

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 if you have any recommendations to be added to the list, please email the Cardiff Healthy Schools team: Claire.Beasley@cardiff.gov.uk. Tag the Cardiff Healthy Schools team on Twitter: @CdfHealthySch

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1. Websites with health and wellbeing activities



Physical activity

	<p>Cosmic Kids Yoga Yoga, mindfulness and relaxation designed especially for children aged 3+</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>
	<p>Joe Wicks 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>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>
	<p>Cardiff City Foundation A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.</p> <p>https://www.cardiffcityfcfoundation.org.uk/pages/category/digital-resources</p>

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	<p>Jump Start Jonny Fun workouts (and chill out) videos to help keep children fit and active. https://www.jumpstartjonny.co.uk/free-stuff (Link doesn't always work – but can google Jump Start Jonny)</p>
	<p>CBeebies Andy's Wild Workouts 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. https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player</p>
	<p>Change 4 Life 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. https://www.nhs.uk/change4life/activities</p>

Welsh Music and Movement

	<p>Do Re Mi Cardiff A Welsh language, Cardiff based music school hosting free “Live” sessions on their Facebook page. Sessions include “Bedtime stories and songs”, “Songs around the piano” and “Story Time”. Primarily aimed at pre-school children but could be used with Foundation Phase pupils. https://en-gb.facebook.com/DoReMiCardiff/ It can also be accessed via their YouTube channel. https://www.youtube.com/channel/UCeUdNz7E2AiMVObKQbAkihw</p>
	<p>Ffa La La Free live online Welsh singing for pre-school children on their Facebook page - https://www.facebook.com/ffalala/ Website: https://www.addysg-ffalala-education.com/index.html https://www.addysg-ffalala-education.com/hafan.html</p>

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Healthy Eating and Cooking

	<p>Food a Fact of Life - British Nutrition Foundation 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>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>
	<p>Top Marks A variety of links to activities related to healthy eating (<i>Note: links to English Healthy Schools scheme, not Welsh</i>).</p> <p>https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</p>
	<p>Change for Life Includes food facts, recipes, activities, apps, currently has ideas of 'how to stay healthy at home!'</p> <p>https://www.nhs.uk/change4life</p>
	<p>Veg Power 'Get your kids eating more veg'. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.</p> <p>https://vegpower.org.uk/downloads/</p>
	<p>Cooking Together Wales 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>https://www.cookingtogether.co.uk/cook-a-long</p>
	<p>The Kids' Kitchen The Kids' Kitchen Facebook page is running free live online cooking sessions for children –</p> <p>https://www.facebook.com/TheKidsKitchen/</p>


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Mental and Emotional wellbeing



	<p>Mindfulness in Schools Project (MiSP) – Sit Together Mindfulness in Schools Project is inviting everyone to join them in a free daily online mindfulness practice.</p> <p>https://mindfulnessinschools.org/misp-sit-together/</p>
	<p>Mindfulness in Action Mindfulness in Action are offering a programme of free daily 1 hour online sessions by Zoom.</p> <p>https://www.mindfulnessinaction.co.uk/</p> <p><i>There will be other Mindfulness organisations also offering free online sessions, this is one Cardiff-based organisation.</i></p>
	<p>New Horizon Guided meditation audio tracks for children.</p> <p>https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg</p>
	<p>Heartfulness Relaxation and contemplation audio tracks for both primary and secondary school children.</p> <p>https://www.heartfulness.uk/primaryschools/ https://www.heartfulness.uk/secondaryschools/</p>
	<p>Go Noodle Movement and mindfulness videos for children.</p> <p>https://www.youtube.com/user/GoNoodleGames</p>
	<p>Action for Happiness 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>https://www.actionforhappiness.org/calendars</p>

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Safety / Online Safety

	<p>CEOP (Child Exploitation and online protection) 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>https://www.thinkuknow.co.uk/parents/</p> <p>CEOP safety centre https://www.ceop.police.uk/safety-centre/</p>
	<p>UK Safer Internet Centre Online safety tips, advice and resources to help children and young people stay safe online.</p> <p>https://www.saferinternet.org.uk/</p>
	<p>Childnet A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary.</p> <p>https://www.childnet.com/resources/supporting-young-people-online</p> <p>https://www.childnet.com/resources</p>
	<p>BBC Own It App 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>School Beat 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>https://schoolbeat.cymru/en/</p> <p>https://schoolbeat.cymru/cy/</p>




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	<p>E-bug Use the Antibiotic Guardian Youth badge to support home schooling. Help your child learn how to prevent the spread of infection. https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</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. https://e-bug.eu/</p>
	<p>NSPCC PANTS Underwear rule 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>https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/</p>

Eco / Nature

	<p>Eco Schools Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme.</p> <p>https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/</p>
	<p>Beach Academy 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>https://www.beachacademywales.com/learningresources</p>
	<p>RSPB 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>https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</p>

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	<p>Wildlife Trust</p> <p>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>https://www.wildlifetrusts.org/kids-and-families</p>
	<p>Scouts</p> <p>“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.”</p> <p>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.</p> <p>Some examples include:</p> <p>Beavers & Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado.</p> <p>Scouts – Origami / creating a diary / Switch off challenge.</p> <p>https://www.scouts.org.uk/the-great-indoors/</p>
	<p>National Children’s Gardening Week</p> <p>A range of activities related to nature and gardening.</p> <p>https://www.childrensgardeningweek.co.uk/fun-things-to-do/</p>




2. Other Information hubs

	<p>Children’s Commissioner for Wales Information Hub</p> <p>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.</p> <p>https://www.childcomwales.org.uk/coronavirus/</p> <p>https://www.complantcymru.org.uk/coronafeirws/</p> <p>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</p>
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	<p>general household wellbeing tips</p> <p>https://www.facebook.com/childcomwales/</p>
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3. Mental and Emotional Support for children and young people – Websites, phone lines, text services.

	<p>Childline Offering support to Children online, on the phone - Anytime 0800 1111 'No worry is too big or too small'</p> <p>https://www.childline.org.uk/</p> <p>https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</p> <p>App also available: Childline For Me</p>
	<p>Kooth Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.</p> <p>https://www.kooth.com/</p>
	<p>MEIC 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>https://www.meiccymru.org/</p> <p>https://www.meiccymru.org/cym/</p>

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	<p>Change Grow Live (CGL) – <u>Cardiff and the Vale based</u> An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan.</p> <p>Telephone: 0800 008 6879</p> <p>https://www.changegrowlive.org/</p>
	<p>The Mix 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>https://www.themix.org.uk/</p>
	<p>Chat Health – <u>Cardiff and Vale based</u> If you're 11-19 years old text your school nurse on 07520 615718. Text anytime. Team will reply Monday-Friday 8:30-4:30pm</p>
	<p>Mind Hub 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>http://www.mindhub.wales/</p> <p>http://hybmeddwl.cymru/</p>
	<p>Stonewall (Young Stonewall) Help, updates and guidance from the LGBT community for young people.</p> <p>https://www.youngstonewall.org.uk/</p>
	<p>MIND Support and advice for young people struggling with their feelings.</p> <p>https://www.mind.org.uk/information-support/for-children-and-young-people/</p>



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	<p>Young Minds Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus.</p> <p>https://youngminds.org.uk/</p>
	<p>Mental Health Foundation Access a free downloadable guide to help you overcome fear. Also available in Welsh.</p> <p>https://mentalhealth.org.uk/publications/overcome-fear-anxiety</p>
	<p><u>Samaritans</u> Supporting young people with their mental health.</p> <p>https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</p>
	<p><u>Papyrus</u> An organisation set up for the prevention of young suicide, and offers support to young people.</p> <p>Telephone: 0800 068 41 41</p> <p>https://papyrus-uk.org/</p>
	<p>GP 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>Amber project – <u>Cardiff and surrounding areas</u> A service supporting any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.</p> <p>Telephone: 029 2034 4776 Text/Phone: 07905 905437</p> <p>https://www.amberproject.org.uk/</p>




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	<p>Welsh Women's Aid A support service for women and young people affected by domestic abuse.</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</p>
	<p>TESS Text and email support for girls & young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm Text 0780 047 2908</p> <p>https://www.selfinjurysupport.org.uk/</p>
	<p>Hope Support 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 - help@hopesupportservices.org.uk</p> <p>http://www.hopesupport.org.uk/</p>
	<p>Child Bereavement UK Offers support to families and young people affected by bereavement.</p> <p>Telephone: 0800 02 888 40</p> <p>Email - support@childbereavementuk.org</p> <p>https://www.childbereavementuk.org/</p>
	<p>Cruse Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: helpline@cruse.org.uk</p> <p>https://www.cruse.org.uk/</p>




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	<p>Youth Work Support 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>https://youthworksupport.co.uk/</p> <p>Further websites that are coronavirus related:</p> <p>https://www.ukyouth.org/2020/03/18/coronavirus-advice/</p> <p>https://wearencs.com/blog/keeping-calm-through-coronavirus</p>
	<p>TheSprout – Cardiff based TheSprout is Cardiff's online magazine and info site for 11-25's, by 11-25's and organisations that wish to support them.</p> <p>https://thesprout.co.uk/about-us/</p>




4. Information and support services for parents/carers

	<p>Parenting for Lifelong Health Parenting for Lifelong Health provides open-access online parenting resources during COVID-19.</p> <p>https://www.covid19parenting.com/</p>
	<p>Parent Zone Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership.</p> <p>https://parentzone.org.uk/</p>
	<p>NSPCC Help and information about keeping children safe. Articles about reducing anxiety at home.</p> <p>https://www.nspcc.org.uk/</p>

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	<p>Parent Info Tips for keeping everyone's spirits up as much as possible as we self-isolate.</p> <p>https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</p>
	<p>Dewis Cymru Information about well-being in Wales, and information about local organisations and services that can help.</p> <p>https://www.dewis.wales/</p>
	<p>Mind Offers support on a range of mental health issues. Telephone: 0300 123 3393 Mon – Fri 9am – 6pm Text: 86463</p> <p>https://www.mind.org.uk/</p>
	<p>Samaritans An organisation that provides confidential emotional support. Telephone: 116 123 24 hours, 7 days/week</p> <p>Welsh language line: 0300 123 3011 open daily 7pm – 11pm</p> <p>https://www.samaritans.org/?nation=wales</p>
	<p>Cruse Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: helpline@cruse.org.uk https://www.cruse.org.uk/</p>

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	<p>Welsh Women's Aid A support services for women and young people affected by domestic abuse.</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</p> <p>Live Fear Free helpline. Available 24 hours a day 7 days a week, confidential helpline 0808 80 10 800</p>
	<p>RISE Cardiff Cardiff's one stop specialist service for women experiencing violence against women particularly domestic abuse and sexual violence.</p> <p>Available 24/7 on 029 2046 0566</p> <p>https://rise-cardiff.cymru/</p> <p>Website also has advice and contact details for agencies supporting male victims of domestic violence.</p>
	<p>Respect UK Advice and help for the perpetrators of domestic abuse.</p> <p>Freephone 0808 802 4040 Monday-Friday 9am-5pm</p> <p>http://respect.uk.net/</p>