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Dear Parents,

I am pleased to inform you we have bought into the **YogaBugs** Virtual Programme at Rebecca Cheetham, and this includes access to **YogaBugs** videos and mindfulness techniques for you and your children.

Please see below instruction on how to access your **YogaBugs** Parent Portal.

We are working closely with **YogaBugs** in Nursery to help all our children, teachers and parents with their mental health and overall wellbeing.

On the **YogaBugs** Parent Portal you will have access to Yoga and Mindfulness videos, chair yoga for you to try, a video about the benefits of **YogaBugs**, along with helpful mindfulness activities and visualisations that you can download and use for you whole family.

The benefits of you using sessions are huge:

- The **YogaBugs** Virtual programme has been designed and created by mental health first aiders
- Every session is age appropriate and challenging
- The classes can be used on a laptop, phone, tablet, or smart TV
- You can pause the sessions at any time and come back to them
- All classes end with Relaxation and Mindfulness
- We incorporate curriculum-based themes and subjects to help enhance learning
- All classes are physical and educational
- The physical benefits are massive helping with core strength, balance, coordination flexibility and much more
- All sessions are proven to help with concentration, behaviour, listening and stimulate imagination

To register and log into your portal please click on the link below and register your details:

<https://www.thebugsgroup.com/member-registration/>

*** please note this link cannot be sent to anyone else, the Nursery has signed a confidentiality agreement ***

Once you have registered, you will create your own password which will then gain access to all our sessions.

We hope you find these sessions beneficial. We welcome photos and any feedback to us and **YogaBugs** so we can see how the students and you are getting on with the sessions. Please feel free to share on our [facebook](#) page or to our email: info@thebugsgroup.com

Enjoy!



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