


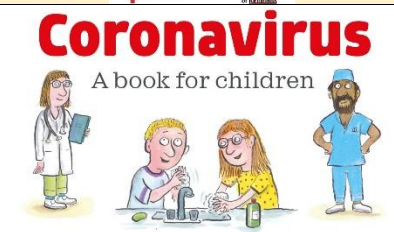


# Thinking about Well-being











Dear Parents and Carers,

We hope that you are keeping well. In the table below, we have compiled a list of resources and website links which we hope you and your child will find helpful. They focus on promoting well-being through a variety of activities for example; cooking, gardening, art and craft, music, healthy eating and maintaining an active lifestyle.

Organisation	Description	Website link
	<p><b>The British Red Cross</b> have produced a range of resources. They focus on the 'power of kindness' and positive messages.</p>	<p><a href="https://www.redcross.org.uk/stories/health-and-social-care/health/coronavirus-calling-all-parents-were-here-to-help">https://www.redcross.org.uk/stories/health-and-social-care/health/coronavirus-calling-all-parents-were-here-to-help</a></p>
	<p><b>Coronavirus</b> A free information book explains the coronavirus to children aged five to 10, with illustrations by <i>The Gruffalo</i> illustrator Axel Scheffler.</p> <p>Written with the expert guidance of Professor Graham Medley from the London School of Hygiene &amp; Tropical Medicine, it helps to provide clear information about the effects of virus, and why everyone is talking about it. Watch the book being read aloud by Hugh Bonneville.</p>	<p><a href="https://literacytrust.org.uk/family-zone/5-8/coronavirus-a-book-for-children/">https://literacytrust.org.uk/family-zone/5-8/coronavirus-a-book-for-children/</a></p>

**Healthy Eating/ Active Lifestyle**

	<p>Use the <b>Change 4 Life</b> website for a wealth of ideas on how to stay healthy and active.</p>	<p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p>
	<p>Recipes and healthy eating links:</p>	<p><a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a></p>
	<p>Physical activity – indoor</p> <p>Ten minute ‘shake up’</p>	<p><a href="https://www.nhs.uk/change4life/activities/indoor-activities">https://www.nhs.uk/change4life/activities/indoor-activities</a></p> <p><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></p>
	<p>The Daily Mile Foundation has put together some helpful tips on how you can still go out and do The Daily Mile, whilst keeping yourself safe.</p>	<p><a href="https://thedailymile.co.uk/at-home/">https://thedailymile.co.uk/at-home/</a></p>
	<p><b>The Great Grub Club</b> – ‘Grow it, know it, move it, cook it, play it!’ Funded by the World Cancer Research Fund, more healthy lifestyle ideas and activities for children.</p>	<p><a href="https://greatgrubclub.com/">https://greatgrubclub.com/</a></p>
<p><b>General Interest / Art and Craft</b></p>		

	<p><b>The art room at home – Place2Be</b> A series of art projects for primary aged children to make at home together with parents, carers and other family members. Each project is designed to be made over the course of a week.</p>	<p><a href="https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/the-art-room-at-home/">https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/the-art-room-at-home/</a></p>
	<p>The <b>UK Girlguides</b> have suggestions for indoor activities Adventures at home. Lots of good ideas – all free to use for boys and girls.</p>	<p><a href="https://www.girlguiding.org.uk/what-we-do/adventures-at-home/">https://www.girlguiding.org.uk/what-we-do/adventures-at-home/</a></p>
	<p>The Great Indoors produced by the <b>UK Scouts Association</b> - as above. Advice on mindfulness.</p>	<p><a href="https://www.scouts.org.uk/the-great-indoors/">https://www.scouts.org.uk/the-great-indoors/</a></p>
<p><b>Classical music</b></p>		
	<p>David Walliams introduces children (Juniors) to classical music via this 10-part podcast from <b>Classic FM</b>.</p>	<p><a href="https://www.classicfm.com/music-news/new-podcast-for-children-david-walliams/">https://www.classicfm.com/music-news/new-podcast-for-children-david-walliams/</a></p>



To find out more about composers and classical music, the **Classics for Kids** website is excellent. There are many engaging games and activities. Children may also compose their own music.

<https://www.classicsforkids.com/composers.html>

## Outdoor Learning/ Gardening/ Learning About Nature



**The Woodland Trust** and **The Royal Horticultural Society** are useful for engaging your child in outdoor learning. They need a bit of exploring and not all activities / ideas are suitable in these restricted times, however there are many which may be adapted. We have included some links here, but there is much more to discover by exploring the websites more generally

### Woodland Trust website links

<https://www.woodlandtrust.org.uk/>

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

<http://treetoolsforschools.org.uk/categorymenu/?cat=activities>

### RHS website links

<https://schoolgardening.rhs.org.uk/home>

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/activities>





<https://schoolgardening.rhs.org.uk/Resources/Find-a-resource?so=0&pi=0&ps=10&f=1,1:&page=1>



**BBC** Gardening with children – an archived page with useful ideas. Developed in partnership with the RHS

[http://www.bbc.co.uk/gardening/gardening\\_with\\_children/](http://www.bbc.co.uk/gardening/gardening_with_children/)