

Keeping your mind and body active and healthy

Here is a list of ideas which may help your body and mind stay healthy during this time:

1. Dance along to Fortnite Dances on Fortnite Fitness Youtube channel.
2. Relax with Cosmic Kids Yoga on Youtube.
3. Get Fit with Joe Wicks by following the Body Coach 5 Minute Workout video on Youtube.
4. Dance and sing along to dances on GoNoodle on YouTube.
5. Learn some of the dances on JustDance YouTube videos.
6. Exercise Indoors (star jumps, jogging on the spot, stretching).
7. [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)
8. Smiling mind- short audio sessions to help with mindfulness.
9. Mindfulness colouring with some calm music in the background.
10. <https://www.youtube.com/user/ArtforKidsHub> - learn to draw something of your choice with this guided video. Listen and follow instructions to draw a picture of something you can carefully colour.