

The well being of our children and their families is very important to us, particularly during these uncertain times.

To support children and their families, we have provided some suggested well being resources and links which you may find useful.

<https://www.bdes.org.uk/resources-for-prayer-and-learning.html>

Prayer and Art activities

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Joe Wicks Kids Workouts

<https://www.bbc.co.uk/teach/superheroes>

BBC Supermovers

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

Cosmic Kids Yoga

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

NHS living well

<https://www.bdes.org.uk/resources-for-prayer-and-learning.html>

Prayer and Art activities