



## Loudoun-Montgomery PS and EY

### Health and Wellbeing

Website Links - to open press and hold control and click



#### **Smiling Mind**

Short audio sessions to help with mindfulness

<https://www.smilingmind.com.au/>

#### **Cosmic Yoga – YouTube**

Yoga videos designed for children aged 3 +

<https://www.youtube.com/user/CosmicKidsYoga>

#### **BBC Supermovers**

Interactive videos to support with literacy, numeracy, health and wellbeing and physical activity

<https://www.bbc.co.uk/teach/supermovers>

#### **Go Noodle – YouTube**

Videos for brain exercise, dancing, strength and mindfulness

<https://www.youtube.com/user/GoNoodleGames>

#### **Premier League Primary Stars**

Videos and activities to support literacy, numeracy, health and wellbeing and physical activity

<https://plprimarystars.com/for-families>

#### **Newsround**

Keeping children up to date with from the world around them

<https://www.bbc.co.uk/newsround>