

Ways to keep the children occupied while you are self-isolating

Website and brief description	Link
<u>BBC Bitesize</u> Explore hand-picked videos, articles, games and quizzes for primary and secondary students.	https://www.bbc.co.uk/bitesize
<u>Book trust</u> Find lots of lovely interactive books to read or watch online.	https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/
<u>Rock and Learn</u> Head over to YouTube for an entire playlist of foreign language videos that will help your child learn a new language.	https://www.youtube.com/playlist?list=PLjHgrj6tC7AYARa0e-9TWMEsObbiLBf5
<u>Solihull Active</u> Some of the best ideas and tips to help you and your family get active at home.	https://www.solihullactive.co.uk/stay-active-while-at-home/
<u>Change 4 Life</u> A variety of sports and activities to get the children moving.	https://www.nhs.uk/change4life/activities/sports-and-activities
<u>Craft ideas</u> 50 fun and easy craft ideas for children that can mostly be done with everyday items you have around the home.	https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/
<u>Cosmic Kids Yoga</u> Interactive adventures which build strength, balance and confidence.	https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_gbQ
<u>Time capsule</u> Create a time capsule with your children that tell the story of Covid-19.	https://www.goodtoknow.co.uk/family/things-to-do/covid-19-time-capsule-538121
<u>Science experiments</u> Fun and easy Science experiments you can do at home.	https://www.sciencefun.org/kidszone/experiments/
<u>Easy baking recipes</u> Try a simple baking recipe for sponge cakes, cupcakes, traybakes and biscuits.	https://www.bbcgoodfood.com/recipes/collection/easy-baking-recipes