

Websites for movement and mindfulness.

All the following website are free.



Choose from **Quick Blasts** providing short bursts of activity, to full **Active Blasts** which offer to up a 10 minute workout. There's also some lovely activities to support **Mental Wellbeing** as well as of fun **Boredom Busters** to stimulate the mind.

<https://imoves.com/the-imovement>

Website offering free activities such as fun dances and some active lessons for children to try at home.



Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. So, join the #nikemovecrew

<http://ukactivekids.com/movecrew/>

This website offers fun weekly challenges for children to take part in. For example, building an obstacle course in your garden or house.