

Stay active!

Use these links to access online activities to help you stay physically active and mentally calm.

	<p>https://www.youtube.com/watch?v=z2UQ5-cVHjs</p> <p>Cosmic Yoga! Children will be used to using this resource in school. 15 minute guided Yoga sessions, especially useful for younger children and families relaxing together. Instructors use Pokemon, Spiderman, animal stories etc to teach yoga positions and poses.</p>
	<p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>PE with Joe Wickes – Body Coach. Fun, interactive and high intensity activities. Fun for the whole family. Live at 9am or catch up at any time on The Body Coach YouTube channel.</p>
	<p>Click on the picture to follow the link..</p> 
<p><u>Healthy me diary!</u></p>	<p>https://primariesite-prod-sorted.s3.amazonaws.com/oaklands-primary-school/UploadedDocument/abbcf5d4bf354e73b6e950c09bedb406/healthy-me-diary.pdf</p> <p>(with thanks to South Somerset Partnership School, SASP, eLIM, MOTIV8, Active Bytes and SSE for these helpful prompts and ideas.)</p>