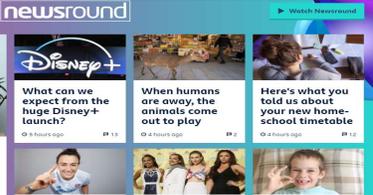


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SLCD Team



Free website and apps to support with...

Mindfulness and Keeping Active

<p><u>Cosmic Yoga</u> www.youtube.com/user/Cosmickidsyoga</p>		<p>Yoga with themes such as Pokemon, Minecraft, Frozen and the Gruffalo to name but a few!</p>
<p><u>BBC Supermovers</u> www.bbc.co.uk/teach/supermovers</p>		<p>Interactive videos to support with Maths, Literacy, PSHE and PE learning. Great for learning your times tables!</p>
<p><u>Go Noodle</u> www.gonoodle.com/for-families</p>		<p>Try Go Noodle's 100s of free movement and mindfulness videos for kids!</p>
<p><u>Premier League Primary Stars</u> https://plprimarystars.com/for-families/play-game</p>		<p>Football themed games. You can choose which team you play for! Select your own level of difficulty.</p>
<p><u>Newsround</u> www.bbc.co.uk/newsround</p>		<p>Keeping children up to date with the world around them and creating opportunities to talk about the news.</p>