

Websites with Advice

Aimed at adults: https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Aimed at supporting children and teens: https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

Stay Active

Aimed at everyone: https://www.youtube.com/user/thebodycoach1
Aimed at adults: https://www.youtube.com/user/FitnessBlender
Aimed at adults: https://www.youtube.com/user/yogawithadriene
Aimed at everyone: https://www.youtube.com/channel/UCJEiIfoUiGObzzQM3QA2H5A (Aloe Yoga)
Aimed at children: https://www.youtube.com/user/CosmicKidsYoga

Read and Learn

Aimed at everyone: https://openlibrary.org/ different books that you can 'borrow' and read online.

Aimed mostly at children: https://stories.audible.com/start-listen audio books. Some stories, including classics that adults might enjoy.

Aimed at everyone: https://www.duolingo.com/ learn a language

Connect

Find new ways to connect with friends, family and loved ones.
Connect with us!

Follow us on twitter: https://twitter.com/EllisonPrimary where we aimed to spread some positivity.

Apps Available in the Google Play Store and Apple Store

Headspace
Meditation and living mindfully are the key focuses from Headspace.

P.volve
Helps you to keep fit it in based on how much time you can commit, which part of your body you want to focus on, and what equipment you have.

Bee ja
Meditation app.

FIIT
Fit covers all your exercise goals in one place – from HIIT, combat, strength training, yoga, pilates, breathwork.

Alo Moves -
Choose from a number of world-class yoga teachers to follow programmes from beginning, throughout to intermediate and advanced.