




Health and Well-being - Mixed Ages:


	<p>Cosmic Kids Yoga Yoga, mindfulness and relaxation designed especially for children aged 3+</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>
	<p>Go Noodle Movement and mindfulness videos</p> <p>https://www.youtube.com/user/GoNoodleGames</p>
	<p>Joe Wicks Free online PE lessons for children of all ages. He will also be running live classes will be 30 minutes and run between 9am and 5pm every weekday.</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>
	<p>Jump Start Jonny Fun workouts (and chill out) videos to help keep children fit and active.</p> <p>https://www.jumpstartjonny.co.uk/free-stuff</p> <p>(Link doesn't always work – but can google Jump Start Jonny)</p>
	<p>New Horizon Guided meditation audio tracks for children.</p> <p>https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHLiNXg</p>
	<p>Heartfulness Relaxation and contemplation audio tracks for both primary and secondary school children.</p> <p>https://www.heartfulness.uk/primaryschools/ https://www.heartfulness.uk/secondarieschools/</p>





	<p>Food a Fact of Life A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16</p> <p>https://www.foodafactoflife.org.uk/</p>
	<p>Top Marks A variety of links to activities related to healthy eating.</p> <p>https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</p>
	<p>Childnet A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary.</p> <p>https://www.childnet.com/resources</p>
	<p>School Beat A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behaviour and community. Ages 5-16</p> <p>https://schoolbeat.cymru/en/ https://schoolbeat.cymru/cy/</p>
	<p>Action for Happiness The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new 'Coping Calendar' - 30 actions to look after ourselves and each other as we face this global crisis together.</p> <p>https://www.actionforhappiness.org/calendars</p>
	<p>Change for Life Includes food facts, recipes, activities, apps, currently has ideas of 'how to stay healthy at home!'</p> <p>https://www.nhs.uk/change4life</p>

	<p>Veg Power ‘Get your kids eating more veg’. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.</p> <p>https://vegpower.org.uk/downloads/</p>
	<p>Cooking Together Wales Richard Shaw is streaming nutritional, fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales</p> <p>https://www.cookingtogether.co.uk/copy-of-recipes-1</p>
	<p>Beach Academy Emma at Beach academy has created printable home learning resources and activities for families to stay connected to the coast. With home learning and Facebook learning, offering families of children aged 3-11 a day at the beach, from home in response to social distancing.</p> <p>https://www.beachacademywales.com/learningresources</p>
	<p>RSPB There are loads of great ideas and resources to help kids and families connect with nature, with some simple activities they can do at home. In the “Fun and Learning” area there is a section for children that gives step by step guides to make bird feeders and “Spot it” sheets. There are also interactive games, stories and competitions.</p> <p>https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</p>
	<p>Scouts “While we normally love the great outdoors, we’ve pulled together some inspired indoor activity ideas to keep your kids learning new skills and having fun.” There are inclusive and accessible activities suitable for all age groups 6-8yrs (Beavers), 8-10yrs (Cubs) and 10-14yrs (Scouts). There are clear instructions including some videos and the equipment required is mostly available around the house or in the garden. Some examples include: Beavers & Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado. Scouts – Origami / creating a diary / Switch off challenge.</p> <p>https://www.scouts.org.uk/the-great-indoors/</p>

	<p>Do Re Mi Cardiff A Welsh language, Cardiff based music school hosting free “Live” sessions on their Facebook page. Sessions include “Bedtime stories and songs”, “Songs around the piano” and “Story Time”. Primarily aimed at pre-school children but could be used with Foundation Phase pupils. Log on to check the programme. It can also be accessed by subscribing to their Youtube channel.</p> <p>https://www.youtube.com/channel/UCeUdNz7E2AiMVOBKQbAkihw</p>
	<p>Cardiff City Foundation A free web portal has been developed for ‘Primary Stars (Foundation Phase ages 4-7) and ‘Primary Stars (KS2 ages 7-11). It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.</p> <p>https://www.cardiffcitycfoundation.org.uk/pages/category/digital-resources</p>
	<p>CEOP (Child Exploitation and online protection) Families can make a report to CEOP if they are worried about online se*xual abuse or the way someone has been communication with a child online. Also there are free downloadable home activity packs for all ages, including parents and carer help sheets.</p> <p>https://www.thinkuknow.co.uk/parents/</p>
	<p>Children’s Commissioner for Wales Information Hub There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.</p> <p>https://www.childcomwales.org.uk/coronavirus/</p>

Support services for children and young people

	<p>Childline Offering support to Children online, on the phone - Anytime 0800 1111 ‘No worry is too big or too small’</p> <p>https://www.childline.org.uk/</p>
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	<p>Kooth Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.</p> <p>https://www.kooth.com/</p>
	<p>Meic Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.</p> <p>Tel: 080 8802 3456 Text: 84001</p> <p>https://www.meiccymru.org/</p>
	<p>The Mix Free helpline, email, crisis text line, one-to-one live messaging for under 25 year olds. Also information and sex and relationships on the website (and other topics)</p> <p>Tel: 0808 808 4994</p> <p>https://www.themix.org.uk/</p>
	<p>Mind Hub This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and well-being.</p> <p>http://www.mindhub.wales/</p>