

Free Websites and Apps to Support with Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness

<https://app.smilingmind.com.au>



Cosmic Yoga

Yoga videos designed for kids aged 3+

www.youtube.com/user/cosmickidsyoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 maths, Literacy, PSHE and PE Learning. Great for times tables as well as videos that are 'just for fun'

www.bbc.co.uk/teach/supermovers



Go - Noodle - Youtube (More videos on their Website)

Hundreds of 'braincercise', dancing strength and mindfulness videos - as well as videos that are 'just for fun'

www.youtube.com/user/gonoodle/games/featured



Premier League Stars

Videos and activities to support with Maths, Literacy PSHE and PE

www.plprimarystars.com



Newsround

Keeping children up to date with the world around them - creating opportunities to talk about the news with children

www.bbc.co.uk/newsround