

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!



Super Movers

<https://www.bbc.co.uk/teach/supermovers>

Have a look at some videos, which help children move while they learn. They support curriculum subjects, including maths and English

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=PL8snGkhBF7nj8MmWPsQC34vZIIMl2cdSG>



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=jjkYHr94wnc>

