

Free Websites and Apps to support with...

# Mindfulness and Keeping Active



## Smiling Mind

Short audio sessions to help with mindfulness.

<https://app.smilingmind.com.au/>



## Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)



## BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)



## Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)



## Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.

[www.plprimarystars.com](http://www.plprimarystars.com)



## Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)

