



Healthy Children and Young People at Home

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



Education ideas

LEARN: with Mystery Science

Mystery Science offers open-and-go lessons that inspire kids to love science. The hook, visuals, and activity have all been prepared for you. Free memberships available to teachers who haven't tried Mystery Science. Home school free memberships available for the first two Mysteries in each unit.

[Learn More](#)

LEARN: with Time Table Rock Stars

In either paper form or online, Times Tables Rock Stars is a carefully sequenced programme of daily times tables practice for primary and secondary pupils. Each week concentrates on a different times table to improve times tables recall speed. The company is currently offering free access for all schools closed due to the coronavirus.

[Learn More](#)

LEARN: with Public Health England

Guidance for parents and carers on supporting children and young people's mental health and wellbeing produced by Public Health England. It offers advice to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

[Learn More](#)

Healthy body & mind ideas

MAKE: Wheel of coping skills

A big part of what we do with children is teach them safe and appropriate ways to cope and express themselves. The wheel of coping skills activity encourages children to identify coping skills that work for them in various situations.



[Learn More](#)

EXERCISE: Cosmic Kids Yoga

Cosmic Kids Yoga makes yoga and mindfulness fun for kids through stories that kids love. Kids can choose several magical settings which include Harry Potter, Frozen, and Moana yoga! Alternatively, kids can choose Cosmic Kid's Zen Den.



[Learn More](#)

MAKE: healthy fish and chips

Most school meal children would be enjoying a healthy version of fish and chips at school today so why not make fish and chips for dinner tonight with the kids. This healthy and tasty recipe from Change4Life is easy to make and only take 20 minutes.



[Learn More](#)

EXERCISE: with PSYCLE

Keep active and healthy throughout lockdown with a whole range of brilliant workouts being livestreamed for free during the week from PSYCLE. Sessions run every Monday, Wednesday, and Friday at 1:30pm (don't worry; you can also do them later in your own time).



[Learn More](#)

Evening entertainment

WATCH: National Theatre live

The Southbank institution has the world's greatest treasure trove of live theatre recordings from the last ten. Now, one will be released per week to stream for free on its YouTube channel, kicking off at 7pm GMT on Thursday April 2nd with the brilliant 'One Man, Two Guvvners' starring James Corden.

[Learn More](#)



WATCH: Bread baking tutorial

Bread Ahead, the bakery school, is providing free online tutorials every day at 2pm on its Instagram page for anyone who wants to get their hands dirty kneading in the kitchen. Bakers, ready your rolling pins. Non-bakers: there's a first time for everything. To see there daily schedule of tutorials here



[Learn More](#)

WATCH: the Northern Lights

Churchill, Manitoba is one of the best spots on Earth to catch sight of the Northern Lights. But since we can't be there right now, Explore is bringing the show to you with a livestream of the Aurora Borealis. You can also watch live footage of whales, lion, space and much more with Explore.

[Learn More](#)



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

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