**Nuffield Health: Kids' Wellbeing**

Nuffield Health have put together a wellbeing page for children and parents to help them to keep healthy, happy and active during this time when we need to stay at home. We recommend downloading the wellbeing journal which has weekly activities and a weekly recording sheet. Also included on the website is a parents' guide to emotional wellbeing and a 15 minute workout at home for children.

<https://www.nuffieldhealth.com/kidswellbeing>



