



# Feel Good Families



It's important to find opportunities to continue to be active every day. This will help relieve stress, reduce boredom and make you feel happy and healthy. Taking part together can also provide a great opportunity for you to bond with your little ones.

We've listed a few ideas below to give you some inspiration:

- Tumble Tots UK live on [Facebook](#) every day at 10am
- West End musical dance prep live on Instagram Mon/ Wed/ Fri at 6pm
- Max Whitlock live Gymnastics session on [YouTube](#) Tuesdays and Fridays at 3.30pm
- PE with Joe Wicks live on [YouTube](#), weekdays at 9am
- Dance with Oti Mabuse live on [Facebook](#), every day at 11.30am
- Kixx Academy football sessions live [YouTube](#), Saturdays at 9am
- The Ballet Coach, ballet sessions for children on [YouTube](#)



Please share your photos and any other activity ideas on Feel Good Families Facebook page

