

Mental Health and Wellbeing

Here are some links to sites and activities that you may find useful.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

This site offers general advice, not specific to children, but to families, from MIND mental health charity.

Ideas/suggestions of activities:

For the login usernames and passwords email school on parentcontact@trefonen.shropshire.sch.uk

Discovery (espresso)

https://central.espresso.co.uk/espresso/primary_uk/subject/module/printable_resources/worksheet/item1193006/gradef/module1182719/index.html?source=search-all-all-all&source-keywords=craft

Cybercoach

<https://smart.cyber-coach.co.uk/service?service=PE>

Pick age group and learn a dance routine!