

RCT Wellbeing Pack Four

Exercise and Nutrition

The Educational Psychology Service in RCT and Merthyr Tydfil know how worrying and difficult this time is for us all.

That is why we want to provide you with helpful information, advice and guidance to support your physical and mental wellbeing.

In this pack we have put together some of the best information we could find to help to support your own mental health and wellbeing and that of the young people you are supporting during this challenging time.

Why is exercise important?

Exercise is an amazing tool to help us feel happier, more energised, and more optimistic. Try these great websites for fun exercise ideas for you and your family.

Joe Wicks Free PE

You don't need any equipment, just tune in to Joe Wicks YouTube channel at 9am each morning Monday- Friday for a 30-minute, fun workout. The workouts will be fun and suitable for all ages and even adults can get involved. Click [here](#) to get started.

Dance party

Turn on the music and shake it off, have a family dance off, play it loud. YouTube 'Just Dance' or 'Zumba' routines to follow along to. Or even simply, Cha Cha slide every morning!

Click [here](#) to get started

Family Sports Day

It's time to find out who is the most competitive in the family. Have an egg and spoon race, line up some old clothes and have a race to see who can put them all on first, set up an obstacle race in the garden, have a sack race using bin bags or even a wheelbarrow race. Be creative!

Click [here](#) for some fun ideas

Couch to 5k Family style

Train as a family to walk or run a 5K race.

Working together toward a common goal helps keep everyone motivated to move. When you move more, your family will feel better mentally and physically and most of all it's a great way to bond!

To download a free 'Couch to 5k' plan **[Click Here.](#)**

Gardening

Get active and creative in the garden with Wildlife Watch who have kindly supplied families in isolation with free printable guides with all kinds of activities to do. From making a hedgehog home to growing some vegetables. **[Click Here](#)** for ideas there is a lot to choose from here at.

Cardiff City Foundation

A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.

[Click Here](#) to find out more.

The Daily Mile

Schools may be closed but children still needing to keep healthy. We would like to introduce all families across the UK to The #DailyMileAtHome. It is an easy and fun way to keep fit and maintain good health and wellbeing for you and your children.

[Click here](#) to find out more

Change 4 Life

The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. **[Click here](#)** to explore a range of activities, including **Disney themed indoor activities.**

Why is a Healthy Diet important?

Evidence suggests that as well as affecting our physical health, what we eat can affect the way we feel. Keeping a healthy diet during COV-19 may help to:

- improve your mood
- give you more energy
- help you think more clearly.

British Nutrition Foundation

The British Nutrition Foundation provides a variety of free resources about healthy eating, cooking, food and farming for children and young people. Just **[click here](#)** to find out more.

Cooking Together Wales

Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can be found on their Facebook page or via their new Cook-a-long webpage which include many links to Welsh words that relate to cooking. **[Click here](#)** to find out more

TASTY.co free cooking tutorials

Take time to bake or cook your favourite meals together. Children can learn a lot from researching the food, budgeting for the ingredients and then following the recipe. It is a great thing to do together it helps with their literacy and numeracy. [Click Here](#) to find recipes and video tutorials on their website

TWINKL

Twinkl are offering the parents of children during COV-19 free access to all Twinkl resources with the code **CVDTWINKLHELPS**. Giving parents instant access to inspirational lesson plans, schemes of work, interactive activities and resource packs covering all the curriculum-including activities on healthy eating, while schools remain closed. [Click Here](#) to download.

Wellbeing Challenges

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see...

- 1. Do 15 minutes of Yoga Exercises**
- 2. Plan to do something that will help out your family or friends**
- 3. Make a gift for someone close to you**
- 4. Write down who do you admire and why**
- 5. Learn 3 new phrases in a different language**