

# Healthy Children and Young People at Home

*Southwark's "Healthy Schools Bulletin Five" 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 Family Zone

Family Zone is full of free activities and ideas to keep your child busy at home, whilst also benefiting their reading, writing and language development. Select an age group below to get the latest resources.

[Learn More](#)

### LEARN: with Twinkl

Twinkl website contains a wealth of resources for all key stages on subject area including maths, English, science, geography and history. It also has a home learning section, and a craft and activities section. They currently have a free home learning pack offer to help with home schooling during the coronavirus.

[Learn More](#)

### LEARN: with Scholastic

Get 20 days of free learning with Scholastic Learn at Home website. The educational company has daily courses for students covering all subjects.

[Learn More](#)

## Healthy body & mind ideas

### MAKE: Tuna and bean jackets

Here is a delicious and simple recipe that you can make with the kids for lunch from the Change4Life website. Fill some jacket potatoes with this fresh, colourful, tasty mixture – ideal for lunch or a light meal. Make in 20 minutes.



[Learn More](#)

### EXERCISE: with Disney

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](#)

### MAKE: Granola bars

Try this Jamie-Oliver recipe for a healthy and tasty after-school snack. The best thing about making your own granola bars is you can decide exactly what you include. This recipe uses cranberries and dates.



[Learn More](#)

### EXERCISE: the Great Indoors

Change4Life has created easy-to-follow Shake Up games inspired by your kids' favourite Disney characters. With just a few songs and some simple props, they will soon be throwing some superhero shapes, dancing in the jungle, hopping hippos and herding sheep!



[Learn More](#)

## EXERCISE: With Joe Wicks

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](#)

## MAKE: tomatoes on toast

Here is a delicious recipe that you can make with the kids for lunch from the Change4Life website. You won't be able to resist the delicious aroma of these herby baked tomatoes! Prepare in 5 minutes



[Learn More](#)

## MAKE: Your £15 free School Meal Voucher Go Further at Home

Bite Back 2030 has put together a guide to what you need to know about claiming; a simple shopping list and some easy meal ideas that will hopefully help families.



[Learn More](#)

## British Cycling

Launched a daily activity calendar to keep kids moving and help them to develop new skills, as millions across Britain adjust to life out of school.



[Learn More](#)

## Evening entertainment

### LISTEN: to audiobooks

Audible has made hundreds of fantastic audiobooks available for free, and this week announced that Harry Potter and the Philosopher's Stone, read by Stephen Fry, would be joining the collection of freebies.



[Learn More](#)

### MAKE: Toilet roll zoo animals

Not sure what to do with all those loo rolls? Why not get the kids to make these cute **zoo animal toilet paper roll crafts**! Little hands can easily assemble these adorable zoo animals.



[Learn More](#)

### READ: Marvel comics

Marvel is making dozens of comics available for free on its Marvel Unlimited app. Stories about the Avengers, Spider-Man, Captain America, Captain Marvel and more will be available for the rest of April. Just download the free Marvel Unlimited app and tap 'free comics'.



[Learn More](#)

### MAKE: Milk carton bird feeder

In the theme of Earth Day, here is an eco-friendly craft activity for the kids to do in the evening. This activity makes use of the milk cartons you may have in your recycling bin. Easy to make and with a bit of luck, your child's bird feeder will attract some birds.



[Learn More](#)

## EXPLORE: 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: Milk carton planter

This DIY planter is an environmentally friendly craft that can help teach your little gardeners to embrace their green thumbs while learning about upcycling.



[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” to the Healthy Schools Team at Ealing Council as well as to Southwark’s Business Support Team, for pulling all this fun together.*