

LOCKDOWN

IDEAS TO KEEP YOURSELF AND YOUR FAMILIES ENTERTAINED

We appreciate that whilst many of our colleagues are still working on the front line, a lot of colleagues and their partners are spending a lot of time at home – sometimes trying to balance work and home schooling/entertainment at the same time.

This is a difficult time, and everyone will be having their own challenges. Many of you will already be tuned into the numerous online activities/learning, but we've pulled together this list to put everything in one place. The vast majority of the links to the activities are free, but we can't guarantee all will be. Please watch out for those that are free initial subscriptions, which may charge you later.

We have provided direct links to the majority of these resources.



KIDS ACTIVITIES



SCHOOLS OUT 2020

Home learning links, games and activities for kids aged 4-11. Concise, easy to navigate and organised by subject!

HOME SCHOOL KITTY

To help you educate and entertain your kids (and stay sane!), a kitty of ideas and links to resources. Most are FREE unless otherwise stated.

BBC HOME LEARNING

In April BBC will be bringing you daily content that supports children's education and wellbeing. Stay on track with Bitesize!



MATHS WITH CAROL

Maths with Carol Vorderman! Following the decision to implement widespread school closures, access to Maths Factor will be FREE to support childrens' continued learning at home during the closure period.

PHONICS

A fun educational channel aimed at preschoolers, to help them learn phonics and super skills needed to be a super kid at school!

KIDS ACTIVITIES

A list of education companies offering free subscriptions. All you need to do is click the link and follow the instructions on that website to sign-up.

KIDS ACTIVITIES



MUSEUM/ZOO

Some museums and zoo's are offering virtual tours – e.g. Watch Chester Zoo live via their Facebook page or [YouTube channel](#).



MUSIC

Let Myleene Klass take one lesson off your hands! Curriculum based and most importantly, fun. There's no need for instruments, any age, any ability welcome..



BOOK CLUB

Join a book club online – promote reading and this one's not just for children, but adults too!



LEGO

30 Days of LEGO Play calendar. It's a great way to really challenge kids (or yourself) to create something new with your LEGO bricks!



RAINBOW

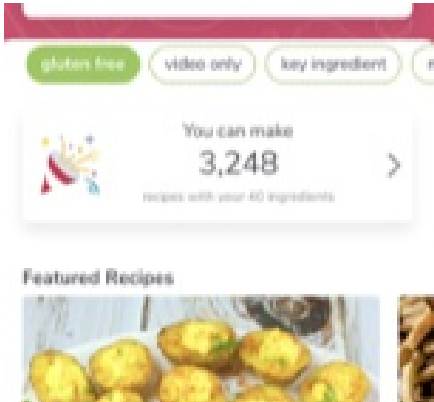
Join thousands of people up and down the country and colour a rainbow to display in your window at home. Access the Brakes template [here](#).



DANCE

Oti Mabuse is doing dance lessons for kids. The Strictly star is providing another fun way to keep the kids active during the lockdown.

ADULTS/NIGHTS IN



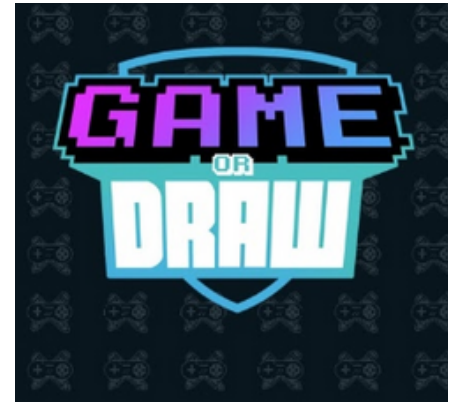
RECIPES

Get recipe suggestions based on what you've got in your cupboard!



THEATRE

Join the National Theatre every Thursday at 7pm for some of the best British theatre, free to stream for a week.



DRAWING

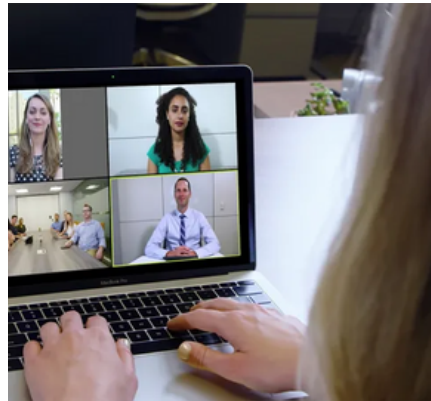
Drawing with Will Sloney – Will is an artist for Marvel and is teaching kids how to draw, Why not make it a fun family evening activity!



FACEBOOK

Join growing Facebook groups that are relevant E.g. 'family lockdown tips and ideas', giving great ideas for different things to do.

Why not also look to set up your own online groups with friends and family?



VIDEO CALL

Video calling is widely available on most devices now. Why not video call your friends and family for a virtual drink, dinner or games instead?



GAME/QUIZ

Create games: word of the day, question of the day with groups to try and create some fun and also learn more about them!

KEEP MOVING



BALLET

Fun and imaginative ballet videos for children and adults to practice dance at home.



THE BODY COACH

Join Joe Wicks daily at 9am for 30 mins PE lessons for kids and adults or access the many weekly HIIT workouts.



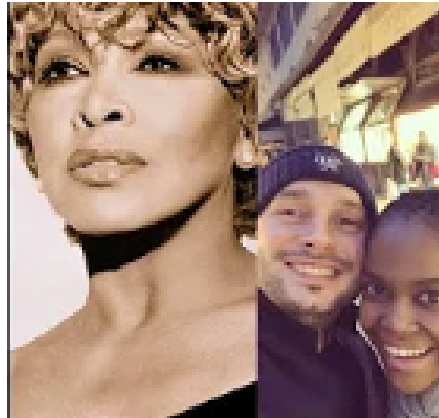
STEP

Challenge your friends and family with a step challenge. Walking really works!



FITBIT

For Fitbit owners, they're offering a 90 day free trial of Fitbit premium which offers health and fitness deep dive stats, guided programmes on sleep, healthy habits, exercise, food and much, much more...



DANCE

Oti Mabuse is also streaming dance classes for adults. The Strictly star is providing another way for us all to keep active during the UK's lockdown.



WAKE UP SHAKE UP

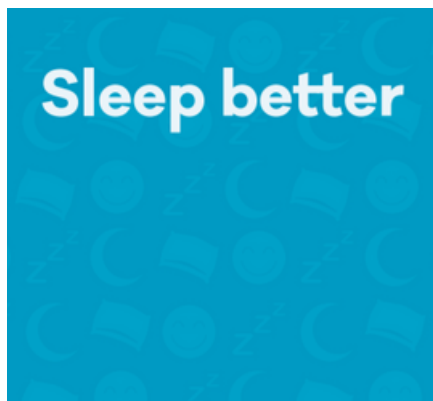
Wake up, shake up! 20 minute workouts for the whole family with Excel Martial Arts, streamed live on Facebook and accessible on their You Tube channel.

MENTAL HEALTH



VIRTUAL COFFEE

Have a virtual coffee with colleagues, friends or family to catch up, stay connected and importantly hydrated.



SLEEP

If you're tired and struggling to sleep. Download the how to sleep better guide from the Mental Health Foundation.



WELLBEING APPS

Wind down with Headspace. Sleep more. Stress Less. Live Better with Calm.

Take care of your emotions, get restful sleep, and become the best you with Aura.

Stop, breathe & think.



AUDIBLE

Download and listen to the world's best storytelling. Enjoy audiobooks, original series and more on the free app.