

## Healthy Children and Young People at Home

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



### Education ideas

#### LEARN: PSHE, Mental Health & Wellbeing at home

NEW primary and secondary home learning lesson packs exploring different strategies children can use to help them manage their mental health and emotional wellbeing during this challenging period. And don't forget your free registration as part of Southwark's Healthy Schools Partnership: [www.pshe-association.org.uk/southwark](http://www.pshe-association.org.uk/southwark)

[Learn More](#)

#### LEARN: Maths with Carol Vordeman

The Maths Factor is free for everyone (usually about £2 per week) to support children's continued learning at home for the duration of the UK Schools closure period. The Maths Factor is for years 4 to 12 and matches the national curriculum. Makes learning fun with games, rewards and medals.

[Learn More](#)

#### LEARN: Math with Bedtime Math

In response to the sudden demand for non-screen learning, Bedtime Math has adapted their engaging after-school math activities for kids to enjoy at home. Bedtime Math has free activities, links to research-proven app and fun videos.

[Learn More](#)

## Healthy body & mind ideas

### MAKE: Sweet potato muffins

Try this Jamie-Oliver recipe for a healthy and tasty after-school snack or have for breakfast. These delicious muffins are made with cottage cheese, mixed seeds, spring onions and sweet potato.



[Learn More](#)

### EXERCISE: with GoNoodle

GoNoodle YouTube channel offers a wide range of videos to get kids dancing, jumping and wiggling with the family in the morning, to give students brain breaks throughout the day and just for fun in the evening.



[Learn More](#)

### MAKE: Cheats' calzone recipe

A tasty Change4Life recipe you can make with the kids for lunch. Warm whole wheat wraps hold a delicious Italian-style vegetable mixture, to give a lighter version of a folded pizza.

[Learn More](#)



### EXERCISE: with Sweaty Betty

Work out at home with Sweaty Betty's online fitness classes. With a range of workouts to choose from including dance, yoga and HIIT, you'll be able to find a class to suit your timeframe and fitness level.



[Learn More](#)

## MAKE: Traffic light pizza

Here is a tasty Change4Life recipe you can make with the kids for lunch or dinner. This warm healthy omelette is packed with loads of vegs and is a lunchtime favourite with kids. Easy to quick to make.



[Learn More](#)

## EXERCISE: Fitness Blender

Fitness Blender website offer more than 500 free full-length workout videos including HIIT, yoga and strength-training, as well as meal plans, and helpful health, nutrition and fitness information.



[Learn More](#)

## Evening entertainment

### WATCH: Cirque du Soleil

Enjoy a front row seat to stunning online performance for free. The Montreal-based circus company has launched an online channel called the [Cirque Connect Content Hub](#), where everyone can tune in every week and watch an hour-long performance from the comfort of their own home - without paying a penny.



[Learn More](#)

### LEARN: how to bake

Baking is a relaxing hobby. Even better, it's an important life skill and an opportunity to learn about maths - in baking: measuring, weighing and telling the time. With these biscuit recipe cards, children can make delicious biscuits whilst also practising essential maths skills.



[Learn More](#)

## LEARN: animation

Got some fans of Wallace and Gromit or Shaun the Sheep? Get them involved in some animation! You could go down the more traditional route using playdough and plasticine with some stop-motion effects. Or, for any computer whizzes out there, computer animation could be a fun alternative.



[Learn More](#)

## CELEBRATE: Earth day

We may not be able to go out and enjoy the beauty of our planet at the moment, but we can still appreciate all it has to offer via the world of film. For Earth Day, Into Films have curated a list of the best eco-conscious films available to stream, accompanied by a downloadable resource.

[Learn More](#)



## EXERCISE: The Daily Mile at Home

London Marathon is supporting The **#DailyMileAtHome** and has produced weekly, fun Challenges for schools, families, carers and children to use to encourage 15 minutes of jogging or running outside, in line with Government guidance. New resources available each week, on a Monday.



[Learn More](#)

## LISTEN: podcasts for kids

The best podcasts for kids will spark imaginations, or teach new ideas, or make kids laugh till it hurts. Sometimes, a podcast like [Wow in the World](#) will accomplish all three! See Time Out's list of best podcasts for kids.



[Learn More](#)

## LEARN: Origami

Learn how to make origami with Origami Me. If you've never folded anything before and want to learn how, this site is a great place to start and to get inspiration. There is a giant database of free diagrams and video instructions too.

[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.*