

A collection of online resources to keep you and the kids active and entertained during lockdown

How to go out when you have to stay in

**NEU
microsite for
parents and carers**

The NEU has launched a microsite for parents and carers to provide advice, latest news and recommended resources to keep children engaged.

coronavirusandschools.org.uk

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Culture & entertainment

Comedy

Free comedy

Lots of big names including Robin Ince, Al Murray and Josie Long are playing the Stay at Home Festival. Shows are live and free to watch, though donations are encouraged.

- ☉ cosmicshambles.com/stayathome

Drawing

Draw with Rob

Award-winning book illustrator Rob Biddulph is sharing draw-along videos Tuesday and Thursday on his Twitter feed.

- ☉ @RobBiddulph

Games

Playing cards

This website allows you to play a range of games – not just card games – remotely.

- ☉ playingcards.io

Museums and tourist sites

Anne Frank House

The Anne Frank House has a fabulous suite of online resources, including a series of gripping dramatised video diaries.

- ☉ annefrank.org/en/museum/web-and-digital

Art UK

Every publicly owned artwork in the UK, digitised.

- ☉ artuk.org

British Museum

Search more than four million object records online, take virtual tours and visit the school resources pages which cover all areas of the curriculum from ages 3-18.

- ☉ britishmuseum.org

Google Arts & Culture

Take virtual tours of hundreds of galleries around the world, watch videos and look at works of art online.

- ☉ artsandculture.google.com

National Gallery

The gallery is home to 2,300 publicly owned paintings, watercolours, drawings and other European

art from the 13th to the mid-20th century. There are seven exhibition spaces of Renaissance art to explore as well as the Central Hall in the 360-view virtual touring pages, from portraits to large dramatic altarpieces.

- ☉ nationalgallery.org.uk

Other sites offering virtual tours include:

Buckingham Palace, London

- ☉ royal.uk/virtual-tours-buckingham-palace

Egyptian Pyramids

- ☉ tripsavvy.com/virtual-field-trip-pyramids-1259200

Guggenheim, Bilbao

- ☉ guggenheim-bilbao.eus/en

The Louvre, France

- ☉ louvre.fr/en

Machu Picchu, Peru -

- ☉ youvisit.com/tour/machupicchu

National Archaeological Museum, Greece

- ☉ namuseum.gr/en

Palestine Museum

- ☉ palmuseum.org/ehxibitions/virtual-exhibitions

US Holocaust Memorial Museum

- ☉ ushmm.org/information/exhibitions/online-exhibitions

Women's History Museum, Virginia

- ☉ womenshistory.org/womens-history/online-exhibits

Music

Grammy Museum

Concerts, interviews, exhibitions and films from and about Grammy award-winning musicians past and present. A schools programme for teaching music history at home is also available.

- ☉ grammymuseum.org/museum-at-home

Montreux Jazz Festival

More than 50 festival concerts available to stream for free, including performances by Ray Charles, Wu-Tang Clan, Johnny Cash, Nina Simone, Marvin Gaye,

Deep Purple, Carlos Santana and more. Available for free for 30 days from registration.

☉ montreuxjazzfestival.com/en/50-concerts-to-stream/

OperaVision

The European Commission-supported OperaVision is supplying free opportunities to watch top-tier performances filmed at the highest quality level, with new shows released weekly on top of a massive back catalogue.

☉ operavision.eu/en

Royal Opera House

The Royal Opera House has created a schedule of live broadcasts and on-demand opera and ballet productions.

☉ roh.org.uk/streaming

Social Distancing Festival

A directory of all concerts, readings, lectures and events being live streamed from around the world.

☉ socialdistancingfestival.com/live-streams

Stageit

A collection of online gigs you can stream – not all of them are free but they say the money you pay goes to the artist.

☉ stageit.com

Stay at Home Fest

A central hub and schedule for music events happening online during the pandemic. Sign up for daily updates.

☉ stayathomefest.com

Storytime

BBC Sounds

More than 100 short stories are available to listen to for free as well as many books such as *Kidnapped* by Robert Louis Stevenson and *Silas Marner* by George Eliot. There are also 15 children's stories, including *The Children's Joke* by Louisa May Alcott and *Finn and the Scottish Giant* by Harold F Hughes.

☉ bbc.co.uk/sounds/category/audiobooks

Neil Gaiman

Author Neil Gaiman reads his books including *The Graveyard Book* and *Coraline*.

☉ mousecircus.com/videos

Streaming

Not sure where to look for a film or programme you want to watch? This website, which also offers an app, helps you locate it.

☉ reelgood.com

Theatre

BBC's Culture of Quarantine

The BBC has launched this scheme to run while arts venues are locked down. Six of the Royal Shakespeare Company's most recent productions will be broadcast on BBC Four and will be available on BBC iPlayer.

The BBC is also collaborating with The Space to present new filmed recordings of Mike Bartlett's *Albion*, Emma Rice's *Wise Children* and Battersea Arts Centre's *Frankenstein*, as well as BalletBoyz's new piece *Deluxe*. On top of this, Russell T Davies' TV version of *A Midsummer Night's Dream* and Anthony Hopkins' *King Lear* will be repeated.

David Greig's new play *Adventures with the Painted People*, set 2,000 years ago in Pitlochry, will premiere on BBC Radio 3. Bryony Kimming's investigates the relationship between opera and motherhood in *Opera Mums*, while Margaret Atwood and Mary Beard will present a new puppetry show created by Atwood in response to an Edgar Allan Poe tale.

☉ bbc.co.uk/arts

Cookies

Inspired by real-life stories and experiences, this play about cyber safety was first performed in the West End in 2017. Available for free online, the show follows the lives of eight teenagers and is about the positive and negative experiences young people can face online. Available with accompanying educational resources.

☉ masterclass.org.uk/view/cookies-the-film

National Theatre at Home

Join the National Theatre every Thursday for much-loved National Theatre Live productions, free to stream on YouTube for seven days.

☉ bit.ly/2JPfsfB



Cookies performed in the West End in 2017



Edward Watson in *The Metamorphosis* © Royal Opera House Tristram Kenton, 2011

Patrick Stewart's Shakespeare Sonnets

British actor Sir Patrick Stewart has decided to read one Shakespeare sonnet a day and stream his reading via Instagram. Shakespeare wrote 154 sonnets so Sir Patrick should be going for some time yet. You can watch previous days' performances on his Instagram page.

☉ [instagram @sirpatstew](https://www.instagram.com/sirpatstew)

Shakespeare's Globe Theatre

Six Globe productions will be shown for free via their YouTube channel, one at a time, on rotation every two weeks. They also come with additional online resources including downloadable programs and interviews with the cast.

☉ shakespearesglobe.com/watch

Wind in the Willows

The producers of the hit West End show have made *The Wind in the Willows the Musical* available to stream online for £2.99. Kenneth Graeme's book and an activity pack are available on the website for free.

☉ willowsmusical.com

Keeping kids busy



Activities and games

Adventures at home

Activities for all ages created by Girlguiding.

🌐 bit.ly/3ebzleS

Artful Parent

Provides creative activities to do with your kids at home.

🌐 facebook.com/artfulparent

BBC Bitesize

BBC Bitesize are publishing online lessons daily for all ages. They also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of interesting videos on iPlayer.

🌐 bbc.co.uk/bitesize

BrainPOP

An educational resource centre covering a variety of subjects and ages globally. Free access during school closures.

🌐 brainpop.com

Busy Toddler

Forty indoor activities for toddlers.

🌐 busytoddler.com/2020/03/indoor-activities

CBeebies Radio

Listening activities for the younger ones.

🌐 bbc.co.uk/cbeebies/radio

Chess

Education charity Chess in Schools and Communities (CSC) have teamed up with ChessKid to get a million primary school children playing chess this year. Schools can apply for free ChessKid Gold subscriptions.

🌐 chessinschools.co.uk

Classroom Secrets

A range of free resources for primary school aged children.

🌐 kids.classroomsecrets.co.uk

Colouring books

Downloadable free colouring books from 113 different museums.

🌐 openculture.com/2019/02/download-free-coloring-books-from-113-museums

Create your own museum

National Museums Liverpool has launched a special project, My Home is My Museum, encouraging children aged 4-11 to create their own museum from

objects in their home.

🌐 liverpoolmuseums.org.uk/my-home-my-museum

Creativebug

Offers online video arts and crafts workshops and techniques. Learn how to paint, knit, crochet, sew, screen print, and more.

🌐 creativebug.com

Explore more

This innovative website gives children a story structure which is a springboard for further creative activities. The first three chapters of the first story, Troll Hunters, are free but those who want to access the next chapters and upcoming new stories will have to join for £10.

🌐 explore-more.org

Great Indoors

A wide range of indoor activities brought to you by the Scouts.

🌐 scouts.org.uk/the-great-indoors

Keeping Early Years Unique

A good digest of materials and ideas for the 0-5s which won't overwhelm your printer

🌐 keyu.co.uk/new-learning-at-home-together

Lanes for Drains

A game you can print at home, Pipes & Ladders is a board game with an educational twist that teaches young people about fatbergs and plastic pollution.

🌐 lanesfordrains.co.uk/global/news/pipes-and-ladders-board-game

Lego games

Lots of videos and activities.

🌐 lego.com/en-gb/kids

Otherwise Education

Resources on poetry and creative writing, and primary geography.

🌐 otherwiseeducation.com

Oxford Owl for Home

Lots of free resources for primary school age.

🌐 home.oxfordowl.co.uk

Pobble 365

One free resource every day of the year. With beautiful images and photographs to inspire discussions and activities covering a variety of subjects.

🌐 pobble365.com

Steam Company

Steam Company have unveiled #CommunityLockIn – three months of activities involving online video events, a UK Arts Takeover and the #Rocket Kids Club, “a safe and creative online community for kids and creative carers”.

🌐 steamco.org.uk

Books and authors

Audible

Audible has made hundreds of its audiobooks free to help parents looking to entertain their kids. Divided by age and category, a variety of stories are available to stream including titles across six languages.

🌐 stories.audible.com/start-listen

BookTrust

Enjoy storytime with free online books and videos, play games, win prizes, test your knowledge in book-themed quizzes, or even learn how to draw some of your favourite characters.

🌐 booktrust.org.uk/books-and-reading/have-some-fun

CBeebies Bedtime Stories

There are dozens of episodes of CBeebies Bedtime Stories on iPlayer.

🌐 bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories

Oliver Jeffers

Best-selling author Oliver Jeffers is reading one of his books live on Instagram every day and talking about how he wrote them. Videos of previously read stories are on his website.

🌐 oliverjeffers.com/abookaday

Picture Book Author Events Online

Enjoy live storytelling by children's authors.

🌐 facebook.com/AuthorEventsOnline

The School Library Association

A collection of SLA resources including up-to-date links for online author events, digital escape rooms, online books and activities.

🌐 sla.org.uk/school-closure-resources

Storyline Online

Children's stories read by well-known celebrities.

🌐 storylineonline.net

The World of David Walliams

Free fun activities based on the comedian's stories.

🌐 worldofdavidwalliams.com/activities

#unitedbybooks

A social platform to share children's reading tips, activities and content to support the millions of families around the UK spending more time at home. New content will be pushed out every week for children from pre-school age up to years 7 or 8.

🌐 Search #unitedbybooks on Twitter or Instagram

Coding

Blockly

Learn computer programming skills – fun and free.

🌐 blockly.games

Code Monster

Particularly useful for kids, Code Monster features two adjacent boxes. One displays code, the other shows what the code does. As you play with the code (with some help from a prompt), you learn what each command does.

🌐 crunchzilla.com/code-monster

Code.org

This non-profit foundation's website is an excellent starting point for coding novices. Be sure to watch the inspirational video on the main page. The current iteration features some of the biggest names in tech talking about how they got started in coding.

🌐 code.org

Scratch

Creative computer programming.

🌐 scratch.mit.edu/explore/projects/games

Communities

Family lockdown tips and ideas

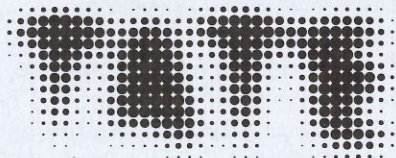
A new Facebook community with tips particularly geared towards families in lockdown.

🌐 facebook.com/groups/871176893326326

Home workouts for lockdown

This group shares live exercise videos and nutrition tips for families stuck in their homes.

🌐 facebook.com/groups/141368677202953



A dedicated website about art from Tate for ages 5-13. Here kids can play games, do quizzes, watch videos about art and be inspired to make their own creations at home. There are exciting interactive activities and kids can share their own artwork with other children around the world in the online gallery. There are also crafty activities to do offline in the Make section.

🌐 www.tate.org.uk/kids

* Tate Kids would love your feedback on the site and activities. Please follow this QR code to their short survey or email any thoughts you'd like to share to kids@tate.org.uk



TedEd

All sorts of engaging educational videos.

🌐 ed.ted.com

TTS

A choice of free workbooks for primary aged children.

🌐 tts-group.co.uk

Children with Cancer

This charity, which supports the 12 children diagnosed with cancer in the UK every day, offers your child the chance to fundraise from home with its Mini Superhero Challenge.

📍 bit.ly/2VuPund

Cooking

Cooking with Kids

Jamie Oliver has created a free series dedicated to cooking with kids. Find it on his YouTube channel.

📍 youtube.com/user/JamieOliver

Theo Cooks

Live cookalongs with Theo Michaels on Mondays, Wednesdays and Fridays.

📍 instagram.com/theocooks

History

HistoryHit.TV

Various collections, including History Hit Kids, some free to download.

📍 tv.historyhit.com/signup/package

History Storytime

Podcast for primary school age children. Explore history with seven-year-old Sophie, four-year-old Ellie and their father.

📍 historystorytime.podbean.com

Languages

Duolingo

Learn languages for free. Web or app.

📍 duolingo.com

Maths

Mathletics

Free trial available on this maths website during school closures.

📍 mathletics.com/uk

The Maths Factor

Make maths fun with Carol Vorderman.

📍 thematbsfactor.com

NRich

Maths-based games and activities for learners aged 3-19.

📍 nrich.maths.org

Music

Myleene's Music Klass

Learn music with Myleene Klass and her daughters.

📍 bit.ly/2Xzc1Sv

Making music fun

Free online music lesson videos for kids (and adults) from master musicians for a whole range of instruments.

📍 bit.ly/2z0rWz1

Learn guitar

Get free online guitar lessons including a complete beginners' guitar course with audio, videos and text music resource.

📍 justinguitar.com

Learn to sing

Learn to sing with vocal exercises for singers aimed at the complete beginner: learn ear training, pitching exercises, breathing and vocal health.

📍 vocalist.org.uk

Great British Home Chorus

Gareth Malone has launched a digital music project to enable people to sing together while they are social distancing during the coronavirus outbreak. Subscribe to his YouTube channel.

📍 youtube.com/user/deccamusic

Nature

Pawprint Badges

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

📍 pawprintbadges.co.uk

National Geographic Kids

Activities and quizzes for younger kids.

📍 natgeokids.com/uk

Nature activities

The Woodland Trust has come up with activities for families in their homes and gardens.

📍 woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/

RSPCA

Free games and educational resources from the Royal Society for

the Prevention of Cruelty to Animals. The activities and interactive resources are a fun way to learn about animal welfare.

📍 education.rspca.org.uk

San Diego Zoo

Go on a virtual trip to the zoo.

📍 kids.sandiegozoo.org/animals

Switch Zoo

Animal games and activities.

📍 switchzoo.com

Water safety course

West Mercia Search & Rescue are running a free online water safety course. It should take around 20 - 30 minutes to complete and can be done in bitesize chunks. Once completed students can receive a certificate and come away with an understanding of the hazards of water, safety precautions and rescue techniques.

📍 westmerciasar.org.uk/homeanddry/free-water-safety-online-course

Science

Brains On!

Award-winning science podcast for kids.

📍 brainson.org

Cosmic Shambles

Science-based shows with Prof Brian Cox, Robin Ince and guests.

📍 cosmicshambles.com/stayathome/upcoming-schedule

CREST Awards

Science awards from the British Science Association that you can complete from home.

📍 crestawards.org

Let's go live with Maddie and Greg

Discover the world of science with tv presenters Maddie Moate and Greg Foot.

📍 youtube.com/maddiemoate

Royal Institution

A series of films with ideas for fun, easy and cheap science experiments at home.

📍 rigb.org/families/experimental

Zooniverse

Get involved in one of over 50 active online citizen-powered scientific research projects.

📍 zooniverse.org



Health: mind + body

Dance

Shake it with Oti Mabuse

Strictly Come Dancing star Oti Mabuse is streaming live dance classes from her living room. Learn a new jive dance routine step by step. You can access all the videos and her live streams on her Facebook page. Suitable for the whole family.

📍 @OtiMabuse

Fitness

Couch to 5K

A running plan for beginners, NHS Couch to 5K will help you in nine weeks gradually work up towards running 5K. Download the app to your iOS or android device.

📍 nhs.uk/live-well/exercise/get-running-with-couch-to-5k

Diet Health

A YouTube channel that shares easy home exercise videos and simple health tips that can help you change your lifestyle and improve your overall health. The workouts are mostly under 10 minutes and are led by experienced personal trainers.

📍 youtube.com/user/diethealth

Fitness Blender

More than 500 free workouts ranging from 10-85 minutes, from beginner level to elite athlete, from high-intensity interval training (HIIT) to Pilates, and strength training to bodyweight. They also have a selection of workouts available for kids.

📍 fitnessblender.com

Sweaty Betty

This resource offers online classes that are full of easy exercises to do at home. Sweaty Betty provides yoga workouts, HIIT routines, and many other types for you to try.

📍 sweatybetty.com/workout-videos

10 Today

Ten-minute workouts aimed at older listeners to help keep active. They also have special music mixes such as Pacesetter and new mix Solo Rave for those of all ages looking to workout - or rave - at home.

📍 Listen on BBC Radio 5 live or download the 10 Today podcast.

Tai Chi

Five minutes a day

Daily five-minute tutorials in tai chi, the meditative Chinese martial art known for its flowing movements.

📍 bit.ly/3cihP74

Yoga

Do yoga with me

An array of different yoga teachers offer their own classes, with beginner to advanced and kids' options. Many classes are free but there is also additional provision for subscribers.

📍 doyogawithme.com/yoga-classes

Yoga with Adriene

Free 30-day yoga challenges designed to build yoga practice into your daily routine. Beginner friendly.

📍 yogawithadriene.com

Especially for kids Dance

Diverse Dance Mix & DDMIX for Schools.

Fun inclusive dance fitness program for all ages and abilities. Key stages 1, 2 & 3 schemes of work available.

📍 twitter.com/diversedancemix

Sadler's Wells

A series of online workshops and activities from Dance Theatre Sadler's Wells, for audiences to dance along to in their own homes. The workshops have been specially created for families with younger children now unable to attend nursery or school.

📍 bit.ly/2RvJoC0

PE

Maudesport

Links to free PDFs and online kids' fitness resources, from outdoor Noughts and Crosses to football challenges.

📍 bit.ly/2V0h3b5

PE with Joe Wicks

The Body Coach Joe Wicks has created online PE workouts for kids. You can live stream a new 30-minute PE lesson on YouTube every weekday at 9am. All workouts are then available on his YouTube channel which you can subscribe to for live updates.

📍 youtube.com/thebodycoachtv

Super Movers

A collaboration between the BBC and the Premier League to help get kids moving even in limited spaces. Easy to implement in your own home, it's packed full of fun activities and is curriculum-linked, so you can be sure that they're learning as they stay active.

📍 bbc.co.uk/teach/supermovers

Yoga

Cosmic Kids Yoga

Story-based yoga classes for kids.

📍 youtube.com/user/CosmicKidsYoga

YogaBeez Children's yoga

Bryony Duckett and her 10-year-old assistant are offering free children's yoga classes online. Great for the whole family, you can subscribe to YogaBeez Children's Yoga on YouTube. You can also find them on Facebook and Instagram.

📍 bit.ly/2XvAWq1

Mind

Book of Beasties kit

Children's mental health game developer, Book of Beasties, has released a home learning kit to support children, parents and teachers in isolation.

📍 bookofbeasties.com

Headspace

An app providing a range of meditations and resources to help you sleep. A variety of free meditations are available but a paid subscription is needed to access the full catalogue.

📍 headspace.com

Living Life to the Full (LLTF)

LLTF is an online cognitive behavioural therapy site providing free courses to help manage your mental health and wellbeing. A variety of courses and resources are on offer. The online courses are free, access to accompanying books requires a paid subscription.

📍 lltf.com

Pixel thoughts

A relaxing meditation tool for those moments when it's all too much.

📍 pixelthoughts.co

Silverline

A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. You can also volunteer to help on the Get involved page.

📍 thesilverline.org.uk

YoungMinds

Children and adolescent mental health support resource.

📍 youngminds.org.uk

7 cups

Free emotional support from trained listeners providing online counselling.

📍 7cups.com

Talking to kids about coronavirus

The Clay Center

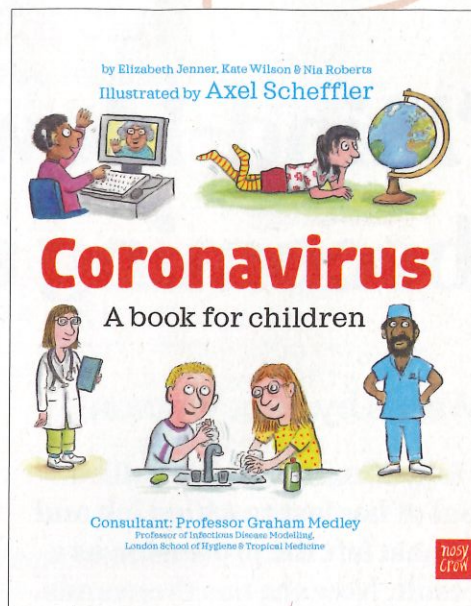
Advice supporting kids through the pandemic

📍 bit.ly/2Vq7L4V

Coronavirus - A book for children

An informative book for children, illustrated by Gruffalo co-creator Axel Scheffler. The book, which is free to read on screen or to print out, explains what the coronavirus is and the measures taken to control it. Answers key questions in simple language appropriate for children aged between five and nine.

📍 bit.ly/2V2w3mM



Save the Children - coronavirus resources

A range of resources to help you and your children during extended periods at home. The education resources are focussed on the American education system, but there are plenty of other fun things to do as well as printable advice and guidance such as: family learning activities, how to talk to kids about coronavirus and how to help kids cope with extended school closures.

📍 bit.ly/2RvoFOP

Unicef blog

How to talk to your kids about Covid-19.

📍 bit.ly/3b4TL7B



Inspire



BBC sound effects

Create your own soundscape with this free archive of 16,000 sound effects – everything from sea lions barking to a rowdy crowd at a boxing match.

🌐 bbcfx.acropolis.org.uk

British Museum

Visit the Museum of the World, an interactive experience through time, continents and cultures, featuring fascinating objects from across human history.

🌐 britishmuseum.withgoogle.com

Exploration of the day

Interesting new art assignments, each day, created by author/artist Keri Smith.

🌐 explorationoftheday.com

Mapcrunch

Who says you can't travel the world during lockdown?

Mapcrunch transports you to a random location anywhere in the world using Google street view. It promises "spectacular scenery, magical moments and the utterly unexplainable".

🌐 mapcrunch.com

Mars

Explore the surface of Mars with images recorded by NASA's Curiosity rover.

🌐 accessmars.withgoogle.com

NASA

The US space agency has made its entire media library public.

🌐 nasa.gov

OpenLearn

Want to learn about art and the Mexican revolution or climate change? Browse the complete catalogue of over 900 free courses on offer from the Open University.

🌐 open.edu/openlearn/free-courses/full-catalogue

The Faces of Facebook

The immense variety of humanity is on display on this website showing more than a billion Facebook profile pictures in a single page. No identifying information is given.

🌐 thefacesoffacebook.com

Zoomquilt

An infinitely zooming image that you could spend an awful lot of unproductive time looking at.

🌐 zoomquilt.org

