

Useful links for Children:

<https://www.childline.org.uk/get-support/contacting-childline/>

Childline 0800 1111 can support you with any problem, call them to be connected to a someone who can help, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

[Elefriends](#) is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

<https://youngminds.org.uk/>

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

Joe Wicks has a live PE lesson every morning at 9am. The children that are in school have been doing it every morning. It is nice to know their friends are doing it with them at the same time, teacher are doing it as well.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Why it's important to exercise.

<https://youtu.be/FP0wgVhUC9w>

Zumba Kids lots of great dances to; Old Town Road, Minions.....

<https://www.jumpstartjonny.co.uk/home>

Fun workouts and chill-out videos, lots of free videos.

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

Fun and interesting ways to get active.

<https://www.cosmickids.com/>

Yoga, storytelling and meditation.

