

# Life is Better When We Read Together

Schools may be closing, but reading doesn't have to stop. To help support teachers, students and parents to '**Keep the UK and Ireland reading**', we are offering access to thousands of enhanced digital books through myON and articles from myON News for FREE.

[Click here](#)



## Cosmic Yoga

[www.cosmickids.com](http://www.cosmickids.com)

Yoga and mindfulness for children.

Free videos on You Tube. Please note that there is a charge for some resources.



## Website - Food a Fact of Life

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Comprehensive and interactive free resources for teaching young people aged 3-16 years about food.



## Think U Know

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Online safety activities for all ages, section for child, teachers and parents.



Every day this week, we will be uploading a new science demo at midday.

Some will be ones that you can try at home, and others will be using materials that you can only find at Techniquest.

[Free weekly demos](#)



Worried your children aren't hearing as much Welsh?  
Every evening at 6pm Siani Sionc will be reading a Welsh Story.

**Find her on Facebook - Siani Sionc**



**freedomleisure**  
where you matter

### **TRAIN AT HOME WITH FREEDOM - STAY ACTIVE**

As we all continue to navigate our way through these unprecedented times we would like to give you the opportunity to have access to up to 16 weeks of FREE home exercise & workouts!

Our friends at Technogym - the world renowned fitness company - have given us access to 16 weeks of exercise & workout content on an easy to navigate app. Choose from bodyweight exercises & cardio programs all designed to keep you active. These workouts can be done at home with no equipment and are absolutely FREE during the COVID-19 disruption.

To get this content for FREE all you need to do is:

1. Register at <https://www.mywellness.com/trainathomewithfreedom>
2. Download the mywellness App and sign in with registered details
  3. [Android/Google Play Store](#)
  4. [Apple Store](#)

This is FREE content for EVERYONE, forward this email to friends and family and/or share the link on social media - together we can workout while the scientists work it out!

---

**And don't forget.....**

**Walk locally. Choose open spaces. Wash your hands when you get home. And above all, remain two metres apart from others.**