

Keeping Healthy: Healthy Minds and Bodies



Harold's Daily Diary

Harold the giraffe visits Coalway Infants every year and talks to the children about keeping happy and healthy. They always love his visits! He is now posting daily ideas for you to try at home... please take a look; he is having lots of fun!!

<https://www.coramlifeeducation.org.uk/harolds-daily-diary>



ELSA resources

The ELSA (Emotional Literacy Support Assistant) website has lots of resources to support children's social and emotional learning. It provides free downloadable resources which are ready to print and use. Some suggestions are:

www.elsa-support.co.uk/wp-content/uploads/2020/03/april-calendar.pdf

www.elsa-support.co.uk/wp-content/uploads/2020/04/Coronavirus-home-challenge-2.pdf

www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf

www.elsa-support.co.uk/wp-content/uploads/summer-activity-jar.pdf (N.B. some of these ideas will need changing due to the current 'stay at home' guidance)

www.elsa-support.co.uk/wp-content/uploads/2020/03/We-are-at-home-right-now.pdf



Mindfulness colouring resources

The **twinkl** site has loads of resources, many being offered free for parents at the moment.

www.twinkl.co.uk/resources/extra-subjects-parents/colouring-parents/mindfulness-colouring-self-care-for-parents-support-parents

<https://www.twinkl.co.uk/resource/t-t-26046-spring-mindfulness-colouring>

www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack



The **ELSA** site also has colouring activities, including:

www.elsa-support.co.uk/wp-content/uploads/2020/03/Positive-paper-chains-for-mindful-colouring.pdf

www.elsa-support.co.uk/wp-content/uploads/2020/03/Sunshine.pdf

www.elsa-support.co.uk/wp-content/uploads/2020/03/Heart-boxes-mindfulness.pdf

www.elsa-support.co.uk/wp-content/uploads/Tangle-it-easter-1.pdf

www.elsa-support.co.uk/wp-content/uploads/Valentines-mindful-colouring.pdf



Looking after everyone's wellbeing

It is really important that the grown-ups take care of their mental health and wellbeing too. The 'mind' website has a range of different ideas to consider:
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



Get Active!

GoNoodle

Explore the GoNoodle site for a range of exercise, dance and mindfulness activities <http://www.gonoodle.com>

P.E. with Joe: Log in to YouTube to take part in daily workouts with Joe Wicks, Monday-Friday at 9.00a.m.



Youth Sport Trust

The Youth Sport Trust site has made some easy to follow activity cards that can be adapted to suit a range of ages and abilities. www.youthsporttrust.org/free-home-learning-resources-0

These include Physical Activity Bingo, 60 second challenges and PE home learning options.

<https://www.youthsporttrust.org/sites/default/files/Bingo%20Physical%20Activity%20.pdf>

www.youthsporttrust.org/60-second-physical-activity-challenges

<https://www.youthsporttrust.org/pe-home-learning>

Remember: all of the above websites are free!