

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, health and wellbeing, mental health 😊 including colour and calm.

Every mind matter's has a great app with a test to see where you are at and provides support if needed with strategies and advice. https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=CjwKCAjw4pT1BRBUeIwAm5QuR05nDjW5pJp1SAvAz20JTK-hdS4wJvdw4Q7kn3JjAFiT1oRs4rZAMBoClzwQAvD_BwE

Try a sensory activity like Playdough or Gloop

10 sensory activities you can try at home <https://www.firstdiscoverers.co.uk/sensory-activities-children-autism/>

Activities for children at home by the scouts foundation.

https://www.scouts.org.uk/activities/?gclid=CjwKCAjw4pT1BRBUeIwAm5QuR6zU8fHcHkZyiKHTttuze-sAAqwbua-KUGbjAmeN5NZrivLGnTe6QxoCKugQAvD_BwE

James Dyson foundation challenges for indoors

https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=CjwKCAjw4pT1BRBUeIwAm5QuR4J0pPSgWfd8mh7DjDhJnFSJDuuagvKGwR0E7PXvFAJoyWW5cRtMaBoCfsMQAvD_BwE

Movement and Mindfulness at Go Noodle



Click for details:

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

Other suggestions:

1. Bake some cookies. Using an easter egg <https://www.bbcgoodfood.com/recipes/easter-egg-cookies>
2. 50 free things to do during lockdown <https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>
3. Make origami animals and send in your examples
4. Paint your windows at home with scenes to entertain those walking by
5. Rock painting, some children have been doing treasure hunts for different rock animals on their daily walk
6. Animal watching, listening out for the animals in your neighbourhood