**Websites for Relaxation and Exercise with the family**

* https://www.thebodycoach.com/blog/pe-with-joe-1254.html
* Free and on YouTube every morning at 9am

<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

* <https://wehavekids.com/parenting/Card-Games-For-Kids>
* <https://www.youtube.com/user/CosmicKidsYoga>