

## **A SELECTION OF ACTIVITIES FROM THE TOWER HAMLETS HEALTHY LIVES TEAM TO VARY YOUR DAY WHILE AT HOME...**

### **Lego: Let's Build Together**

**Aimed at: All**



Are you ready to be creative and use your imagination? LEGO provides a fun activity that provides endless possibilities. #Let'sBuildTogether is the LEGO campaign promoting play as a way to help children, families and communities come together. The

campaign website provides daily LEGO challenges, fun lessons, model making guides and a platform to share creations.

<https://www.lego.com/en-gb/letsbuildtogether>

### **Home Learning inspired by the Tokyo Olympics**

**Aimed at: 5-19**



'Don't stop getting active' is the campaign message from the British Olympic Association and the British Paralympic Association, who have produced free home activities, challenges and cross curricular learning resources for

primary and secondary schools.

**Travel to Tokyo Home Learning-** Get active from home with games and resources for 5-11's

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

**Primary Home Learning-** Curriculum resources for children aged 5-11

<https://www.getset.co.uk/resources/home-learning/primaryhomelearning>

### **Disney Dance-Along!**

**Aimed at: All**

Kim and Brooke's "Under the Sea" from *The Little Mermaid*



This Girl Can have teamed up with Disney to create fun dance-along routines designed to enable the whole family to keep fit together. Routines include those from the Jungle Book, Moana and the Little Mermaid. Additional Disney Dance routines, indoor games and physical activities can be found on the

[Change4Life Website.](https://www.thisgirlcan.co.uk/activities/disney-workouts/)

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

## Marble fun with Tate

**Aimed at:** All- Parental supervision with younger children is advised

**Duration:** 45 minutes



Do you fancy making some gorgeous art? Tate has put together a marbling photo-guide inspired by abstract paintings by German artist Gerhard Richter, who scraped paint across a canvas. Resources needed include paper, shaving foam, washable inks or food colouring and a ruler. This technique can be applied to hand prints, bookmarks, bunting... or anything that sparks your imagination! Go to <https://www.tate.org.uk/kids/make>

## Active 8 – 8 Minute Workouts for Kids



At times it can often be challenging to motivate children to exercise. Joe Wicks has produced a playlist of 8 videos with 8 minute workouts for children. It is really important for our children especially to remain active while they are at home. These short workouts are engaging, fun and uplifting!

<https://www.youtube.com/playlist?list=PLYCLOPd4VxBszBLWgWMpt9kb5sKDXNX6M>

## Free online books and more with BookTrust



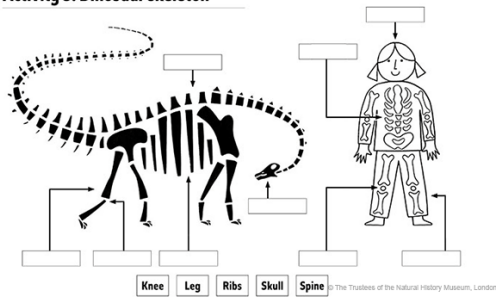
Looking for something fun as a family? Enjoy Storytime with free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes, or even learn how to draw some of your favourite characters..

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

## Lots of fun with the Natural History Museum!

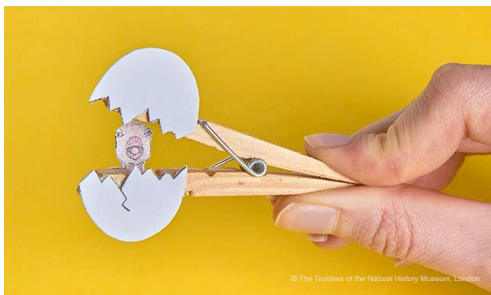
Although the Natural History Museum is currently closed, the museum is offering schools and families access to learning resources and activities to explore both at home and in school!

Activity 3: Dinosaur skeleton



Learning resources (all ages): From exploring the natural world in the time of the dinosaurs to learning about adaptation and evolution, the Natural History Museum's curriculum-linked resources can help you to plan activities for your class or at home.

<https://www.nhm.ac.uk/schools/teaching-resources.html>



Try this at home (all ages): Can't get out far to explore nature? Discover the Natural History Museum's activities and ideas to occupy yourself and family at home, in your garden or local outdoor space.

<https://www.nhm.ac.uk/take-part/try-this-at-home.html>



- Take a virtual tour of the Natural History Museum (all ages): Delve into the Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.

<https://www.nhm.ac.uk/visit/virtual-museum.html>

## Learning resources from the Science Museum Group

The Science Museum Group has many free games, videos and activities children and young people can access to explore science and maths with.

<https://learning-resources.sciencemuseum.org.uk/resources/?type=at-home>