

## List of Online Sites to Support Student Health & Wellbeing

- **Department of Education:**
  - Learning at Home: <https://www.education.wa.edu.au/learning-at-home/support-for-parents-and-carers>
  
- **Online exercise:**
  - Joe Wicks kids workout: [https://www.youtube.com/results?search\\_query=joe+wicks++kids+workout](https://www.youtube.com/results?search_query=joe+wicks++kids+workout)
  - Childhood 101: <https://childhood101.com/brain-breaks-7-youtube-channels-to-get-kids-moving-grooving/>
  - The family fit club: <https://www.thefamilyfitclub.co.uk/>
  
- **Online mindfulness/ relaxation:**
  - Headspace: <https://www.headspace.com/>
  - Smiling Mind: <https://www.smilingmind.com.au/>
  - Cosmic Kids: <https://www.cosmickids.com/>