



Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

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

*Great website for Yoga and mindfulness. Jaime tells stories whilst doing yoga. Choose your favourite on youtube. We use this website in school.*

The image is a screenshot of the Change4Life website. At the top, there's a navigation bar with icons for 'Food facts', 'Recipes', 'Activities', and 'Your child's weight'. Below that, there are links for '10 Minute Shake Up', 'Disney sports quiz', 'Sports and activities', 'Accessible activities', and 'Indoor activities'. The main content area features a large heading '10 Minute Shake Up games' in red. Below the heading, there's a paragraph: 'Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!'. To the right of the text is a circular logo for '10 minute shake up' with the text 'from change 4 life with Disney'.

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

*This website has activities to get children moving with ideas for games you can play at home. In addition, it also has lots of healthy recipe ideas and gives you advice on how to eat and be healthy.*