



St John's C of E (Aided) Primary School

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Headteacher: Mrs Carolyn Wilkinson
School Business Manager: Mrs Hannah Bonwick

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Websites for exercise, yoga, and well-being

Yoga Cosmic Kids:

https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ

Go Noodle, Get Moving at Home:

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Mindfulness for Children:

<https://www.headspace.com/meditation/kids>

5 Minute Move | Kids Workout I | The Body Coach TV:

<https://www.youtube.com/watch?v=d3LPrhI0v-w>