



Easter Wellbeing Activities

Try out Joe Wicks' (known as the Body Coach) home workouts!
Simply follow the link and click on 'kids workouts to do at home' and have some fun!
<https://www.youtube.com/user/thebodycoach1>



Do you fancy getting active and having fun whilst learning? If so, try BBC Supermovers!
Follow the link below and choose from a range of stimulating learning songs and dances that you can join in with.
<https://www.bbc.co.uk/teach/supermovers>



Another fantastic way of getting up and moving is through imovers! Again, join in with some fun, fantastic dances and feel amazing after.
<https://imoves.com/the-imovement>



How about some lovely, relaxing yoga and mindfulness?

'Cosmic Kids' offer fun yoga, mindfulness and relaxation videos on Youtube. Follow the link below:



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

'Go Noodle' is a fantastic, high energy website that allows children to dance and sing along to a range of videos.

If you're up for some go-noodling fun, then follow the link:
<https://family.gonoodle.com/>



Get creative! Why not create a kindness calendar with an act of kindness that you and your family/friends can do each day!

Have a look at an example below:
<https://www.naturalbeachliving.com/april-random-acts-of-kindness-calendar/>



Here are some lovely mindfulness activities that the whole family can get involved with:
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>



Why not let your inner artist self shine and get involved with some fabulous arts and crafts activities? Below are some great ideas:
<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>



Before you go to sleep, ask yourself:

- Who or what made you happy today?
- How did you make someone else happy?
- What did you learn today?

