



## Health and Well-being home activities for families

**Yellow fill** = fersiwn Cymraeg




Here is a list of resources and support agencies which may help school staff, pupils and parents/carers, during this time of self-isolation at home. Please feel free to share and also tag the Swansea Bay Healthy Schools team on Twitter with any activities: @H\_SwanseaBay




### Sections

1. Websites with health and wellbeing activities
2. Other Information hubs
3. Mental and Emotional Support for children and young people – Websites, phone lines, text services
4. Information and support services for parents/carers


### 1. Websites with health and wellbeing activities

#### Physical activity

	<p><b>Cosmic Kids Yoga</b> Yoga, mindfulness and relaxation designed especially for children aged 3+</p> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
	<p><b>Joe Wicks</b> Free online PE lessons for children of all ages. He is also running 30 minute live classes between 9am and 5pm every weekday.</p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p>
	<p><b>Jump Start Jonny</b> Fun workouts (and chill out) videos to help keep children fit and active.</p> <p><a href="https://www.jumpstartjonny.co.uk/free-stuff">https://www.jumpstartjonny.co.uk/free-stuff</a></p> <p><b>(Link doesn't always work – but can google Jump Start Jonny )</b></p>






	<p><b>CBeebies Andy's Wild Workouts</b>  CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.</p> <p><a href="https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player">https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player</a></p>
	<p><b>Change 4 Life</b>  The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities.</p> <p><a href="https://www.nhs.uk/change4life/activities">https://www.nhs.uk/change4life/activities</a></p>
	<p><b>Busy Feet at Home</b>  Busy Feet have adapted their resources to offer Busy Feet at home from their YouTube platform on a Monday, Wednesday and Friday. More information can be found on their Facebook page:  <a href="https://www.facebook.com/BusyFeetExplorers/">https://www.facebook.com/BusyFeetExplorers/</a></p>

## Welsh Music and Movement

	<p><b>Ffa La La</b>  Free live online Welsh singing for pre-school children on their Facebook page - <a href="https://www.facebook.com/ffalala/">https://www.facebook.com/ffalala/</a></p> <p>Website:  <a href="https://www.addysg-ffalala-education.com/index.html">https://www.addysg-ffalala-education.com/index.html</a>  <a href="https://www.addysg-ffalala-education.com/hafan.html">https://www.addysg-ffalala-education.com/hafan.html</a></p>
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## Healthy Eating and Cooking

	<p><b>Food a Fact of Life - British Nutrition Foundation</b>  A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16. There are currently 54 activities/resources to support remote learning at home. Over the coming week's further resources and activities will be posted.</p> <p><a href="https://www.foodafactoflife.org.uk/whole-school/remote-learning/">https://www.foodafactoflife.org.uk/whole-school/remote-learning/</a></p>
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	<p><b>Top Marks</b> A variety of links to activities related to healthy eating (<i>Note: links to English Healthy Schools scheme, not Welsh</i>).</p> <p><a href="https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating">https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</a></p>
	<p><b>Change for Life</b> Includes food facts, recipes, activities, apps, currently has ideas of ‘how to stay healthy at home!’</p> <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p>
	<p><b>Veg Power</b> ‘Get your kids eating more veg’. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.</p> <p><a href="https://vegpower.org.uk/downloads/">https://vegpower.org.uk/downloads/</a></p>
	<p><b>Cooking Together Wales</b> Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales – and via their new Cook-a-long webpage. There are lots of links to Welsh words that relate to cooking.</p> <p><a href="https://www.cookingtogether.co.uk/cook-a-long">https://www.cookingtogether.co.uk/cook-a-long</a></p> <p><a href="https://www.cookingtogether.co.uk/recipe-hwb">ryseitiau dwyieithog - sgroliwch i lawr am Gymraeg https://www.cookingtogether.co.uk/recipe-hwb</a></p>
	<p><b>The Kids' Kitchen</b> The Kids' Kitchen Facebook page is running free live online cooking sessions for children.</p> <p><a href="https://www.facebook.com/TheKidsKitchen/">https://www.facebook.com/TheKidsKitchen/</a></p>

## [Mental and Emotional wellbeing](#)




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Created by the Cardiff Healthy Schools team and Central South Consortium, with support from other teams within the Welsh Network of Healthy School Schemes. Adapted by Swansea Bay Healthy Schools.

	<p><b>Mindfulness in Schools Project (MiSP) – Sit Together</b> Mindfulness in Schools Project is inviting everyone to join them in a free daily online mindfulness practice.</p> <p><a href="https://mindfulnessinschools.org/misp-sit-together/">https://mindfulnessinschools.org/misp-sit-together/</a></p>
	<p><b>Mindfulness in Action</b> Mindfulness in Action are offering a programme of free daily 1 hour online sessions by Zoom.</p> <p><a href="https://www.mindfulnessinaction.co.uk/">https://www.mindfulnessinaction.co.uk/</a></p> <p><i>There will be other Mindfulness organisations also offering free online sessions, this is one Cardiff-based organisation.</i></p>
	<p><b>New Horizon</b> Guided meditation audio tracks for children.</p> <p><a href="https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg">https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg</a></p>
	<p><b>Heartfulness</b> Relaxation and contemplation audio tracks for both primary and secondary school children.</p> <p><a href="https://www.heartfulness.uk/primaryschools/">https://www.heartfulness.uk/primaryschools/</a> <a href="https://www.heartfulness.uk/secondaryschools/">https://www.heartfulness.uk/secondaryschools/</a></p>
	<p><b>Go Noodle</b> Movement and mindfulness videos for children.</p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>
	<p><b>Action for Happiness</b> The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new ‘Coping Calendar’ - 30 actions to look after ourselves and each other as we face this global crisis together.</p> <p><a href="https://www.actionforhappiness.org/calendars">https://www.actionforhappiness.org/calendars</a></p>


	<p><b>Welsh medium meditation app: Ap Cwtsh</b>  <a href="https://apps.apple.com/us/app/ap-cwtsh/id1373007452">https://apps.apple.com/us/app/ap-cwtsh/id1373007452</a> i-phone</p> <p><a href="https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en">https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en</a>  android phone</p> <p>Cyflwyno dulliau sy'n hybu iechyd a lles yw Ap Cwtsh, megis myfyrdodau cynhenid Cymreig. Mae Ap Cwtsh yn cynnwys sesiynau myfyrio newydd sbon sy'n adlewyrchu ein hiaith, ein hanes a'n diwylliant.</p> <p>App Cwtsh introduces methods that promote health and well-being, such as indigenous Welsh meditations. App Cwtsh features brand new reflection sessions that reflect our language, history and culture.</p>
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**Safety / Online Safety**

	<p><b>CEOP (Child Exploitation and online protection)</b>  Families can make a report to CEOP if they are worried about online se*xual abuse or the way someone has been communication with a child online. Also there are free downloadable home activity packs for all ages, including parents and carer help sheets.</p> <p><a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a></p> <p><b>CEOP safety centre</b>  <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p>
	<p><b>UK Safer Internet Centre</b>  Online safety tips, advice and resources to help children and young people stay safe online.</p> <p><a href="https://www.saferinternet.org.uk/">https://www.saferinternet.org.uk/</a></p>
	<p><b>Childnet</b>  A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary.</p> <p><a href="https://www.childnet.com/resources/supporting-young-people-online">https://www.childnet.com/resources/supporting-young-people-online</a></p> <p><a href="https://www.childnet.com/resources">https://www.childnet.com/resources</a></p>

	<p><b>BBC Own It App</b> For children and young people who have a mobile phone to support safeguarding and wellbeing - The Own It app will help you to make smart choices, feel more confident and get advice when you need it. Available for all smart phones.</p>
	<p><b>School Beat</b> A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behavior and community. Ages 5-16</p> <p><a href="https://schoolbeat.cymru/en/">https://schoolbeat.cymru/en/</a> <a href="https://schoolbeat.cymru/cy/">https://schoolbeat.cymru/cy/</a></p>
	<p><b>E-bug</b> Use the <b>Antibiotic Guardian Youth badge</b> to support home schooling. Help your child learn how to prevent the spread of infection. <a href="https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html">https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</a></p> <p>There is also a section for students which is divided into three sub-sections – Junior, Senior and Young Adult. Young Adult is available in English only. Each sub-sections contains information and activities that can be accessed at home by students with the support of parents and carers. <a href="https://e-bug.eu/">https://e-bug.eu/</a></p>
	<p><b>NSPCC PANTS Underwear rule</b> With the help of the friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse.</p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/</a> For Welsh resources scroll down the page. Welsh Pantosorws video on Youtube: <a href="https://www.youtube.com/watch?v=2-GBXPKVUeY">https://www.youtube.com/watch?v=2-GBXPKVUeY</a></p>

## Eco / Nature

	<p><b>Eco Schools</b> Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme.</p> <p><a href="https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/">https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/</a></p>
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	<p><b>Beach Academy</b> Emma at Beach academy has created printable home learning resources and activities for families to stay connected to the coast. With home learning and Facebook learning, offering families of children aged 3-11 a day at the beach, from home, in response to social distancing.</p> <p><a href="https://www.beachacademywales.com/learningresources">https://www.beachacademywales.com/learningresources</a></p>
	<p><b>RSPB</b> There are loads of great ideas and resources to help kids and families connect with nature, with some simple activities they can do at home. In the “Fun and Learning” area there is a section for children that gives step by step guides to make bird feeders and “Spot it” sheets. There are also interactive games, stories and competitions.</p> <p><a href="https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/">https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</a></p>
	<p><b>Wildlife Trust</b> The focus on this website is looking after yourself and nature, and has lots of activities and ideas for all ages, whether they are indoors or in the garden.</p> <p><a href="https://www.wildlifetrusts.org/kids-and-families">https://www.wildlifetrusts.org/kids-and-families</a></p>
	<p><b>Scouts</b> “While we normally love the great outdoors, we’ve pulled together some inspired indoor activity ideas to keep your kids learning new skills and having fun.” There are inclusive and accessible activities suitable for all age groups 6-8yrs (Beavers), 8-10yrs (Cubs) and 10-14yrs (Scouts). There are clear instructions including some videos and the equipment required is mostly available around the house or in the garden. Some examples include: Beavers &amp; Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado. Scouts – Origami / creating a diary / Switch off challenge.</p> <p><a href="https://www.scouts.org.uk/the-great-indoors/">https://www.scouts.org.uk/the-great-indoors/</a></p>
	<p><b>National Children’s Gardening Week</b> A range of activities related to nature and gardening.</p> <p><a href="https://www.childrensgardeningweek.co.uk/fun-things-to-do/">https://www.childrensgardeningweek.co.uk/fun-things-to-do/</a></p>

## 2. Other Information hubs



### **Children's Commissioner for Wales Information Hub**

There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.

<https://www.childcomwales.org.uk/coronavirus/>

<https://www.complantcymru.org.uk/coronafeirws/>

We're posting a series of videos on our Facebook page mainly to help parents find cheap and easy ways to make fun at home but also a few on general household wellbeing tips

<https://www.facebook.com/childcomwales/>

## 3. Mental and Emotional Support for children and young people – Websites, phone lines, text services.



### **Childline**

Offering support to Children online, on the phone - Anytime **0800 1111**  
'No worry is too big or too small'

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







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

App also available: Childline For Me app

Intro Video: <https://youtu.be/0WPezz3UcA8>







	<p><b>Kooth</b> Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.</p> <p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
	<p><b>MEIC</b> Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.</p> <p>Tel: 080 8802 3456 Text: 84001</p> <p><a href="https://www.meiccymru.org/">https://www.meiccymru.org/</a></p> <p><a href="https://www.meiccymru.org/cym/">https://www.meiccymru.org/cym/</a></p>
	<p><b>The Mix</b> Free helpline, email, crisis text line, one-to-one live messaging for under 25 year olds. Also information and sex and relationships on the website (and other topics)</p> <p>Tel: 0808 808 4994</p> <p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p>
	<p><b>Mind Hub</b> This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and well-being.</p> <p><a href="http://www.mindhub.wales/">http://www.mindhub.wales/</a></p> <p><a href="http://hybmeddwl.cymru/">http://hybmeddwl.cymru/</a></p>
	<p><b>Stonewall (Young Stonewall)</b> Help, updates and guidance from the LGBT community for young people.</p> <p><a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a></p>
	<p><b>MIND</b> Support and advice for young people struggling with their feelings.</p> <p><a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a></p>

	<p><b>Young Minds</b>          Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus.</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>
	<p><b>Mental Health Foundation</b>          Access a free downloadable guide to help you overcome fear. Also available in <b>Welsh</b>.</p> <p><a href="https://mentalhealth.org.uk/publications/overcome-fear-anxiety">https://mentalhealth.org.uk/publications/overcome-fear-anxiety</a></p>
	<p><b>Samaritans</b>          Supporting young people with their mental health.</p> <p><a href="https://www.samaritans.org/wales/how-we-can-help/schools/young-people/">https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</a></p>
	<p><b>Papyrus</b>          An organisation set up for the prevention of young suicide, and offers support to young people.</p> <p>Telephone: <b>0800 068 41 41</b></p> <p><a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></p>
	<p><b>GP</b>          If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary</p>
	<p><b>Welsh Women's Aid</b>          A support service for women and young people affected by domestic abuse.</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></p>

	<p><b>TESS</b> Text and email support for girls &amp; young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm Text <b>0780 047 2908</b></p> <p><a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a></p>
	<p><b>Hope Support</b> Offers online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness.</p> <p>Email - <b>help@hopesupportservices.org.uk</b></p> <p><a href="http://www.hopesupport.org.uk/">http://www.hopesupport.org.uk/</a></p>
	<p><b>Child Bereavement UK</b> Offers support to families and young people affected by bereavement.</p> <p>Telephone: <b>0800 02 888 40</b></p> <p>Email - <b>support@childbereavementuk.org</b></p> <p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p>
	<p><b>Cruse</b> Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: <b>0808 808 1677</b> (free) Mon &amp; Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: <b>helpline@cruse.org.uk</b></p> <p><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Youth Work Support</b> This website is designed to bring together relevant advice, guidance, support and tools for youth workers, young people and organisations during the COVID 19 pandemic.</p> <p><a href="https://youthworksupport.co.uk/">https://youthworksupport.co.uk/</a></p> <p>Further websites that are coronavirus related: <a href="https://www.ukyouth.org/2020/03/18/coronavirus-advice/">https://www.ukyouth.org/2020/03/18/coronavirus-advice/</a> <a href="https://wearencs.com/blog/keeping-calm-through-coronavirus">https://wearencs.com/blog/keeping-calm-through-coronavirus</a></p>

#### [4. Information and support services for parents/carers](#)

	<p><b>Government / Public Health England - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak</b></p> <p><a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a></p>
	<p><b>Parenting for Lifelong Health</b> Parenting for Lifelong Health provides open-access online parenting resources during COVID-19.</p> <p><a href="https://www.covid19parenting.com/">https://www.covid19parenting.com/</a></p>
	<p><b>Parent Zone</b> Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership.</p> <p><a href="https://parentzone.org.uk/">https://parentzone.org.uk/</a></p>
	<p><b>NSPCC</b> Help and information about keeping children safe. Articles about reducing anxiety at home.</p> <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>
	<p><b>Parent Info</b> Tips for keeping everyone's spirits up as much as possible as we self-isolate.</p> <p><a href="https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors">https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</a></p>
	<p><b>Dewis Cymru</b> Information about well-being in Wales, and information about local organisations and services that can help.</p> <p><a href="https://www.dewis.wales/">https://www.dewis.wales/</a></p>

	<p><b>Mind</b> Offers support on a range of mental health issues. Telephone: <b>0300 123 3393</b> Mon – Fri 9am – 6pm Text: <b>86463</b></p> <p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>
	<p><b>Samaritans</b> An organisation that provides confidential emotional support. Telephone: <b>116 123</b> 24 hours, 7days/week</p> <p><b>Welsh language line: 0300 123 3011</b> open daily 7pm – 11pm</p> <p><a href="https://www.samaritans.org/?nation=wales">https://www.samaritans.org/?nation=wales</a></p>
	<p><b>Cruse</b> Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: <b>0808 808 1677</b> (free) Mon &amp; Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a> <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Welsh Women's Aid</b> A support services for women and young people affected by domestic abuse.</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></p> <p><b>Live Fear Free helpline.</b> Available 24 hours a day 7 days a week, confidential helpline <b>0808 80 10 800</b></p>
	<p><b>Respect UK</b> Advice and help for the perpetrators of domestic abuse.</p> <p>Freephone <b>0808 802 4040</b> Monday-Friday 9am-5pm</p> <p><a href="http://respect.uk.net/">http://respect.uk.net/</a></p>