

## Re-connection, Recovery and Resilience through Physical Activity in the classroom

Active Kids do better Booster

<https://www.activekidsdobetter.co.uk/active-classroom/activity-booster>

There is always time to squeeze in a burst of positive energy. Build some quick and playful sequences using the Active Classroom Booster and energise your class in between lessons. Select the activities, duration and a music track - then off you go!



ACTIVE KIDS DO BETTER

**Made to Play**

### Active Kids do better

Use these ready-to-go videos to help motivate and energise your pupils so they can achieve more

<https://www.activekidsdobetter.co.uk/active->

Kids Yoga Brain Breaks (each 4 to 9 minutes long)

These 12 videos from Cosmic Kids yoga give pupils a shorter physical break. A fun way to move, sing and change their energy.

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj8MmWPsQC34vZIIIMl2cdSG>



Cosmic Yoga

<https://www.youtube.com/user/CosmicKidsYoga/playlists?view=1&sort=dd&flow=grid>



Cosmic Kids Yoga

Subscribe 866K

**Mindfulness: Peace Out**- guided relaxation for kids

A new series of guided relaxations and visualisations for kids to support mindfulness and relaxation.

<https://www.youtube.com/watch?v=XAgUMTexJVs&list=PL8snGkhBF7nj00QvtE97AJFL3xZYQSGh5>

**Positivity boosters: Happy Dances**



Get Yo Body Movin' - Koo Koo Kanga Roo | GoNoodle

**Quick Burst: Go Noodle**

Get your body moving energising dance

<https://www.youtube.com/watch?v=fpD9kRyBn8o>



[https://www.youtube.com/watch?v=7hGtKE3mG\\_g](https://www.youtube.com/watch?v=7hGtKE3mG_g)

<https://www.youtube.com/watch?v=jjkYHr94wnc>

