



Keeping Healthy

A collection of activities, websites and images to support keeping healthy during this time. The focus will be on three areas of health:

1. Healthy Mind



2. Healthy Hands



3. Healthy Body

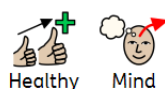


Healthy Mind- useful websites




Healthy Mind- useful websites		
Every Mind Matters	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/	A website outlining 10 tips to help if worrying about COVID-19
Mind	https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/choosing-an-activity/	A website for better mental health. It outlines activities to keep your mind healthy.
Childline –Calm Zone	https://www.childline.org.uk/toolbox/calm-zone/	This provides activities and tools, breathing exercises, yoga videos, games and way to cope videos.

Healthy Mind - activities

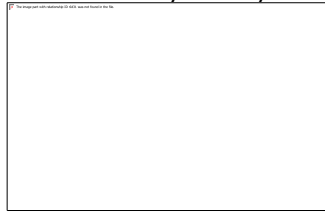


<p>Colour-by-number</p>	<p>https://www.twinkl.co.uk/resource/eyfs-minibeasts-colour-by-number-activity-sheets-t-tp-6929</p> <p>https://www.twinkl.co.uk/resource/t-t-29397-colour-by-number-addition-activity-pack (with basic addition)</p> <p>https://www.twinkl.co.uk/resource/t-t-17196-monsters-colour-by-number</p>	<p>Calming colour by number activities</p>
<p>Mindfulness colouring</p>	<p>https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</p> <p>https://www.twinkl.co.uk/resource/t-t-26046-spring-mindfulness-colouring (Spring themed)</p>	<p>Mindfulness colouring pages for children who enjoy colouring with detail.</p>
<p>Yoga Poses</p>	<p>https://www.twinkl.co.uk/resource/t-t-2544133-self-esteem-yoga-poses-activity</p>	<p>Simple yoga poses with self-esteem phrases.</p>
<p>My main worries</p>	<p>https://www.twinkl.co.uk/resource/t-c-254664-my-main-worries-activity-sheet</p>	<p>Great for older pupils to write/draw down daily/weekly worries.</p>
<p>Read through Corona Story</p>	<p>PDF attached</p>	<p>A lovely animated story explaining COVID-19</p>

<p style="text-align: center;">Healthy Hands</p>  <p style="text-align: center;">Healthy Hands</p>		
Washing hands songs/ short episodes	https://www.youtube.com/watch?v=4XLQpRI_wOQ https://www.youtube.com/watch?v=dDHJW4r3eIE https://www.youtube.com/watch?v=S9VjeIWLnEg https://www.youtube.com/watch?v=zxlQn7KaCNU https://www.youtube.com/watch?v=NoxdS4eXy18	Simple songs to play while your child washes their hands.
What is COVID-19	https://www.youtube.com/watch?v=R-JbDMYmAQM	A informative video for older pupils explaining the virus

<p style="text-align: center;">Healthy Hands - activities</p>  <p style="text-align: center;">Healthy Hands</p>		
Hand washing reward chart	https://www.twinkl.co.uk/resource/t2-s-240-hand-washing-record-chart	A lovely way to visually show your child that they need to be washing their hands.
Hand washing sequencing	https://www.twinkl.co.uk/resource/t-tp-5353-eyfs-washing-your-hands-sequencing-activity-sheet https://www.twinkl.co.uk/resource/t-sc-155-how-to-wash-your-hands-activity-sheet	An activity to go over the sequencing of hand washing
This is the way we wash our hands - song	https://www.twinkl.co.uk/resource/t-tp-5351-this-is-the-way-we-wash-our-hands-song	It takes about 20seconds to sing the song which is the minimum time we should be washing.

Healthy Body



Live PE/exercise sessions with Joe Wicks on YouTube	https://www.thebodycoach.com/blog/pe-with-joe-1254.html	A wonderful way to keep our bodies healthy.
Guided meditation for kids	https://www.youtube.com/watch?v=Bk_qU7I-fcU	A 12minute guided meditation
Guided fun yoga activity	https://www.youtube.com/watch?v=obzFP6eEGAg	A 19 minute fun yoga practice
Move and Freeze song	https://www.youtube.com/watch?v=388Q44ReOWE	A fun activity to get the kids moving.