

Health and Well-being home activities for families

Websites with health and wellbeing activities

Physical activity

Cosmic Kids Yoga

Yoga, mindfulness and relaxation designed especially for children aged 3+

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

Joe Wicks

Free online PE lessons for children of all ages.

He is also running 30 minute live classes between 9am and 5pm every weekday.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Cardiff City Foundation

A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.

<https://www.cardiffcityfcfoundation.org.uk/pages/category/digitalresources>

Jump Start Jonny

Fun workouts (and chill out) videos to help keep children fit and active.

<https://www.jumpstartjonny.co.uk/free-stuff>

(Link doesn't always work – but can google Jump Start Jonny)

CBeebies Andy's Wild Workouts

CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.

<https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player>

Change 4 Life

The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities.

<https://www.nhs.uk/change4life/activities>

Welsh Music and Movement

Do Re Mi Cardiff

A Welsh language, Cardiff based music school hosting free "Live" sessions on their Facebook page. Sessions include "Bedtime stories and songs",

“Songs around the piano” and “Story Time”. Primarily aimed at pre-school children but could be used with Foundation Phase pupils.

<https://en-gb.facebook.com/DoReMiCardiff/>

It can also be accessed via their YouTube channel.

<https://www.youtube.com/channel/UCeUdNz7E2AiMVOBKQbAKIhw>

Ffa La La

Free live online Welsh singing for pre-school children on their Facebook page - <https://www.facebook.com/ffalala/>

Website:

<https://www.addysg-ffalala-education.com/index.html>

<https://www.addysg-ffalala-education.com/hafan.html>

Healthy Eating and Cooking

Food a Fact of Life - British Nutrition Foundation

A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16. There are currently 54 activities/resources to support remote learning at home. Over the coming week's further resources and activities will be posted.

<https://www.foodafactoflife.org.uk/whole-school/remote-learning/>

Top Marks

A variety of links to activities related to healthy eating (*Note: links to English Healthy Schools scheme, not Welsh*).

<https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating>

Change for Life

Includes food facts, recipes, activities, apps, currently has ideas of 'how to stay healthy at home!'

<https://www.nhs.uk/change4life>

Veg Power

'Get your kids eating more veg'. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.

<https://vegpower.org.uk/downloads/>

Cooking Together Wales

Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales – and via their new Cook-a-long webpage. There are lots of links to Welsh words that relate to cooking.

<https://www.cookingtogether.co.uk/cook-a-long>

[ryseitiau dwyieithog - sgrolwch i lawr am Gymraeg](https://www.cookingtogether.co.uk/cook-a-long)

<https://www.cookingtogether.co.uk/recipe-hwb>

The Kids' Kitchen

The Kids' Kitchen Facebook page is running free live online cooking sessions for children.

<https://www.facebook.com/TheKidsKitchen/>

Mental and Emotional wellbeing

Mindfulness in Schools Project (MiSP) – Sit Together

Mindfulness in Schools Project is inviting everyone to join them in a free daily online mindfulness practice.

<https://mindfulnessinschools.org/misp-sit-together/>

Mindfulness in Action

Mindfulness in Action are offering a programme of free daily 1 hour online sessions by Zoom.

<https://www.mindfulnessinaction.co.uk/>

There will be other Mindfulness organisations also offering free online sessions, this is one Cardiff-based organisation.

New Horizon

Guided meditation audio tracks for children.

<https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg>

Heartfulness

Relaxation and contemplation audio tracks for both primary and secondary school children.

<https://www.heartfulness.uk/primaryschools/>

<https://www.heartfulness.uk/secondaryschools/>

Go Noodle

Movement and mindfulness videos for children.

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

Action for Happiness

The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new 'Coping Calendar' - 30 actions to look after ourselves and each other as we face this global crisis together.

<https://www.actionforhappiness.org/calendars>

Welsh medium meditation app: Ap Cwtsh

<https://apps.apple.com/us/app/ap-cwtsh/id1373007452> i-phone

<https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&hl=en>
android phone

Cyflwyno dulliau sy'n hybu iechyd a lles yw Ap Cwtsh, megis myfyrdodau cynhenid Cymreig. Mae Ap Cwtsh yn cynnwys sesiynau myfyrio newydd sbon sy'n adlewyrchu ein hiaith, ein hanes a'n diwylliant.

App Cwtsh introduces methods that promote health and well-being, such as indigenous Welsh meditations. App Cwtsh features brand new reflection sessions that reflect our language, history and culture.

Safety / Online Safety

UK Safer Internet Centre

Online safety tips, advice and resources to help children and young people stay safe online.

<https://www.saferinternet.org.uk/>

Childnet

A range of games, books and information about staying safe online.

Filters allow you to select the appropriate age. Primary and Secondary.

<https://www.childnet.com/resources/supporting-young-people-online>

<https://www.childnet.com/resources>

BBC Own It App

For children and young people who have a mobile phone to support safeguarding and wellbeing - The Own It app will help you to make smart choices, feel more confident and get advice when you need it. Available for all smart phones.

School Beat

A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behavior and community. Ages 5-16

<https://schoolbeat.cymru/en/>

<https://schoolbeat.cymru/cy/>

E-bug

Use the **Antibiotic Guardian Youth badge** to support home schooling.

Help your child learn how to prevent the spread of infection.

<https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html>

There is also a section for students which is divided into three subsections – Junior, Senior and Young Adult. Young Adult is available in English only. Each sub-sections contains information and activities that can be accessed at home by students with the support of parents and carers. <https://e-bug.eu/>

Eco / Nature

Eco Schools

Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme.

<https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/>

Beach Academy

Emma at Beach academy has created printable home learning resources and activities for families to stay connected to the coast. With home learning and Facebook learning, offering families of children aged 3-11 a day at the beach, from home, in response to social distancing.

<https://www.beachacademywales.com/learningresources>

RSPB

There are loads of great ideas and resources to help kids and families connect with nature, with some simple activities they can do at home. In the "Fun and Learning" area there is a section for children that gives step by step guides to make bird feeders and "Spot it" sheets. There are also interactive games, stories and competitions.

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-andactivities/activities/>

Wildlife Trust

The focus on this website is looking after yourself and nature, and has lots of activities and ideas for all ages, whether they are indoors or in the garden.

<https://www.wildlifetrusts.org/kids-and-families>

Scouts

"While we normally love the great outdoors, we've pulled together some inspired indoor activity ideas to keep your kids learning new skills and having fun."

There are inclusive and accessible activities suitable for all age groups 6-8yrs (Beavers), 8-10yrs (Cubs) and 10-14yrs (Scouts). There are clear instructions including some videos and the equipment required is mostly available around the house or in the garden.

Some examples include:

Beavers & Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado.

Scouts – Origami / creating a diary / Switch off challenge.

<https://www.scouts.org.uk/the-great-indoors/>

National Children's Gardening Week

A range of activities related to nature and gardening.

<https://www.childrensgardeningweek.co.uk/fun-things-to-do/>

Other Information hubs

Children's Commissioner for Wales Information Hub

There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.

<https://www.childcomwales.org.uk/coronavirus/>

<https://www.complantcymru.org.uk/coronafeirws/>

We're posting a series of videos on our Facebook page mainly to help parents find cheap and easy ways to make fun at home but also a few on general household wellbeing tips

<https://www.facebook.com/childcomwales/>