

# **Things to do at home during social distancing.**

We are living in unprecedented times and life as we have known it has been put on a temporary pause. Many of us are feeling anxious, lost, confused and frustrated with not being able to live our lives, as we usually do. Social distancing may mean that we are not seeing our friends and family because either they or we are in the vulnerable group. If we have children now that the schools are closed, we are going to be spending inordinate amounts of time at home with our children. This will bring with it both practical and emotional/psychological concerns. I have put together this resource of things that I have found across the internet to help parents both educate and entertain their children and themselves during these trying times.

I am sure this list is not exhaustive and if you know of anything not on the list then please contact me and I will add it to the list. These new times call for new practices and ways of living. Thankfully many companies and internet entrepreneurs are rising to the challenge and providing lots of online content. Wherever possible the content on the list is free. Please be aware some of the content is giving 30 days free, however, if you do not cancel the subscription before these 30 days **YOU WILL BE CHARGED**. I cannot be held responsible for any changes in the content and I am not endorsing any company or content, this is purely information sharing.

Enjoy!

Covid-19 and Our Children:

This is a difficult one and it is up to each parent to decide how and what they will tell their children. As parents we are the experts on our children and know what they can and cannot understand or cope with. Bear in mind your child's developmental stage and pitch what you tell them to their cognitive ability. It is advisable wherever possible to stick to the facts and present them in simple terms using the frames of reference that your child is familiar with.

Here is a really good YouTube video that is designed to explain the coronavirus to children. Watch it yourself first before you show it to your children to see if it is appropriate for them.

<https://youtu.be/OPsY-jLqaXM>





In the next video she explains the science behind washing your hands and how to make your own super coronavirus fighting soap.

<https://youtu.be/6RM3F-7u-xo>





Here is a really good resource for parents to look out for behaviours that their sensory children may exhibit if they become ill with Covid-19. Our sensory children may not be able to tell us how they are feeling because of communication difficulties or they may not be able to locate where they feel pain in their body.


**COVID-19**  
**Symptom considerations for people with**  
**Sensory Processing Disorder**

**Over-responsive,**  
**Hyper-sensitive, Avider**







1. May notice someone taking their clothes off more frequently as their body temperature is higher than usual.
2. May notice people refusing food or only eating softer/cooler foods as their throat is sore.
3. They may show signs of exhaustion a lot quicker and want to do things in their way more of the time to feel in control of the differences they are feeling.
4. Increased anxiety if they notice their breathing has altered or they find it hard to breathe.

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 [www.sensoryspectacle.co.uk](http://www.sensoryspectacle.co.uk)  
Sensory Spectacle educate about & create awareness of Sensory Processing Disorder internationally using immersive learning for parents, professionals & students.


**COVID-19**  
**Symptom considerations for people with**  
**Sensory Processing Disorder**

**Under-responsive,**  
**Hypo-sensitive, Seeker**



1. They will find it difficult to notice changes in temperature so look out for pink cheeks and sweating.
2. Someone may show very little signs of a sore throat unless it is extremely painful. Keep an eye on what food and drink they are consuming.
3. They are likely to 'carry on as usual' until their body is quite poorly so try and observe any small changes in their sensory characteristics.
4. Symptoms may be harder to notice for children & adults who seek sensory input.

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## Home Routine:

During these times we might be thinking how we are going to keep a routine and structure going. Our children are not going to be going to school, and our usual routine will be out of the window. This can be quite daunting for our children and ourselves, as we all tend to like to have routines, as they promote a sense of time and space and help promote our mental wellbeing.

On the next page you will find an example of a daily schedule that you may find of benefit. You do not need to use this one, but it gives you an idea. Be creative, make your own, it can be a list, visuals from the internet or photos that you have taken yourself. This could even turn into a fun activity that you could do with your children. If you can keep to a routine and this works for you then great! You know your children best but equally if you are out of routine or have laxed it due to your children's and your own anxiety then do not give yourself a hard time. What is important right now is that we all remain safe with our sanity in tact. If your children are safe and loved you are doing a great job!

# COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

## Children and eating:

This is going to be a particularly worrying time for parents around food. Due to a lot of panic buying many parents cannot readily get the food items that their children eat or if they can they may be in short supply. We may have children with restricted diets or have difficulties with knowing when they are full and therefore may be constantly asking for food. There is nothing more likely to drive a parent to distraction than a child who constantly complains of hunger. Things you can do is create a visual chart to show your child when eating times are to try and schedule their eating. You could use the example in the picture below, as a way to manage daytime snacking. Another idea floating about on social media is to put their snacks for the day in a basket or packed lunch box and once it is gone it is gone. Giving children ownership over what they have and when increases their decision making and will hopefully lead to delayed gratification.

For anyone self isolating or at home with their children because they can't attend school/nursery and fed up of kids constantly asking for a snack 🤔 .... we've set up a tuck shop and the girls have got £1 a day to spend ... they have to come and choose their snack and pay for it .... counting their real money ❤️  
#onceateacheralwaysateacher



If your children are eligible for free school meal's then you will be entitled to the government voucher scheme when it is rolled out. If you are on Facebook, there are some groups that cropped up that may be able to help you locate the places in Peterborough that may have the things that you need. The listing of these groups is in no way an endorsement of these groups.

Peterborough Coronavirus Support Network UK (COVID-19)

COVID 19 PETERBOROUGH/CAMBRIDGESHIRE


<https://www.google.co.uk/amp/s/www.bbc.co.uk/news/amp/uk-england-51944426>

<https://www.independent.co.uk/life-style/coronavirus-heinz-free-breakfast-children-school-meals-closures-uk-a9413351.html>



## Children's education resources:

Here are some resources that you might find helpful to keep your children's mind stimulated. Find below the 30-day Lego challenge, Lego is great for children with SEND and helps them develop their fine motor skills as well as their social and communication skills. Work together with your child, one of you be the builder and the other the instructor/supplier and then continue to take it in turns.

30 Day LEGO Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!			Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car races.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?

At the moment lots of educational website are doing free time limited subscriptions to help support parents with home education. Twinkl was the first to announce this and are giving one month free of their ultimate package. Twinkl also has some educational apps that are free to download on to tablets or phones. It is worth baring in mind that parents are not expected to teach children in the same way that a school would and unless your child is very motivated and enjoys spending lots of time studying. If you child is getting some educational everyday this is enough. For some parents this is going to be more challenging than others. Think creatively and how you can make education fun whilst learning. It does not have to be sitting at a table and doing worksheets, make it relevant to your child and what motivates them. Children learn best through play.

This is also the perfect time to think about the skills you want to develop in your children and work on these. These may not be academic skills but life/independence skills. Now you are at home for extended periods of time this will be a good opportunity to be able to focus on these. Pick one skill

and focus on this using lots of praise and rewards to embed it before moving onto another skill.

[https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3WPzzSBIIxm\\_IC0S\\_fJ6xc9BeTURq3Wuy2zRnnvbWyat1HOxhFR9nYP2Q](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3WPzzSBIIxm_IC0S_fJ6xc9BeTURq3Wuy2zRnnvbWyat1HOxhFR9nYP2Q)

Here are some SEND resources:

<https://www.empoweringlittleminds.co.uk/resources-1>

<https://www.specialneedsforspecialkids.net/>

Children's arts, crafts and entertainment.

31 DAYS OF ... **Positive Vibes!**  **By Youth Inspired** 

<b>Stay Connected</b> Call, text & video call friends & family	<b>Clean your Social Media feeds</b> Mute/unfollow accounts/words that make you anxious	<b>Plan your day</b> Create a routine. Do things you enjoy. Give yourself a realistic to do list.	<b>Get Outdoors</b> Aim for a minimum of 10 minutes each day	<b>Play some music</b> lift your mood with tunes	<b>Read a Book</b> 	<b>Stay Active</b> Join our 10,000 steps challenge
<b>Create a Rota</b> with your family, decide who will be cooking, cleaning or in control of the TV	<b>BBC Bitesize</b> Check out BBC Bitesize to keep learning	<b>Body Coach</b> Get following the Body Coach for free YouTube at home work outs.	<b>Tidy up your outdoor space</b> Plant some seeds.	<b>Get Crafty</b> Check out Pinterest for quick and simple makes	<b>Eat Healthily</b> check out 'student' or 'store cupboard' recipes on BBC Good Food for some easy to follow basic recipes	<b>BBC Teach</b> Head to BBC Teach for advice on how to learn from home
<b>SING!</b> 	<b>Reduce screen time</b> especially before bed	<b>Learn a daily doodle</b> follow artists online for hints and tips such as 'Korp'	<b>Learn Something New</b> 	<b>Stay Hydrated</b> 	<b>Seek Help</b> If you're finding things hard speak to someone, contact Centre 33	<b>Stay Positive!</b> 
<b>Train your pet</b> Teach your dog some simple tricks. Follow <b>First Class Dog Training</b> for videos	<b>Find a New Podcast</b> 	<b>Get Retro</b> Dig out the board games!	<b>Make Progress</b> Ge started on something you've been putting off	<b>Do something KIND for yourself</b> 	<b>pcvs COMMUNITY FUND</b> Department for Digital, Culture Media & Sport	<b>10,000 Step Challenge</b>  download a free pedometer app to your phone or use you're a fitness tracking device – send us a pic of your steps each day or week for the chance to win a prize!
<b>Have a tech free day</b> 	<b>Organise your stuff</b> Rearrange your room. Go through your wardrobe	<b>Make a plan to meet friends later in the year</b>	<b>Try something creative</b> Have a look at Paisley Art on Facebook for creative ideas	<b>Breathe!</b> 	<b>ACTION FOR HAPPINESS</b>  <b>YOUNGMINDS</b> <small>for young people with mental health problems</small>	

**Print and stick to your fridge**

Here are a combination of regular arts and craft projects with some being science experiments at home based. There are lots of blogs on the internet and YouTube channels dedicated to arts and crafts for children.

<https://www.smartschoolhouse.com/diy-crafts/ideas-for-kids>

<https://m.facebook.com/thedadlab/>

This FB page is run by an OT.

<https://m.facebook.com/thetowerCAPT/>

Here are some great OT resources so you can keep up with your child's sensory diet.

Use egg cartons: <https://www.theottoolbox.com/intrinsic-muscle-strengthening-activity-egg-carton/>

Homemade Lacing Cards: <https://www.theottoolbox.com/homemade-store-bought-lacing-cards/>

Stickers Fine Motor: <https://www.theottoolbox.com/benefits-of-playing-with-stickers-occupational-therapy/>

Tape Fine Motor/Bilateral

Coordination: <https://www.theottoolbox.com/what-is-neat-pincer-grasp-and-activity-for-fine-motor-skills/>

Crafts that Build Skills: <https://www.theottoolbox.com/crafts-for-kids/>

Activities to Improve Attention: <https://www.theottoolbox.com/attention/>

Kindergarten Learn and Build Skills

Activities: <https://www.theottoolbox.com/kindergarten-learn-and-play-ideas/>

Preschool Learn and Build Skills

Activities: <https://www.theottoolbox.com/preschool-activities/>

Executive Function in School

Activities: <https://www.theottoolbox.com/executive-functioning-in-school/>

Build a Fidget Tool for School Work: <https://www.theottoolbox.com/desk-fidget-tool-for-school/>

Make "at home" OT Kits: <https://www.theottoolbox.com/occupational-therapy-activity-kits/>

More themed OT kits: <https://www.theottoolbox.com/more-themed-occupational-therapy/>

Fine motor kits: <https://www.theottoolbox.com/back-to-school-fine-motor-toolkit/>

Harptoons is doing a live art class every day at 6pm


<https://m.facebook.com/harptoons/>

Captain Fantastic are doing some live streaming from Facebook, as well as having a YouTube channel. These are children's entertainers and are putting on Magic shows and fun performances to keep children entertained.



[https://youtu.be/OLX2hY0P\\_JA](https://youtu.be/OLX2hY0P_JA)

<https://www.facebook.com/groups/295029776659/>



**MOTHERCOULD**  
**PLAY DOUGH**

**YOU'LL NEED:**

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

**INSTRUCTIONS:**



1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.

Love this idea!!! Anyone else up for it?!? 🌈 xx

The neighborhood kiddos are going on walks but no longer can see their friends or go to playgrounds. Some of us are putting rainbows 🌈 up in our windows for them to spot as many as they can on a walk. Like a giant neighborhood wide I spy game.

If you are wondering what you can do in this time - put a rainbow in your window to spread some joy!

Thank you!





## 77 (MORE) Simple STEM Activities for Families

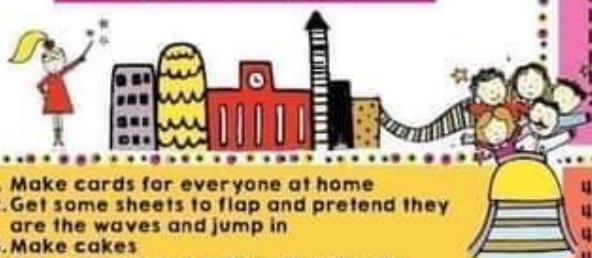
- ☒ Create a treasure hunt with a map & clues
- ☐ Learn to identify trees by their leaves
- ☐ Read a book with a STEM theme
- ☐ Make the alphabet from sticks or other natural items
- ☐ Make your name or words out of recycled materials
- ☐ Interview a relative using [storycorps.org](http://storycorps.org)
- ☐ Take your bike apart and put it back together it
- ☐ Make something from old puzzle pieces
- ☐ Watch *Hidden Figures*
- ☐ Make a LEGO maze
- ☐ Test objects in your house to see if they float or sink
- ☐ Write instructions to make a sandwich & let someone follow them exactly
- ☐ Use the cards A-10 & play War, but see who can add, subtract, or multiply fastest
- ☐ Play Battleship
- ☐ Build a paper airplane launcher
- ☐ Build a fort using couch cushions & blankets
- ☐ Plant some flowers
- ☐ Make something useful from duct tape
- ☐ Invent something to solve a problem in your home
- ☐ Make "rubber stamps" out of cardboard & pasta
- ☐ Learn to solve a Rubik's Cube
- ☐ Write your own book, including drawings & cover
- ☐ Rearrange furniture in a room to improve function & movement in the room
- ☐ Track & graph your high score in a game
- ☐ Make ice cubes from various liquids & see how long each takes to freeze
- ☐ Make dinner for your family
- ☐ Determine how much waste there is from cooking a meal
- ☐ Invent your own musical instrument
- ☐ Try making gears using the website [gearsket.ch](http://gearsket.ch)
- ☐ Create a secret code using a shift or "Caesar" cipher
- ☐ Pick a word & see how many other words you can make from the letters
- ☐ Measure & graph temperature or rain totals
- ☐ Draw your own comic book
- ☐ Make a time capsule to open in 10 years
- ☐ Make artwork using shaving cream, food coloring, & a toothpick
- ☐ Plant a butterfly garden
- ☐ Invent a toy for your pet
- ☐ Watch *Cloudy with a Chance of Meatballs*
- ☐ Freeze a small toy or coin in water & make a time-lapse video of it melting
- ☐ Put different amounts of water in glass containers & tap gently to make music
- ☐ Make paper airplanes using [foldnfly.com](http://foldnfly.com)
- ☐ Try sprouting a carrot top, dried bean, or fruit seed
- ☐ Put some dirty pennies in vinegar
- ☐ Put celery or flowers in water that contains food coloring
- ☐ Learn bird calls
- ☐ Build the tallest tower with 1 piece of paper & tape
- ☐ Turn an old book into a secret hiding place
- ☐ Learn to cook a new recipe or invent your own
- ☐ Observe the moon each night & take pictures to make a time-lapse video
- ☐ Measure things with a tape measure
- ☐ Build a model city with items in your house
- ☐ Make a bird feeder using a pinecone, suet, & birdseed
- ☐ Count how many & what type of birds come to your birdfeeder
- ☐ Make a mini-golf course
- ☐ Read a book & make a "book trailer"
- ☐ Paint rocks with encouraging words
- ☐ Weave a bracelet
- ☐ Learn about a STEM career
- ☐ Write a story, act it out with your family, & record it
- ☐ Make a sundial
- ☐ Invent a board game using bottle caps or other small items as pieces
- ☐ Draw something with isometric dot paper
- ☐ Make a slow-motion video of something in nature
- ☐ Learn to fold cloth napkins
- ☐ Make bread using yeast
- ☐ Draw 20 circles & turn each into something (pizza, planets, wheels, etc)
- ☐ Build something using toothpicks or straws
- ☐ Practice coding using [Scratch](http://Scratch) or [code.org](http://code.org)
- ☐ Learn to crochet or knit
- ☐ Make your own tangrams
- ☐ Learn how cellphones work
- ☐ Draw a detailed map of a room in your home
- ☐ Learn to sew
- ☐ Make something from an empty toothpaste tube
- ☐ Look at the clouds
- ☐ Learn about the history of technology in your area
- ☐ Make cardboard automata (movable sculpture)

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[dailystem.com/resources](http://dailystem.com/resources)



# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)

1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.roberttrivest.com](http://www.roberttrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



Virtual tours/ museums.

Since we are stuck in our homes and we are not able to get out and about and do the usual things we do to entertain ourselves and our children we may be feeling quite overwhelmed and fearful of boredom setting in. Here are some links to articles about zoos, farms, museums, and galleries that are providing virtual tours. We can sit in the comfort of our living room and see these magnificent sights.

[https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more-35765?sc\\_src=email\\_1781336&sc\\_lid=131849624&sc\\_uid=E9XMkMdAJd&sc\\_lid=79845&sc\\_eh=90c96067707bdfbc1&utm\\_campaign=UK\\_2020\\_12\\_We\\_newsletter\\_all\\_all\\_20200318&utm\\_source=newsletter&utm\\_medium=email&utm\\_term=Read+more&fbclid=IwAR1rtFi1uytUhcpAOT\\_14KZ6pN1\\_CvzecNQxuoP9pfPlyJOIKet0myxe5z4](https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more-35765?sc_src=email_1781336&sc_lid=131849624&sc_uid=E9XMkMdAJd&sc_lid=79845&sc_eh=90c96067707bdfbc1&utm_campaign=UK_2020_12_We_newsletter_all_all_20200318&utm_source=newsletter&utm_medium=email&utm_term=Read+more&fbclid=IwAR1rtFi1uytUhcpAOT_14KZ6pN1_CvzecNQxuoP9pfPlyJOIKet0myxe5z4)

<https://www.facebook.com/AnimalFarmAdventurePark/>

<https://www.google.co.uk/amp/s/robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/amp/>

<https://www.google.co.uk/amp/s/www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours%3famp=true>

<http://www.virtualfreesites.com/museums.museums.html>

<https://www.google.co.uk/amp/s/www.refinery29.com/amp/en-gb/2020/03/9578474/free-virtual-tours-online>

<https://www.google.co.uk/amp/s/www.hellomagazine.com/travel/2020031886508/virtual-tours-museums-galleries-zoos/%3fviewas=amp>

Exercise:

It is important at this time that we keep active. Exercise helps to keep our immunity boosted and impacts on our mental wellbeing too. At present the advice is that we still are able to go out and engage in exercise unless we are in a vulnerable group. While we are still able it is good to go out for a walk, as long as you stick to the advice of social distancing and keep 2 metres apart from other people. There are a lot of videos on YouTube by personal trainers who provide instructions of exercises that can be done at home. Joe Wicks the Body Coach is doing a week day PE class at 9:30am to keep our children moving.

<https://www.youtube.com/user/thebodycoach1>

[https://ownyourgoalsdavina.com/?utm\\_source=google\\_ads&utm\\_medium=search\\_ads&utm\\_campaign=core\\_ongoing&utm\\_content=key\\_terms&gclid=Cj0KCQjw09HzBRDrARIsAG60GP8EQ4z2tIVmJkx4WRP83DxfCGk-RMuE8Tz28KGsr7mOIVnQ\\_X-rQHiaAoYMEALw\\_wcB](https://ownyourgoalsdavina.com/?utm_source=google_ads&utm_medium=search_ads&utm_campaign=core_ongoing&utm_content=key_terms&gclid=Cj0KCQjw09HzBRDrARIsAG60GP8EQ4z2tIVmJkx4WRP83DxfCGk-RMuE8Tz28KGsr7mOIVnQ_X-rQHiaAoYMEALw_wcB)

## Mediation / yoga

Engaging in mediation and yoga is a good to promote our physical and mental wellbeing. Meditation and yoga help to boost our immune system and help us fight infections. During these stressful times it can also help boost our mental health. There are lots of yoga videos on YouTube and should select those videos that are in line with your experience and levels of fitness. Robert Rivest is a laughter Yoga instructor and you may find this helpful on days where your frustration levels may be high to start boosting the body's feel good hormones.

<https://www.youtube.com/user/yogawithadriene>

<https://www.youtube.com/user/robertrivest>

<https://breathworksummit.com/?WickedSource=Facebook&WickedID=6164735213868>

## Reading:

I have listed resources here that are for adults and children. Reading can be a solitary or group activity. You can make art and crafts around stories, finger puppets etc... Twinkl is great for these types of resources. Audible are giving a free service at the moment.

<https://stories.audible.com/start-listen>

Astronauts are reading stories from space for children!

<https://storytimefromspace.com/>

[https://gb.readly.com/mar-20?utm\\_source=facebook&utm\\_medium=paid\\_social&utm\\_campaign=UK-prospecting-starttrial-broad-bb&utm\\_content=UK-image-garden-freetrial-broad](https://gb.readly.com/mar-20?utm_source=facebook&utm_medium=paid_social&utm_campaign=UK-prospecting-starttrial-broad-bb&utm_content=UK-image-garden-freetrial-broad)

[https://tv.historyhit.com/signup/package?utm\\_source=facebook&utm\\_medium=paid\\_social&utm\\_campaign=free\\_trial&utm\\_term=mid\\_funnel](https://tv.historyhit.com/signup/package?utm_source=facebook&utm_medium=paid_social&utm_campaign=free_trial&utm_term=mid_funnel)



[https://www.jstor.org/stable/23265318?Search=yes&resultItemClick=true&searchText=Alice&searchText=diamond&searchText=and&searchText=the&searchText=forty&searchText=thieves&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DAlice%2Bdiamond%2Band%2Bthe%2Bforty%2Bthieves%26amp%3Bacc%3Doff%26amp%3Bwc%3Don%26amp%3Bfc%3Doff%26amp%3Bgroup%3Dnone&ab\\_segments=0%2Fbasic\\_SYC-5055%2Fcontrol&refreqid=search%3A6112d56e5e61a58a4c1a5ce6e737f72f&seq=1](https://www.jstor.org/stable/23265318?Search=yes&resultItemClick=true&searchText=Alice&searchText=diamond&searchText=and&searchText=the&searchText=forty&searchText=thieves&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DAlice%2Bdiamond%2Band%2Bthe%2Bforty%2Bthieves%26amp%3Bacc%3Doff%26amp%3Bwc%3Don%26amp%3Bfc%3Doff%26amp%3Bgroup%3Dnone&ab_segments=0%2Fbasic_SYC-5055%2Fcontrol&refreqid=search%3A6112d56e5e61a58a4c1a5ce6e737f72f&seq=1)

[https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D&fbclid=IwAR2NhVzbiFvjQpkWwLt81NBrhLnaIZuFLBRZ4MJyqfUvkzy1wSPJXG\\_XuNM](https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D&fbclid=IwAR2NhVzbiFvjQpkWwLt81NBrhLnaIZuFLBRZ4MJyqfUvkzy1wSPJXG_XuNM)

## E-training/learning

Whilst we are home more than is typical it might be the perfect time to gain some new skills and knowledge. This might be something that you want to invest money in and if that is the case then the New Skills Academy does a lot of affordable courses in a range of subjects. Some of their courses are free and others are eligible for Advanced Learner Loans. Listed below are selection of free courses that I could find, this list is not exhaustive.

<https://www.open.edu/openlearn/free-courses>

<https://www.futurelearn.com/courses>

[https://pages.jayshettycoaching.com/mdlsc-fb/?utm\\_source=facebook&utm\\_medium=ppc&utm\\_campaign=oWeb%3A+Cold%3A+FB%2BIG+Feed%3A+Webinar%3A+Interests+1&utm\\_content=Ad+1%3A+HL1%3A+WhiteBack&utm\\_term=oReg%3A+FB+Feed%3A+Main+5%3A+Tony+Robbins&ad\\_id=23844304345570447](https://pages.jayshettycoaching.com/mdlsc-fb/?utm_source=facebook&utm_medium=ppc&utm_campaign=oWeb%3A+Cold%3A+FB%2BIG+Feed%3A+Webinar%3A+Interests+1&utm_content=Ad+1%3A+HL1%3A+WhiteBack&utm_term=oReg%3A+FB+Feed%3A+Main+5%3A+Tony+Robbins&ad_id=23844304345570447)

## Socialising

This is going to be the hardest aspects of self-isolating and social distancing. Humans are inherently social creatures and we need each other and our communities to feel connected and promote our physical and emotional wellbeing. Most of us have smartphone and internet connection and this is what will get us through these trying times. Keep in contact with your friends and family, call them, text, Facetime or video call them. We are going to have to think of new and novel ways of keeping connected and reducing our feelings of isolation. Famous and local bands are providing some live music through Facebook, you can create watch parties and watch

these with your friends and family. Netflix has an add on for a Netflix Party so that you can join friends and loved ones in watching a film or series together. If you are feeling low, then please reach out and connect with friends, family or someone that you are comfortable talking to via social media. If you do not have anyone to talk to the you will find listed below some helplines that will be there to support, you and your mental health during this time.

<b>LIFELINE (Cambs)</b>	<u>0808 808 2121</u>	7 – 11pm daily
<b>SANELINE</b>	<u>0300 304 7000</u>	4:30 to 1030pm daily
<b>ANXIETY UK</b>	<u>03444 775 774</u>	930 to 530 (excl B/H)
<b>The MIX – Under 25s</b>	<u>0808 808 4994</u>	4 – 11pm daily
<b>CHILDLINE</b>	<u>0800 1111</u>	Website has many resources e.g. for deaf, English as 2 <sup>nd</sup> Lang etc.
<b>SILVERLINE – older people</b>	0800 470 80 90	ANYTIME
<b>C.A.L.M. (Men)</b>	0800 58 58 58	5pm to midnight
<b>SAMARITANS</b>	116 123	ALL DAY, EVERY DAY OF THE YEAR
<b>NO PANIC</b>	<u>0844 967 4848</u>	10am to 10pm calls charged 5ppmin.
<b>Youth Helpline</b>	<u>0330 606 1174</u>	
<b>OCD ACTION</b>	<u>0845 390 6232</u>	Not immediate support – if busy will call back in 48 hrs. <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a>
<b>SUPPORT LINE</b>	<u>01708 765200</u>	NOT A CRISIS LINE - Emotional support to any individual on any issue.

A poem to explain Coronavirus to our children, author is unknown.

The time we spring cleaned the world 🌍

The world it got so busy,  
There were people all around.  
They left their germs behind them;  
In the air and on the ground.

These germs grew bigger and stronger.  
They wanted to come and stay.  
They didn't want to hurt anyone -  
They just really wanted to play.

Sometimes they tried to hold your hand,  
Or tickled your throat or your nose.  
They could make you cough and sneeze  
And make your face as red as a rose.

And so these germs took over.  
They started to make people ill,  
And with every cough we coughed  
More and more germs would spill.

All the queens and kings had a meeting.  
"It's time to clean the world up!" they said.  
And so they had to close lots of fun stuff,  
Just so these germs couldn't spread.

We couldn't go to cinemas  
Or restaurants for our tea.  
There was no football or parties,  
The world got as quiet as can be.

The kids stopped going to school,  
The mums and dads went to work less.  
Then a great big giant scrubbing brush  
Cleaned the sky and the sea and the mess!

Dads started teaching the sums,  
Big brothers played with us more,  
Mums were in charge of homework  
And we read and played jigsaws galore!

The whole world was washing their hands

And building super toilet roll forts!  
Outside was quiet and peaceful,  
Now home was the place for all sports.

So we played in the world that was home  
And our days filled up with fun and love,  
And the germs they grew smaller and smaller  
And the sun watched from up above.

Then one morning the sun woke up early,  
She smiled and stretched her beams wide.  
The world had been fully spring cleaned,  
It was time to go back outside!

We opened our doors oh so slowly  
And breathed in the clean and fresh air.  
We promised that forever and always  
Of this beautiful world we'd take care!

I hope you find these resources helpful and please let me know if have  
come across other resources and I will add them.

Take care of yourself and your loved ones.

