

# Healthy Children and Young People at Home

Southwark's "Healthy Schools" bulletin provides ideas on how to keep your children and young people fit, healthy, happy and busy while they are home-schooled.

## Education ideas

### BBC Bitesize

This excellent and free website includes fun games and interactive lessons for all key stages on all subjects. And over the next coming weeks, BBC Bitesize will make available daily content to support children with their education and wellbeing while schools are closed.

[Learn More](#)

### LEARN: with BBC Teach

The BBC Teach website is home to thousands of free educational videos, guides and audio clips, as well as an archive of spectacular Live Lessons. The clips are carefully crafted to fit the needs of your curriculum.

[Learn More](#)

## Healthy body & mind ideas

### ACTIVE: Joe's PE

Children need 60 minutes of physical activity every day. Keep your child active at home with Joe Wicks' free PE lessons streamed live every weekday at 9am on his YouTube channel, The Body Coach TV.



[Learn More](#)

## CREATE: a daily schedule

Create a daily schedule with your child. Use a whiteboard, card board or blank printer paper, or print out an outline daily calendar template. Take turns being the one who decides what to do during each block of time.



[Learn More](#)

## EXERCISE: Dance-Alongs

Get your child's heart racing before their lessons today with Disney Dance - Alongs. This Girl Can has partnered with Disney to put together dance routines so parents and kids can move to the songs they love.



[Learn More](#)

## EAT: a tasty recipe

Discover hundreds of recipes on the Change4Life website. These tasty recipes for kids are healthy, quick and easy to make. Help your child to make one of the lunch recipes today such as the Pizza Pitta Face.



[Learn More](#)

## EAT: a tasty recipe

The Great Grub Club website has healthy, tasty and fun recipes for kids to make. Make one of the recipes in the evening or at lunchtime such as the beetroot and chocolate muffin recipe. This website also has exercise ideas, gardening activities and healthy eating quizzes.



[Learn More](#)

## EXERCISE: with Fitness Blender

Get the children active with this 25 minute fun workout for children. The routine runs through 3 different games to burn off excess energy, increase balance, endurance, bone density and strength.



[Learn More](#)

## EAT: with Jamie Oliver

Get the kids to help you cook one of Jamie Oliver's 5 ingredient recipes. These recipes are quick, nutritious and only require 5 ingredients which is ideal for getting in and out of the supermarket quickly. We like the Super Easy one-pan fish that is ready in 15 minutes.



[Learn More](#)

## Evening entertainment

### MAKE: potato stamps

Make stamps out of potatoes. Carve out a shape into a potato with a pairing knife. Brush on paint and then stamp onto paper to make wall art, cards and gift wrap.



[Learn More](#)

## WATCH: zoo animals

Watch animals live on zoo webcams across the world, such as [the African plains](#), [elephants](#) and [penguins](#). Check out links to several zoos and other virtual field trips here.



[Learn More](#)



[Learn More](#)

## VISIT: a museum virtually

Your child can visit museums across the world virtually such as the National History Museum in London, The Louvre in Paris and the Metropolitan Museum of Art in NYC.



[Learn More](#)

## MAKE: Kids Art Spot

Kids can have virtual art classes with Kids Art Spot. Let them get creative while you get dinner ready or sit down and enjoy the art activity together. There is a free 14 day trial.



[Learn More](#)

## LEARN: a new language

Learn a new language for free with the Duo lingo app or website. Makes learning a language easy, quick and enjoyable with quizzes, rewards and leader boards. There are over 30 languages to choose from



[Learn More](#)

## MAKE: with YouTube Kids

YouTube Kids has an extensive range of videos to ignite your child's inner creativity and playfulness. It has everything from learning how to build a model volcano to making slime and everything in between



[Learn More](#)

## LEARN: Mindfulness

Kids (and their parents) can learn fun, engaging activities that teach them the basics of mindfulness with the Headspace for kids app. Practice breathing exercises, visualizations and even focus-based meditation. This app is available to try for free.

For now, there are five themes for kids to explore:

- Calm
- Focus
- Kindness
- Sleep
- Wake up

Learn More

Kids will use their imagination to practice a relaxed, precise kind of focus.

## MAKE: with Red Ted Art

If you are looking for easy crafts for your children to do with things that you have around the home, the Easy Crafts section of the Red Ted Art website has a wealth of craft ideas and templates. Make pop-up cards, gifts, decorations and much more.



Learn More

Have fun – and feel free and email us on [standardsteam@southwark.gov.uk](mailto:standardsteam@southwark.gov.uk) if you would like to share other enjoyable activities.

A huge “thank you” goes to the Healthy Schools Team at Ealing Council as well as to Southwark’s Business Support Team, for pulling all this together.