

Wellbeing section

PSHE Lesson Online

BBC Live Lessons - Wellbeing 'Live Lesson' from the BBC

<https://www.bbc.co.uk/teach/growth-mindset-and-wellbeing-lesson/z4g4382>

Resources to Support Wellbeing at Home

Strengthening Minds - [Strengthening Minds](#), a london-based organisation that supports the wellbeing of children and their families has created an excellent resource called **The Strengthening Minds Guide to Staying Home... In Style**. This free, downloadable activity pack contains information, games and activities, for families, children, teenagers and there's a section on mindfulness and wellbeing. It's definitely worth checking out. Download it from the [Strengthening Minds website](#) or from the resources section below.

Nuffield Health - Keeping a journal and doing daily exercise can help us to look after our wellbeing. You can download a free **Wellbeing Journal** and take part in some 15-minute exercises, created by Nuffield Health here www.nuffieldhealth.com/kidswellbeing

Cosmic Kids - Yoga and Meditation can help children to relax and stay calm. <https://www.youtube.com/user/CosmicKidsYoga> This Channel on YouTube has free videos aimed at children aged 3+.

<https://imoves.com/the-imovement> is a collection of resources including physical activities to help children and adults to stay active and to look after their wellbeing. You will find short 'Active Blasts' (10 minute work outs) to Yoga and mindfulness resources.

Physical Challenges

Youth Sport Trust 60 Second Challenges are a fun way to compete against yourself and set a 'personal best'. <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

<http://www.cambscricket.org.uk/page/schools--education/chance-to-shine/covid-19-weekly-challenges-16897/> have launched weekly challenges to help promote keeping young people physically active, and playing, learning and developing through cricket.

Explaining the coronavirus to young children

It can be difficult to explain why we have to stay indoors, wash our hands for 20 seconds and why some people we know are getting sick. There's an increasing number of resources you can access, for free, to help you to explain the coronavirus and social distancing to children.

#COVIBOOK Author **Manuela Molina** has created a book for children aged 7 and under. As the author explains, *"I have created this short book to support and reassure our children, under the age of 7, regarding the COVID-19.* Download it for FREE here: <https://www.mindheart.co/descargables>

Nosy Crow have produced a FREE book for adults to read to their children, to help explain what the virus is and how to stay safe. The book was made with expert input from Professor Graham Medley of the London School of Hygiene & Tropical Medicine and has been illustrated by Axel Scheffler. This downloadable book is written in child-friendly language and will help to answer many questions children may have. You can download it for free here from the Nosy Crow website: https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf

Children's Commissioner's Guide to Coronavirus - is free to download. "The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home." Download the guide below, or from <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>