness



Design a daily fitness programme that you can do at home. You could include star jumps, sit ups, push ups, running in the garden, skipping and whatever else you can think of!

<https://www.bbc.co.uk/bitesize/clips/zcw97ty>

Healthy Eating



The food we eat should provide us with the energy and nutrients we need to grow and keep our bodies healthy. Find out about the five food groups and try this short quiz to test your knowledge.

<https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zhkbn9q>

Looking After Pets



Explore how pets and our relationships with them can have a positive impact on our wellbeing.

- Write a set of instructions on how to look after a cat, dog or other pet.

<https://www.bbc.co.uk/bitesize/clips/zcqrwmn>

Kids Meditation

Five Finger Breathing



<https://www.youtube.com/watch?v=DSgOW879jjA>

Lucy's Blue Day

A Children's Mental Health Animated Story



<https://www.youtube.com/watch?v=UmrUV8v-KQg>