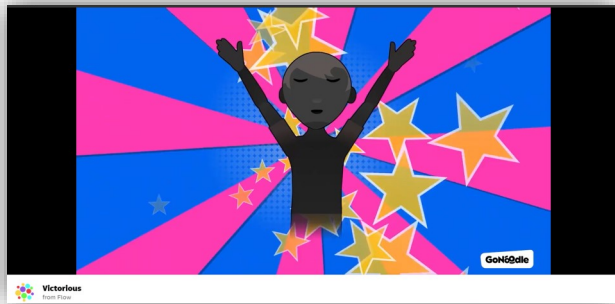




Online Resources



GoNoodle



GoNoodle has some great videos for relaxation—My favourites are:

- Bring it down
- From Mindless to Mindful
- Victorious
- Melting
- Rainbow Breath

Go to: <https://family.gonoodle.com/>
and find the *Flow* channel

PE with Joe

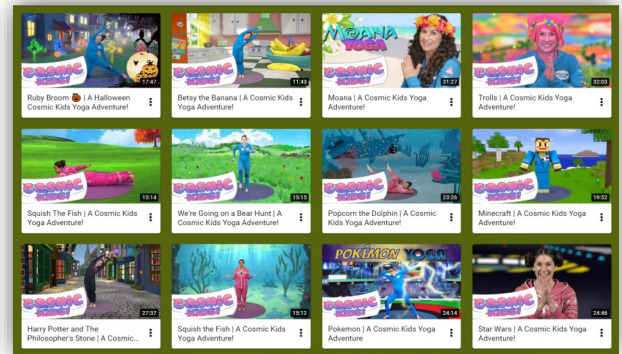


Exercise is so important for a healthy mind (as well as body). Joe Wicks makes it fun for all the family!

He livestreams his sessions on **YouTube** at 9am every weekday (but you can do them anytime).

Search: *PE with Joe* on Youtube

Cosmic Kids Yoga



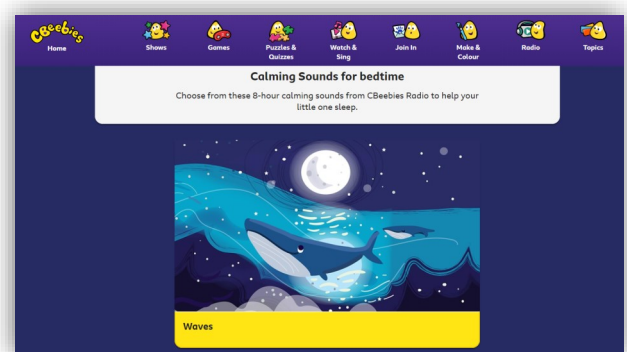
Yoga is great for relaxing.

The *Cosmic Kids Yoga* channel on **YouTube** tells stories through yoga. There are loads to choose from, including:

- Moana
- Harry Potter and the Philosopher's Stone
- Minecraft
- The Twits

Search: *Cosmic Kids Yoga* on YouTube Kids

Calming sounds for bedtime



Listening to calming sounds can help us to relax. You can listen at bedtime or whenever you need to feel calmer.

The **Cbeebies website** and **YouTube Kids** both have a good selection.

Go to : <https://www.bbc.co.uk/cbeebies/curations/radio-calming-sounds>