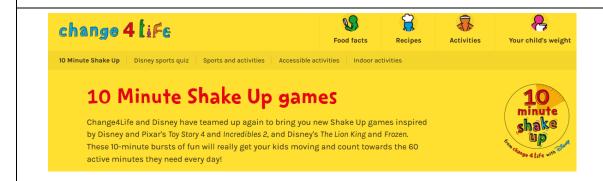


Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

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.



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.