

Campus Care- Mind & Body

Try to take regular breaks.



Other free resource links for mindfulness and relaxation available on our Mental Health and Well-being resource



Meditation & Relaxation App

Daily Goals for mind and body:
Moodfit App

Fitness

Joe Wicks
Body Coach
Daily Sessions
Live Mon- Fri
9:00 am
Youtube



My World of Work
Employability skills
(S1-S6)



<https://www.myworldofwork.co.uk/>

Cosmic Yoga
(All ages!)



<https://www.youtube.com/user/CosmicKidsYoga>

Online Safety Reminders

<https://www.ceop.police.uk/safety-centre/>

(S1-S6)



<https://nationalonlinesafety.com/guides>

(P5-S6)



<https://www.thinkuknow.co.uk/>