



Aspire Believe Achieve

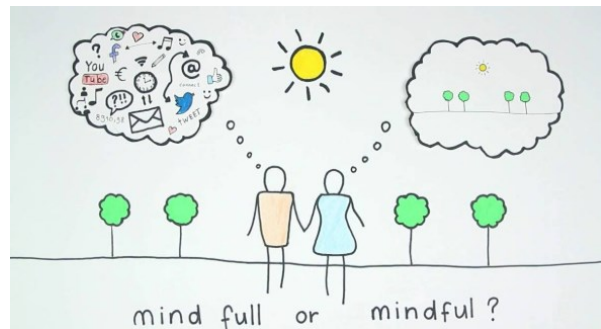
Priestsic Primary's Wellbeing

It is always important for us to put our mental and physical wellbeing first. During times like these, it is more important for us to remember to do so.

Here you will find lots of different ways to do this!



Keeping active and giving yourself time to relax and reflect on how you are feeling, will help you to be mindful and healthy.



Wellbeing Activities:



GoNoodle has a range of video activities for both mental and physical wellbeing. There are a range of dance videos to yoga to mindfulness breathing. These videos are great for the entire family to enjoy. <https://family.gonoodle.com/>



Health for Kids has various games and activities to help children learn about their physical and mental health. <https://www.healthforkids.co.uk/>



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



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Wellbeing Activities:



Cosmic Kids

You can access advice and support through the main website.

<https://www.cosmickids.com/>

The youtube channel has yoga and relaxation videos. The yoga adventures are based on stories that the children already know. Such as Harry Potter, Star Wars, Moana and much more! The Zen Den has videos to help children learn about their feelings and breathing techniques to help reduce anxiety.

<https://www.youtube.com/user/CosmicKidsYoga>



Create a calming glitter jar to help children to calm down during times of stress.

<https://blissfulkids.com/mindfulness-kids-teens-calming-glitter-jar-aka-mind-jar/>



This website has a range of ideas for activities for children 'stuck inside'. Some of these activities could take longer than 5 minutes if you want them to.

<https://www.5minutefun.com/wellbeing-activities-for-kids-stuck-indoors/>



Listen to relaxing stories and guided meditations based on much loved characters.

<https://www.honeybeekidsclub.com/>