**Health advice sources:**

* NHS - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
* WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
* Public health England - <https://www.gov.uk/government/organisations/public-health-england>

**Staying physically active at home:**

* [www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)
* [5-a-day fitness](https://www.youtube.com/watch?v=sLMGJ9S0seE) (YouTube)

eg: 5-a-day Fitness: All Sports Routine - In Celebration of the London 2012 Olympics

**Mental health advice:**

* [Mind; Helping someone else](https://www.mind.org.uk/information-support/helping-someone-else/)
* [Mind; How can I help someone else seek help](https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/helping-someone-else-seek-help/)
* [BBC News Article; Coronavirus: How to protect your mental health](https://www.bbc.co.uk/news/health-51873799?at_medium=custom7&at_campaign=64&at_custom1=%5Bpost+type%5D&at_custom2=facebook_page&at_custom3=BBC+News&at_custom4=3C3B3434-6768-11EA-8DC5-DE9996E8478F&fbclid=IwAR1bt6q0GWUuwD0dkABNbZ10TZ0Lc0f_1BZ3uQcByxsjCvG4ZPQSEIXGhMU)
* [Mind; Coronavirus and your wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=facebook&utm_campaign=info&utm_content=coronaviruswellbeing&fbclid=IwAR3Ctn1kGlLVDsqtyj_pFbvS-YuLfM1Y32hDKF_eDcdzkIjgBQmNc1edDsk)
* [Mind; Self care](https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/)
* <https://www.headspace.com/login>

(Meditation for anxiety/relaxation/mindfulness - Sign up for free basic sessions)

**Educational:**

* <https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools> (info)

Website: <https://www.twinkl.co.uk/offer>

Code: CVDTWINKLHELPS

* <http://www.sensoryworld.org/sensory_house.html> (Home hygiene, safety etc.)
* <https://www.topmarks.co.uk/> (Educational games)
* <https://www.ictgames.com/> (English and maths ICT games)
* <https://www.educationcity.com/> (Username - 209drumbeat / Password – 934646)
* <https://www.incredibox.com/> (Music)
* <https://www.mixthecity.com/> (Music)
* <http://www.crickweb.co.uk/Early-Years.html> (Educational games)
* <https://www.purposegames.com/>

(Educational games – eg: search for ‘parts of a bike’)

* <http://primarygamesarena.com/> (Educational games)
* <https://www.earlylearninghq.org.uk/> (Educational games)
* <https://www.education.com/games/?cid=11.2108> (Educational games)
* <https://www.typing.com/> (ICT – typing lessons, tests and games)
* <https://e-bug.eu/> (PSHE)
* <https://www.roadsafetyheroes.co.uk/rsh-challenge> (road safety)
* <https://www.think.gov.uk/resource/be-bright-be-seen-game/> (road safety)