



STAY ACTIVE



Use these links to access online activities to help you stay physically active and mentally calm.

	https://www.youtube.com/watch?v=z2UQ5-cVHjs Cosmic Yoga! Children will be used to using this resource in school. 15-minute guided Yoga sessions, especially useful for younger children and families relaxing together. Instructors use Pokemon, Spiderman, animal stories etc. to teach yoga positions and poses.
	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ PE with Joe Wickes – Body Coach. Fun, interactive and high intensity activities. Fun for the whole family. Live at 9am or catch up at any time on The Body Coach YouTube channel.
	https://www.gov.uk/government/publications/physical-activity-guidelines-infographics Explains the physical activity needed for general health benefits for all age groups.
	https://primarysite-prod-sorted.s3.amazonaws.com/stoberry-park-school/UploadedDocument/4021ae2912ad40d1addd869b6ba4ae0b/healthy-me-diary.pdf <i>(With thanks to South Somerset Partnership School, SASP, eLIM, MOTIV8, Active Bytes and SSE for these helpful prompts and ideas.)</i>
	https://www.sportengland.org/jointhemovement?section=join_the_movement&gclid=CIDa38myze4CFYUTGwodFJsNKw Fun and free ways to get active, both indoors and outdoors, that you can enjoy safely. Free online content and things you can try from the comfort of your own home.
	https://www.nhs.uk/change4life/activities/sports-and-activities Lots of good reasons to get moving! Being active isn't about feeling stronger, fitter, more energetic and sleeping better. It's all about having fun!