

Great online links:

YouTube

- Lil' Peeps YouTube Chanel
 - <https://www.youtube.com/channel/UCXminGtESImBzrtmAJ1PKTQ>
 - Lots of resources on here, including how to use Peggy Lego, Cat writing, why movement is important, Using the Alert Program for self regulation and even how to tie your shoelaces!
- Cosmic Yoga (yoga fun and mindfulness)
 - <https://www.youtube.com/user/CosmicKidsYoga>
 - <https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK>
- Go Noodle - great to get the bodies moving
 - <https://www.youtube.com/user/GoNoodleGames>
- Just Dance - dance fun for everyone
 - https://www.youtube.com/results?search_query=just+dance
- Meditation stories
 - <https://www.youtube.com/watch?v=aaTDNYjk-Gw>
 - <https://www.youtube.com/watch?v=rwSMHKD0Dmo>

Apps

- ABC for kids – watch great programs like Playschool and Bluey
- Smiling mind app – excellent mindfulness app designed for the whole family
- Bright Tomorrows – great for families with little ones, to help you make sure
- they are on the right track with their development

Websites:

- Lil' Peeps website <https://www.lil-peeps.com.au>
- Animal Fun <https://animalfun.com.au/program-benefits-for-children/>
- Kiddo – physical activity ideas <https://kiddo.edu.au/activities>
- Bright Tomorrows <https://www.brighttomorrows.org.au>
- Pre writing sheet links
 - https://www.kidzone.ws/prek_wrksht/dynamic.htm
 - <https://aussiechildcarenetwork.com.au/printables/prewriting-worksheets>