

Webpage links

Please find below some webpage links which may be of benefit to you and the children.

Category	Description/Notes/Links
Exercise	<p>HOME A 30 DAY YOGA JOURNEY</p> <p>YouTube video channel with your yoga guru Adriene. Find her here with over 500 videos showing yoga practices varying in length and ability.</p> <p>Also on YouTube (more for adults) is the exercise channel FitnessBlender Search over 500 free workouts by length, difficulty, training type, muscle used, calorie burn and more. Some content is subscription based but lots of free videos to watch.... and take part with. It will give you a good cardio workout with High Intensity Training or try the Pilates instead.</p>  <p> Available for exercise and nutritional advice is Joe Wickes (and lately with Mrs Joe) on YouTube and Facebook. A big favourite with children and families. Fun activities around family life.</p> <p>Don't let the train take the strain, climb all the way to the top of Snowdon but at home (doesn't work too well in a bungalow though). Put on your boots, sign up for free and climb the stairs. Fill in the daily log and see where you are on the board.</p> 
Travel, Culture, excitement and adventure	<p>Although we are unable to move too far from home (essential travel and exercise are allowed) through technology we can still see the world from within our four walls. Take the opportunity to visit zoos around the world, see the wonders of the natural world, take a trip to the Vatican and Louvre, swim with fish, climb (virtual) mountains, look for elephants and giraffes, stand on a Broadway stage or go for a 360° VR ride. Put down the box sets and broaden your horizons! All the world is a stage and there is much to explore. Click on the icons below to see something new!</p>         
Learn something new...	<p> The Open University offers over 900 Free Courses under 8 broad areas of learning. Why not take this opportunity to either learn something new, improve your knowledge or add to your continuous professional development? If you register for free, then on completion of a course you will get a certificate. Give it a try, you have nothing to lose.</p>
75 th Anniversary VE Day	<p>To make your own printable decorations see the Purple Pumkin or download the celebration pack from English Heritage . The Royal British Legion has an excellent website with information and events for the anniversary. The RAF Museums are holding a virtual VE Day 75 Festival and you are invited. If you need to create some meals or cakes for a party see the The 1940s Experiment or The Ministry of Food for some frugal ideas.</p> 