



Remember that physical activity is really good for maintaining a sense of wellbeing but at the moment that can be difficult! Here are some suggestions of ways to stay active at home.

[Ideas for PE activities at home](#) [Download](#)

The following links may be of use in supporting the mental wellbeing of children and adults.

[Social story explaining Coronavirus](#)  
[Home Learning Ideas to support young people and parents](#) [Download](#)

The Literacy Trust have published a lovely book entitled [The Book of Hopes](#). Completely free for all children and families, the extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson.

The collection, published by Bloomsbury, is dedicated to the doctors, nurses, carers, porters, cleaners and everyone currently working in hospitals.

Parenting, emotional health and physical health promotion:

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.kooth.com](http://www.kooth.com)
- <http://www.theministryofparenting.com/>
- <https://www.nhs.uk/change4life>
- Family lives: [www.familylives.org.uk](http://www.familylives.org.uk)
- NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk)
- Cerebra (sleep support): [www.cerebra.org.uk](http://www.cerebra.org.uk)
- Contact a family: [www.cafamily.org.uk](http://www.cafamily.org.uk)