

Wellbeing and Physical Health

Getting regular fresh air and exercise is key for any person's well-being and can be achievable while still observing any social distancing measure.

Staying happy and healthy!

Physical and mental health & well-being resources

Wellbeing and Mental Health

We appreciate that having to self-isolate can be a worrying time so below are some ideas and resources that can help you offer a positive approach to your household's wellbeing and mental health.

Getting Active!

It is really important that we keep active to keep our bodies and minds healthy. Here are a range of websites that will help!

Change for Life



Lots of fun ideas and resources to use at home to help your children stay healthy.



The Body Coach

9am PE lessons with Joe Wicks.

You can also find 5 minute kids workouts on his Youtube Channel.

BBC Supermovers



Fun curriculum linked resources to get your children moving while they learn.

Go Noodle

Go noodle engages 14 million kids every month with movement and mindfulness videos created by child development experts.



Jasmine PE

This is an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years, Key Stage 1 and Key Stage 2. Ask your teacher for the log in details.



Free apps for mental health wellbeing



SAM App

Anxiety Management on your Mobile

Anxiety management and anxiety tracker.



headspace

Headspace offers themed sessions based on everything including; stress, sleep, anxiety and guided meditations.



My Possible Self. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.



REACH OUT.COM

The Reach Out app helps to manage stress levels and develop an effective method to dealing with daily worries.

Doing yoga, colouring, breathing exercises, focussed activities etc. are a really good way to distract any concerns and help you feel calm. Here are some links or ideas you may wish to try with your children:

- [Go Noodle](#) offers a bank of movement, yoga and mindfulness videos that can be accessed at home
- You Tube offers a wealth of videos to support yoga such as [Cosmic Kids Yoga](#).

Ideas for adults:

Focusing on your own mental health is a priority as well. This will have a significant impact on how your child feels. A lot of the resources above can support older children and adults but here are a few more:

[Yoga with Adrien](#)

[Yoga with Tara Stiles](#)

Or try a podcast, here are a few recommendations:

[Dr Chatterjee](#)

[Feame Cotton Happy Place](#)

Get outside!

These online resources have some great ideas on how to get children outside. Click on the images below for the website links:



Scouts



Wellbeing and Online Safety

With schools being closed, we know this is a difficult time for most parents. Here are a few resources to help you learn about online safety at home with your child.

ThinkUKnow



This is a really useful website with loads of resources around the issue of online safety.

Their resources aim to support parents during the closure of schools. Each fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

There is also a [parent help sheet](#) available with 8 simple steps to keep your child safe online.



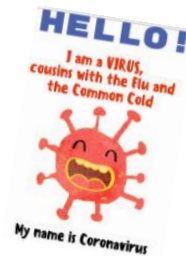
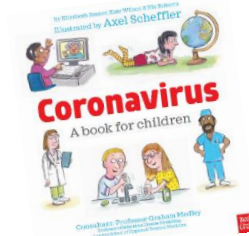
National Online Safety

At National Online Safety, it is their mission to make the internet a safer place for children. They provide school staff, parents and children with the knowledge they need to understand online dangers and how best to react should an incident arise. They have a lot of different guides for parents for several online platforms.

Find these on their twitter account: [@natonlinesafety](#)



There are several child-friendly books online to help explain Coronavirus. Click on the pictures below:



Resources to support Children's Emotional Needs:

Coronavirus is all over the news, with schools closing, events being cancelled, and people being kept in quarantine. It's understandable that many children, and adults, are anxious about the virus and how it could impact them.

How can you support your child with these concerns? There won't always be answers to questions your children are asking. But here are some ways you can have these conversations in a safe and open way.



Guide to helping parents answer questions from their children and to support family wellbeing.



NSPCC offer a wealth of advice and guidance if you're worried that your child may be struggling with their mental health or anxiety about Coronavirus (COVID-19).



Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing.



Public Health England have produced an easy read version of their advice on the Coronavirus for places of education.

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