

**EMOTIONAL
WELLBEING**

Go noodle - exercise and mindfulness breaks www.gonoodle.com

Mindfulness project

[Breathe: English resource for Key Stage 2](#)

[Breathe: English resource for Key Stage 2](#) (this is KS 3- 4)

Cosmic Kids Yoga and Zen Den on YouTube

[official watch page](#)

Moodjuice resources to support Mental Health concerns (Upper KS2 onwards)

[MOODJUICE - Self-help Resource Site](#)

Young Minds - Supporting young people's mental health

[YoungMinds - children and young people's mental health charity](#)

Hey Sigmund - Supporting children and young people with anxiety

[Hey Sigmund | Anxiety in Teens | Helping a Child with Anxiety](#)

Big Life Journal - some free resources and weekly podcast on linked to growth mindset and positive psychology

[Big Life Journal for kids](#)

Anna Freud National Centre for Children and Families Mental Health resources

[Schools in Mind](#)

ADHD foundation - resources, advice, information and training

<https://www.adhdfoundation.org.uk/information/parents/>

	<p>Mentally Healthy Schools Responding to the coronavirus: resources for mental health and wellbeing</p> <p>Between Sessions Free Therapy Worksheets School - This Week's Free Worksheets - BETWEEN SESSIONS RESOURCES</p> <p>Positive Psychology Crisis Kit The Crisis Kit: 5 Tools for Helping Clients Through Turbulent Times</p> <p>Resilience in children 30+ Tips for Building Resilience in Children</p> <p>100 Art Therapy Activities http://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-</p>
<p>PHYSICAL ACTIVITY</p>	<p>15 free workouts 15 Free Fun Virtual Workouts To Get Your Exercise In While You Are At Home</p> <p>English Cricket Board - free lesson and resources linking PE with other areas of the curriculum https://www.chancetoshine.org/</p> <p>Joe Wicks 'PE with Joe' Mon-Fri 9AM starting Monday on his youtube channel, 30 min per day https://www.youtube.com/results?sp=mAEB&search_query=joe+wicks</p>

**TEACHING ABOUT
CORONAVIRUS**

Social story

[Coronavirus Social Story by KeshetChicago](#)

Beacon School - Support for talking to children about coronavirus

[How To Talk To Children About Coronavirus](#)

Carol Grey social story

[My Story About Pandemics and the Coronavirus - Carol Gray](#)