

Below are a list of links to a range of different learning opportunities. Explore and enjoy!

<https://www.bbc.co.uk/bitesize/subjects/z7f3cdm> - Lots of short videos and talking points to discuss with your child/children around key PSHE subjects.

<https://www.discoveryeducation.co.uk/> - Children can use the school login for this to access a range of activities, videos, etc.

<https://www.twinkl.co.uk/> - A range of resources for all subjects (presentations, worksheets, etc.)

<https://www.bbc.co.uk/teach/ks1-pshe/zfyskmn> - Short films and active learning videos for **Key Stage 1 children**.

<https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb> - Short films and active learning videos for **Key Stage 2 children**.

### **Healthy Body and Mind:**

[http://resources.hwb.wales.gov.uk/VTC/healthy\\_eating/eng/Introduction/StarterActivity.htm](http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/StarterActivity.htm) - Online activities on healthy eating.

[http://resources.hwb.wales.gov.uk/VTC/healthy\\_eating/eng/Introduction/default.htm](http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/default.htm) - Online activities on healthy eating.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/> - Well-being advice for all those supporting children and young people (**EYFS to Key Stage 2 children**).

<https://www.minded.org.uk/> - An educational resource for all adults on children and young people's mental health (**EYFS to Key Stage 2 children**).

**Go Noodle** (Fun dance videos for exercise plus videos for mindfulness and stretching, free to join):

- <https://app.gonoodle.com/activities/lets-unwind>
- <https://app.gonoodle.com/activities/hungry-flamingo>
- <https://app.gonoodle.com/activities/bubble-breath>