

FREE OF CHARGE FOOD SERVICES

1. Please find a list of organisations that provide assistance with food below:
 - a. [Wishing Well](#)
 - b. [Free Food for All](#)
 - c. [YWCA: Meals on Wheels \(children\)](#)
 - d. [Food from the Heart](#)
 - e. [Foodbank](#)

EDUCATIONAL RESOURCES

1. Find complimentary online virtual educational resources below:
 - a. [Khan Academy Kids](#)
 - b. [Coursera](#)
 - c. [Open Culture](#)

PHYSICAL WELLNESS

1. Find guides to physical activities and opportunities below:
 - a. [Full Kid Workout \(beginner\)](#)
 - b. [Fast Cardio Routine \(intermediate\)](#)
 - c. [Fast Intense Routine \(advanced\)](#)
 - d. [Children under the age of 8](#)
 - e. [Interactive Workout](#)
 - f. [21 day Football Fitness Challenge](#)
 - g. [F17playon Activities](#)
 - h. Live training sessions from the [National Stadium](#) and [The Bay](#)

EMOTIONAL WELL-BEING AND ENCOURAGEMENT

1. Find resources that assist with spiritual upliftment below:
 - a. [Kid President](#)
 - b. [Kid President 2](#)
 - c. [25 reasons to be thankful](#)
 - d. [Animated Motivation](#)
2. Introduction to mindfulness techniques
 - a. Apps: Headspace, Calm, Stop, Breathe and think, New Horizon: Kids Meditation
 - b. [Bedtime Meditation](#)
 - c. [Channel that includes a bank of videos and bedtime stories](#)
 - d. [Headspace Videos](#)
 - e. [eCounselling Centre](#)
 - f. [TOUCHline](#)

- g. [Tinkle Friend Helpline](#)
- h. [MeToYou Cyber Care](#)