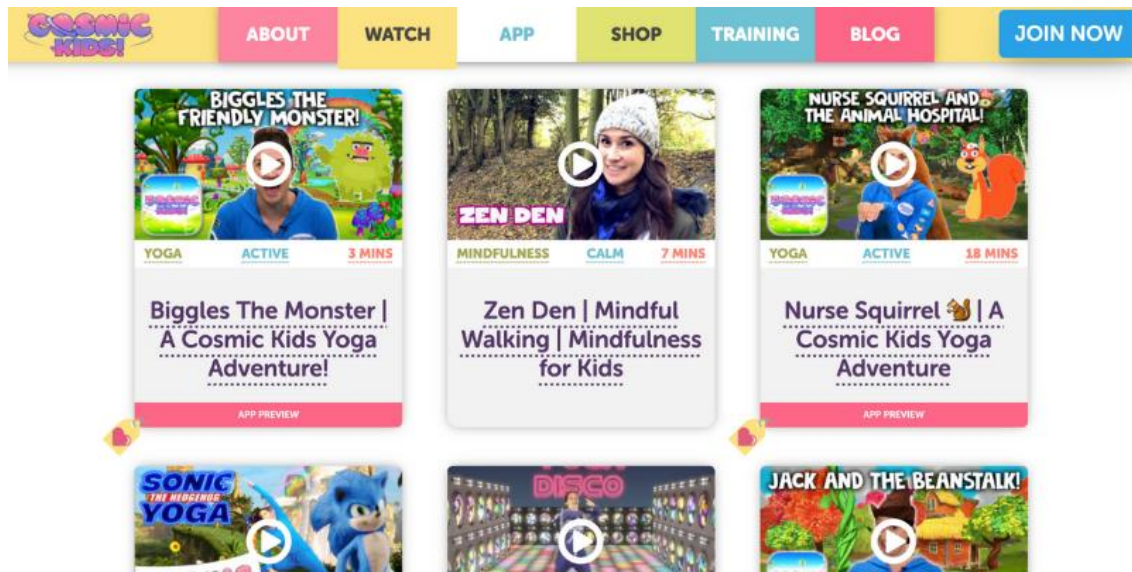


Digital activities to boost wellbeing this half term



Unreliable February weather, coupled with families not necessarily being able to get out and about, could mean it's harder than usual to keep children upbeat and active this half term.

While more time at home often means more time online, it doesn't have to be solely spent bingeing favourite series or games.

Our new article is packed full of suggestions for apps, games and videos that you can share with the parents and families you work with to give them some inspiration for the half-term break. From cosmic yoga to virtual nature walks via family fitness challenges, there's plenty here to boost everyone's energy levels and help families have fun together.

[Click here for Half Term Wellbeing Activities](#)