Learning

- Kahoot Learning Platform
- 123 Homeschool for Me
 - Black Box Education
 - BBC Bitesize
 - Audible stories
- (Virtual visits (museums, zoos)

Lego

Connect

- Write
- Call
- Text
- Email
- -Videoca LOVE

Grow

TEDtalk:

- <u>A life lesson from volunteer</u> firefighter
 - Dare to dream big
- Nature. Beauty. Gratitude
- How I harnessed the wind

Tedtalks Just for adults:

- Talks by Brene Brown
- Oprah's SuperSoul Conversations
- Book 'Man's search for meaning'

Calm

- CALM App
- Butterfly Hug
- Grounding:
- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you can taste

Move

- <u>Yoga with Adriene</u>
- The Body Coach PE
- Cosmic Kids Yoga
- Les Mills Classes
- Go Noodi

Health and Wellbeing

Activities

Some creative ideas to keep the kids busy and the adults too!