

## Ideas of things to do

Dear Children and Parents/Carers,

There are lots of ideas of things to do at home and free resources to try out. I will update this document each week with new ideas.

Remember to check with your adult before you go on the internet.

Mrs Day

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### Table tennis

Table Tennis England has launched a series of videos showing activities for children challenging you to try something new while you are at home. You don't even need table tennis equipment - you can use a frying pan or saucepan and another type of ball instead! The videos can be found on [TT Kidz Play at Home website](https://www.tennis.org/kidz-play-at-home).

### Quizzes on just about everything

<https://www.educationquizzes.com/>

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### Children's radio station

**Fun Kids** – the UK's children's radio station – is still operating on-air as normal.

<https://www.funkidslive.com/#>

There is a brand new podcast called **Stuck at Home**, a free daily podcast for children aged 8 to 12 packed with things to do

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### Free audio books to download

<https://stories.audible.com/discovery>

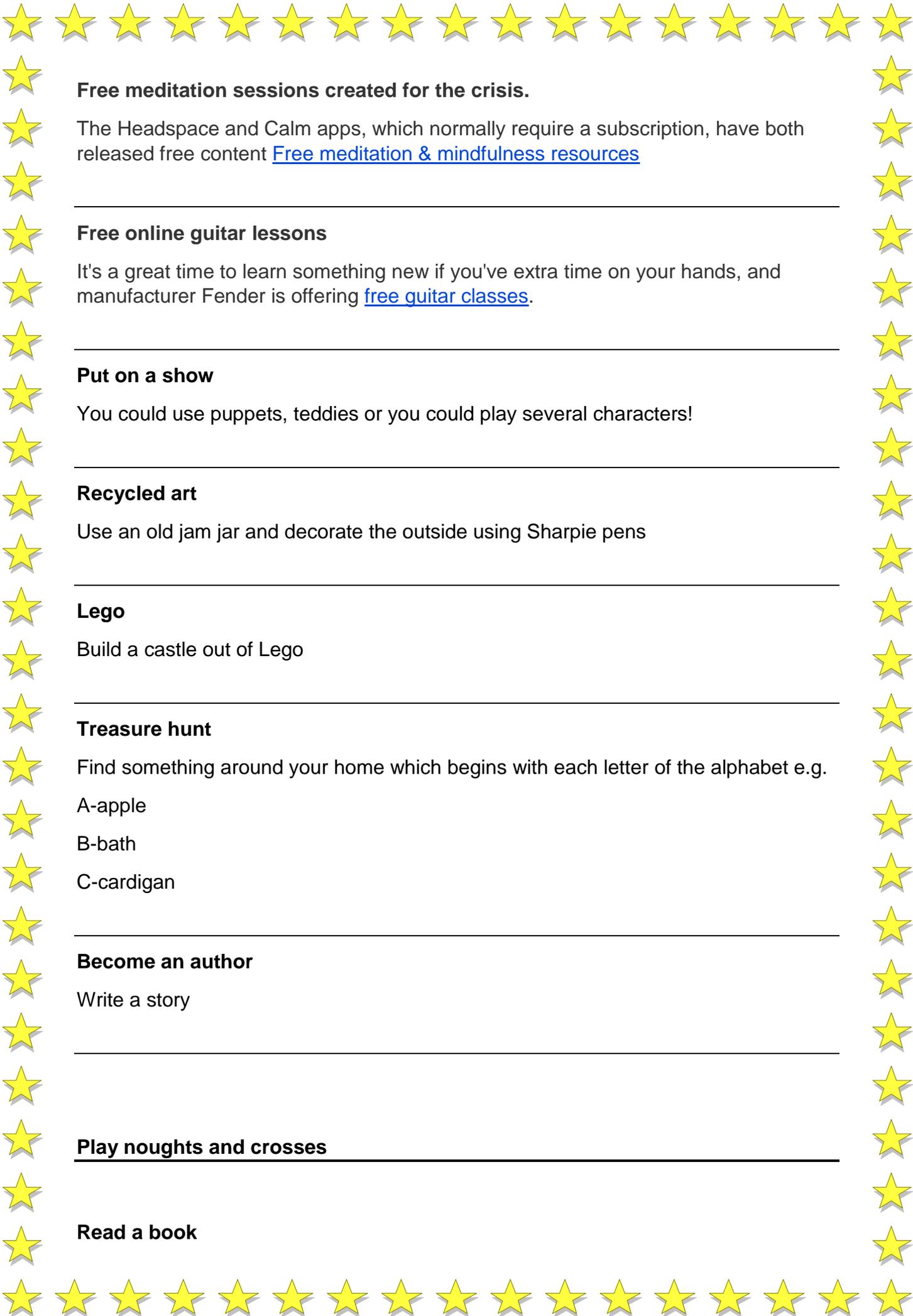
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### Daily exercise on YouTube

PE with Joe

[free Joe Wicks daily kids' fitness classes](https://www.youtube.com/channel/UCFb9I5yA63cK0s5jRq3U39g).

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**Free meditation sessions created for the crisis.**

The Headspace and Calm apps, which normally require a subscription, have both released free content [Free meditation & mindfulness resources](#)

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**Free online guitar lessons**

It's a great time to learn something new if you've extra time on your hands, and manufacturer Fender is offering [free guitar classes](#).

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**Put on a show**

You could use puppets, teddies or you could play several characters!

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**Recycled art**

Use an old jam jar and decorate the outside using Sharpie pens

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**Lego**

Build a castle out of Lego

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**Treasure hunt**

Find something around your home which begins with each letter of the alphabet e.g.

A-apple

B-bath

C-cardigan

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**Become an author**

Write a story

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**Play noughts and crosses**

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**Read a book**

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## Free ballet and opera broadcasts from the Royal Opera House

The Royal Opera House might be closed, but it's offering free broadcasts on its [Facebook](#) and [YouTube](#) channels, including:

- Peter and the Wolf, *The Royal Ballet, 2010* – 7pm on Friday 27 March
- Acis and Galatea, *The Royal Opera, 2009* – 7pm on Friday 3 April
- Così fan tutte, *The Royal Opera, 2010* – 7pm on Friday 10 April
- The Metamorphosis, *The Royal Ballet, 2013* – 7pm on Friday 17 April

After they've been broadcast, these performances will be available on those channels to view 'on demand', so don't worry if you can't tune in at the times above. There's also free content from the Royal Opera House available on BBC iPlayer to watch anytime, including [The Royal Ballet: Mayerling](#), [Pappano's Greatest Arias](#) and [Darcey Bussell: Looking for Margot](#).

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## Learn a new language or practise your Spanish

<https://www.rosettastone.co.uk/lp/freeforkids/>

There are more than 20 languages to choose from, including French, German, Italian and Spanish. Rosetta Stone says that if you have more than one child you can sign up multiple times, you'll just need to use a different email address each time.

**Hope you have some fun trying these things out!**