

Movement and Wellbeing

Welcome to the Movement and Wellbeing section of our Home Learning Hub challenges. These are **suggested** activities to improve the mental health and wellbeing of your child.

At a time like this, mental health and wellbeing is of utmost importance. Without good mental health and wellbeing, it is harder to learn. We therefore hope you enjoy the challenges we have included in this section. Have fun!



PE with Joe 9am weekdays.

Click here for details <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



Visit smiling mind for help with mindfulness and calm:

<https://www.smilingmind.com.au/> They also have a free app which can be downloaded from Play Store or App Store for iPhone.

Twinkl have free resources for mindfulness 😊 including colour and calm.

Covibook – an interactive resource designed to support and reassure and designed to help children explain and draw the emotions that they might be experiencing during the pandemic: visit <https://www.mindheart.co/descargables> for details.

Try a sensory activity like Playdough or Gloop



<https://www.netmums.com/activities/how-to-make-playdough>



<https://www.netmums.com/activities/how-to-make-gloop>

Movement and Mindfulness at Go Noodle



Click for details:

<https://www.gonoodle.com/for-families/>

Other suggestions:

1. Have a Lego building contest?
2. Craft recycling: <https://www.netmums.com/life/easy-recycled-craft-ideas-for-kids--using-things>
3. Paint toilet roll tubes bright colours to make homemade skittles and knock them down with a tennis ball!
4. Make a doodle diary for each day of the school shutdown detailing thoughts, activities and feelings.
5. As Sue and Mel once said and now Noel and Sandy like to say, "Get Set....Bake!"