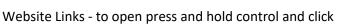


Loudoun-Montgomery PS and EY

Health and Wellbeing





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