

## Opportunities

Big thank you to the ETE team for the majority of these

Source	What they offer	Further details
<b>Learning - courses, variety</b>		
iDEA	An international programme that helps you develop/demonstrate your digital, enterprise and employability skills for free	<a href="https://idea.org.uk/">https://idea.org.uk/</a>
Open Culture	1,500 free courses from top Universities	<a href="http://www.openculture.com/freeonlinecourses">http://www.openculture.com/freeonlinecourses</a>
Library of Congress	The application invites you to transcribe, review, and tag digitized images of manuscripts and typed materials from the Library's collections	<a href="https://crowd.loc.gov/about/">https://crowd.loc.gov/about/</a>
University of Alabama	Free online archaeology and Egyptology Uni courses (create an account to log on)	<a href="https://ua-birmingham.academia.edu/GregoryMumford">https://ua-birmingham.academia.edu/GregoryMumford</a>
Open Learn	Free, online courses, Open university	<a href="https://www.open.edu/openlearn/free-courses/full-catalogue">https://www.open.edu/openlearn/free-courses/full-catalogue</a>
Future Learn	Choose from hundreds of online courses from top universities and specialist organisations	<a href="https://www.futurelearn.com/courses">https://www.futurelearn.com/courses</a>
Ivy League Courses	List of Ivy League courses you can take online right now for free	<a href="https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/">https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/</a>
Sociology Courses	Free Online Study	<a href="https://alison.com/courses/sociology">https://alison.com/courses/sociology</a>
Creative Courses	Free Online Study. 10 free university art courses.	<a href="https://www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity">https://www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity</a>
Future Learn	A range of short, free online courses	<a href="https://www.futurelearn.com/search?q=free+courses">https://www.futurelearn.com/search?q=free+courses</a>
Cambridge University Press	ALL 700 textbooks are currently available FREE in HTML format	<a href="https://www.cambridge.org/core/what-we-publish/textbooks">https://www.cambridge.org/core/what-we-publish/textbooks</a>
University of Cambridge	Higher education/Undergraduate courses and resources	<a href="https://www.myheplus.com/">https://www.myheplus.com/</a>
Periodic Videos	Science-related YouTube videos	<a href="https://www.youtube.com/channel/UCtESv1e7ntJaLJKIO1FoYw">https://www.youtube.com/channel/UCtESv1e7ntJaLJKIO1FoYw</a>
InfoBase databases and video streaming collections	Username: <b>JCS_Distance</b> and Password: <b>learning</b> to access:	<ul style="list-style-type: none"> <li>○ <a href="#">Modern World History</a></li> <li>○ <a href="#">Ancient and Medieval History</a></li> <li>○ <a href="#">Science Online</a></li> <li>○ <a href="#">Bloom's Literature</a></li> </ul>

		○ <a href="#">World Religions</a>
U3A	Online courses for mature students	<a href="https://www.u3a.org.uk/">https://www.u3a.org.uk/</a>
T.K.S.S.T	Smart videos for curious minds of all ages	<a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a>
Ivy League courses	Here are 450 Ivy League courses you can take online right now for free	<a href="https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR1GqksOVSy6dvGFB2PBR_iDkbUxUNg9gCDS9DG_MP62036hvEZghEG82xY">https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR1GqksOVSy6dvGFB2PBR_iDkbUxUNg9gCDS9DG_MP62036hvEZghEG82xY</a>
Digital Library	The Beic Digital Library (BeicDL) stands out for its selectiveness and the multidisciplinary nature of its collections	<a href="https://www.beic.it/en/articles/digital-library?fbclid=IwAR3vt69f6XbhSbDDQuPhvx_WQyLlxRvgB32FPC-TrF0pLc4kWV13PXicalM">https://www.beic.it/en/articles/digital-library?fbclid=IwAR3vt69f6XbhSbDDQuPhvx_WQyLlxRvgB32FPC-TrF0pLc4kWV13PXicalM</a>
World Digital Library	Online Library	<a href="https://www.wdl.org/en/">https://www.wdl.org/en/</a>
Free e-books	Discover the rising stars of the writing world, & Give yourself the gift of some of the best books you can find	<a href="https://www.free-ebooks.net/">https://www.free-ebooks.net/</a>
Free e-books from Amazon	Free e-books	<a href="https://www.amazon.co.uk/free-books/s?k=free+books">https://www.amazon.co.uk/free-books/s?k=free+books</a>
JSTOR online academic journals	Get free access to up to 100 academic journal articles online from major journals	<a href="https://support.jstor.org/hc/en-us/articles/115004760028-How-to-register-get-free-access-to-content">https://support.jstor.org/hc/en-us/articles/115004760028-How-to-register-get-free-access-to-content</a>
Pod casts	There are a huge number of pod casts out there - from factual talks, to inspirational speeches, to comedy and drama. You want to find more out about COVID, or avoid it altogether- this is a good place.	<a href="https://tunein.com/podcasts/">https://tunein.com/podcasts/</a>
Learn Basic First Aid	Learn basic first aid skills, from burns to sprains, choking to bandaging.	<a href="https://www.futurelearn.com/courses/basic-first-aid?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/basic-first-aid?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
<b>Learning - computer related</b>		
Blockly Games	Games to help beginners learn computer programming skills	<a href="https://blockly.games/about?lang=en">https://blockly.games/about?lang=en</a>
Scratch	Beginners computer programming games/projects	<a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a>
Learn how to touch type	Get hold of some touch typing skills, then test them out to see how many words per minute you can do!	<a href="https://www.typingclub.com/">https://www.typingclub.com/</a>
Digital making at home	Learn how to make games, story tell using code and more, digitally	<a href="https://www.raspberrypi.org/at-home/">https://www.raspberrypi.org/at-home/</a>
Coding	Learn how to code	<a href="https://www.codecademy.com/">https://www.codecademy.com/</a>

Learning - languages		
School of Sign Language	Free British Sign Language resources	<a href="https://www.schoolofsignlanguage.com/learn-online/learn-online-free-only/">https://www.schoolofsignlanguage.com/learn-online/learn-online-free-only/</a>
Open Culture	learn 48 different languages online - FREE	<a href="http://www.openculture.com/freelanguagelessons">http://www.openculture.com/freelanguagelessons</a>
Babbel	Learn a new language. And make it your own.	<a href="https://begin.babbel.com/en_gb/multilanguage_selection_brexp/">https://begin.babbel.com/en_gb/multilanguage_selection_brexp/</a>
Languages	Learn 10 useful things to say in...	<ul style="list-style-type: none"> <li>○ <a href="#">French</a></li> <li>○ <a href="#">Portuguese</a></li> <li>○ <a href="#">German</a></li> <li>○ <a href="#">Italian</a></li> <li>○ <a href="#">Spanish</a></li> </ul>
BBC Languages	Learn languages online free	<a href="http://www.bbc.co.uk/languages/">http://www.bbc.co.uk/languages/</a>
FrenchTeacher.Net	Free French study packs	<a href="https://www.frenchteacher.net/free-resources/samples/">https://www.frenchteacher.net/free-resources/samples/</a>
Duolingo	Learn a language for free	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>
Italian	With Future Learn, Italian for beginners for free	<a href="https://www.futurelearn.com/programs/italian-for-beginners?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/programs/italian-for-beginners?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Norwegian	With Future Learn, Norwegian for beginners for free	<a href="https://www.futurelearn.com/subjects/language-courses/learn-norwegian?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/subjects/language-courses/learn-norwegian?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Learning - writing		
Learn how to be a screen writer	A collection of successful screenplays	<a href="https://www.shorescripts.com/free-screenplays-to-learn-how-to-be-a-screenwriter/?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=45_genre_screenplays_to_download&amp;utm_term=2018-07-09">https://www.shorescripts.com/free-screenplays-to-learn-how-to-be-a-screenwriter/?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=45_genre_screenplays_to_download&amp;utm_term=2018-07-09</a>
BBC are looking for original scripts about self-isolation	BBC are asking for original scripts that they can turn into short films about being in self-isolation	<a href="https://www.radiotimes.com/news/tv/2020-03-23/bbc-scriptwriting-competition/">https://www.radiotimes.com/news/tv/2020-03-23/bbc-scriptwriting-competition/</a>

Story Club	Online creative writing challenge - write 500 words on a given theme each week, submit by Wednesday online, get a chance to read everyone else's work, and get responses on your work.	<a href="https://www.storyclub.co.uk/">https://www.storyclub.co.uk/</a>
Learn how to write a book	Free online course, supported by the Open University, to learn how to write fiction	<a href="https://www.futurelearn.com/courses/start-writing-fiction?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/start-writing-fiction?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Keep a journal	Keep a diary. Try finishing the day by writing down 3 good things that happened today.	N/A
Start a blog	Share your thoughts, tips, indoor hobbies and more through a blog. You can set up a WordPress account for free and take it from there	<a href="https://wordpress.org/">https://wordpress.org/</a>
<b>Documentaries</b>		
Documentary Tube	Full-length documentaries online for free	<a href="https://www.documentarytube.com">https://www.documentarytube.com</a>
Top documentary films	Full-length documentaries online for free	<a href="https://www.topdocumentaryfilms.com">https://www.topdocumentaryfilms.com</a>
Documentary Heaven	Documentaries online for free	<a href="https://www.documentaryheaven.com">https://www.documentaryheaven.com</a>
<b>Geography, gardening &amp; Nature</b>		
National Geographic	Explore through the eyes of Explorers, photographers, journalists, and filmmakers.	<a href="https://www.nationalgeographic.com/">https://www.nationalgeographic.com/</a>
Kent Wildlife association	Simple ideas you can do in the garden to help wildlife	<a href="https://www.kentwildlifetrust.org.uk/actions">https://www.kentwildlifetrust.org.uk/actions</a>
Tutorful	Top Geography websites, YouTube videos, and resources	<a href="https://tutorful.co.uk/blog/learning-geography-useful-websites-and-resources-that-will-rock-your-world#BestGeographyYouTubeChannels">https://tutorful.co.uk/blog/learning-geography-useful-websites-and-resources-that-will-rock-your-world#BestGeographyYouTubeChannels</a>
Project Noah	Global site where you can view and share wildlife	<a href="https://www.projectnoah.org/">https://www.projectnoah.org/</a>
Seterra	Free world geography, online quizzes	<a href="https://online.seterra.com/en/p/corona-support">https://online.seterra.com/en/p/corona-support</a>
World Geography	Geography games	<a href="https://world-geography-games.com/world.html">https://world-geography-games.com/world.html</a>
Bird watching	Try bird watching - the RSPB is keen to know what varieties can still be seen in the city and gardens, keep a tally. eBird can help get you started.	<a href="https://ebird.org/home">https://ebird.org/home</a>
How to grow food from food scraps	How to make use of food waste pro-actively	<a href="https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps">https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps</a>
The Wildlife Trusts	A link to the webcams set up by the Wildlife Trusts - a chance to see some beautiful birds, bats and badgers	<a href="https://www.wildlifetrusts.org/webcams">https://www.wildlifetrusts.org/webcams</a>
Gardener's World Magazine online	Top tips and advice for gardening	<a href="https://www.royalalberthall.com/tickets/series/royal-albert-home">https://www.royalalberthall.com/tickets/series/royal-albert-home</a>
<b>Music - listening</b>		
Time Zone calculator	Check the location/time zones of live-streamed concerts to calculate the UK	<a href="https://www.timeanddate.com/worldclock/conve">https://www.timeanddate.com/worldclock/conve</a>

	start time.	<a href="#">rter.html</a>
Concerts online	Various concerts held without audiences to stream online for people having to stay at home - - <b><u>list of live streaming concerts</u></b>	<a href="https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html">https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html</a>
Free Opera	Dates confirmed until the end of March. Check the website via the link for future dates to be added	<a href="https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/">https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/</a>
Free Classical Orchestras	Live streaming performances	<a href="https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/">https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/</a>
Free Chamber Music	Live Streaming	<a href="https://www.therestisnoise.com/2020/03/covid-19-live-streams.html">https://www.therestisnoise.com/2020/03/covid-19-live-streams.html</a>
Livestream	Concert list	<a href="https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams">https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams</a>
Full length concerts	Watch online for free	<a href="https://allarts.org/2020/03/5-full-length-performances-available-to-stream-for-free/">https://allarts.org/2020/03/5-full-length-performances-available-to-stream-for-free/</a>
Berliner Philharmoniker	Live on-line requests	<a href="https://www.digitalconcerthall.com/en/home?a=bph_webseite&amp;c=true">https://www.digitalconcerthall.com/en/home?a=bph_webseite&amp;c=true</a>
Metropolitan Opera	Free streams	<a href="https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/">https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/</a>
Radios	Radios from all over the world	<a href="http://radio.garden/update-browser/explorer.html">http://radio.garden/update-browser/explorer.html</a>
London Symphony Orchestra	London Symphony Orchestra are streaming a concert from their archive every Sunday and Thursday	<a href="https://lso.co.uk/whats-on/2019-20-season/alwaysplaying.html">https://lso.co.uk/whats-on/2019-20-season/alwaysplaying.html</a>
Royal Albert Hall	The Royal Albert Hall streams lives music from musicians' homes several times per week.	<a href="https://www.royalalberthall.com/tickets/series/royal-albert-home">https://www.royalalberthall.com/tickets/series/royal-albert-home</a>
Nirvana concert	Watch Nirvana Unplugged	<a href="https://www.youtube.com/watch?v=AhttcXcRYY&amp;list=PLBMP3f9W5bGupeoFZNAePskPJ9TsQPBG_L">https://www.youtube.com/watch?v=AhttcXcRYY&amp;list=PLBMP3f9W5bGupeoFZNAePskPJ9TsQPBG_L</a>
Radiohead at Glastonbury	Watch Radiohead at Glastonbury in 1997	<a href="https://www.youtube.com/watch?time_continue=1&amp;v=ATvonKDt6jQ&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=1&amp;v=ATvonKDt6jQ&amp;feature=emb_logo</a>
Portishead	Watch a Portishead concert with orchestra accompaniment	<a href="https://www.youtube.com/watch?v=ZFwnlCudeC0&amp;feature=emb_logo">https://www.youtube.com/watch?v=ZFwnlCudeC0&amp;feature=emb_logo</a>
Streaming from DJs	Boiler Room - noted for live-streaming DJs online is now going inside artists' homes for sessions	<a href="https://www.youtube.com/user/brtvofficial/videos">https://www.youtube.com/user/brtvofficial/videos</a>

<b>Music- writing and performing</b>		
Virtual Choir	Virtual Choir on Facebook  Virtual choir Sofa Singers: a weekly online singing event hundreds of people have been joining in.	<a href="https://www.facebook.com/groups/560884704783731/?ref=share">https://www.facebook.com/groups/560884704783731/?ref=share</a>  <a href="https://www.thesofasingers.com/">https://www.thesofasingers.com/</a>
Fender Play	Free Online Guitar/base/ukulele/fender lessons for 3 months	<a href="https://try.fender.com/play/playthrough/">https://try.fender.com/play/playthrough/</a>
Roger Taylor	Free Online Drumming lessons	<a href="https://www.instagram.com/robertaylorofficial/channel/">https://www.instagram.com/robertaylorofficial/channel/</a>
Music lessons	Music lessons with Myleen Klass - general music lessons e.g. about the tonic sofa, made understandable, does not require an instrument or to be able to read music	<a href="https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ">https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ</a>
Song writing	Free online course that takes you through the steps to writing your first song	<a href="https://www.futurelearn.com/courses/songwriting?utm_source=blog&amp;utm_medium=fl_blog&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/songwriting?utm_source=blog&amp;utm_medium=fl_blog&amp;utm_campaign=covid_content</a>
Jamkazam	A real-time jamming platform to play music with other musicians and lots of singers of all abilities	<a href="https://www.jamkazam.com/">https://www.jamkazam.com/</a>
Great British Home Chorus	Gareth Malone is starting an initiative to bring together both amateur and professional vocalists and musicians together digitally	<a href="https://decca.com/greatbritishhomechorus/">https://decca.com/greatbritishhomechorus/</a>
Korg and Moog	Korg and Moog are giving away their synthesiser apps	<a href="https://www.nme.com/news/music/korg-moog-giving-away-synthesizer-apps-2625662">https://www.nme.com/news/music/korg-moog-giving-away-synthesizer-apps-2625662</a>
Piano Tutorial	Online Pianist offering online piano learning experience app - allows you to download	<a href="https://www.onlinepianist.com/">https://www.onlinepianist.com/</a>
<b>Arts &amp; Culture - appreciation</b>		
Walter's Museum	Houses the highest artistic achievements from nearly every corner of the world. View some of the past, present, and future exhibitions	<a href="https://thewalters.org/experience/exhibitions/">https://thewalters.org/experience/exhibitions/</a>
Google Arts & Culture	Learn something new every day!	<a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>
British Museum	Free videos	<a href="https://www.youtube.com/user/britishmuseum">https://www.youtube.com/user/britishmuseum</a>
BBC Radio 4	The History of the world - podcasts	<a href="https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads">https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads</a>
BBC Podcasts	50 things that made modern economy	<a href="https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads">https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads</a>
Marquee TV	Streaming arts and culture	<a href="https://www.marquee.tv/">https://www.marquee.tv/</a>

Teaching History	100 objects from museums across the UK with resources, information and teaching ideas to inspire your students' interest in history	<a href="http://www.teachinghistory100.org/">http://www.teachinghistory100.org/</a>
Exploration of the Day	Artistic website connecting people from around the world	<a href="https://www.explorationoftheday.com/">https://www.explorationoftheday.com/</a>
Drama Online	Online theatrical performances	<a href="https://www.dramaonlinelibrary.com/">https://www.dramaonlinelibrary.com/</a>
Louvre Museum	Explore Collections	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
Pinacoteca Brera	Explore Collections	<a href="https://pinacotecabrera.org/en/collezioni/filter-collection/">https://pinacotecabrera.org/en/collezioni/filter-collection/</a>
Uffizi Gallery	Virtual Tours	<a href="https://www.virtualuffizi.com/explore-the-uffizi.html">https://www.virtualuffizi.com/explore-the-uffizi.html</a>
Vatican Museum	Explore the Museums of Vatican City	<a href="http://www.museivaticani.va/content/museivaticani/en/visita-i-musei.html">http://www.museivaticani.va/content/museivaticani/en/visita-i-musei.html</a>
Athens Archaeological Museums	Explore one of the largest museum in Greece and one of the most important in the world	<a href="https://www.namuseum.gr/en/collections/">https://www.namuseum.gr/en/collections/</a>
Prado Museum - Madrid	Explore the collections	<a href="https://www.museodelprado.es/en/the-collection/art-works">https://www.museodelprado.es/en/the-collection/art-works</a>
British Museum	Get close to the British Museum's collection and immerse yourself in two million years of history	<a href="https://www.britishmuseum.org/collection">https://www.britishmuseum.org/collection</a>
Hermitage - St. Petersburg	Virtual Tour	Click <a href="#">here</a>
National Gallery of Art - NW	Visit the Gallery virtually through video tours of current exhibitions, in-depth looks at highlights of the collection, online learning opportunities, audio and video recordings of lectures by artists and curators, and more	<a href="https://www.nga.gov/index.html">https://www.nga.gov/index.html</a>
Science and technology Museum	Discover what you can see at the museum	<a href="https://www.museoscienza.org/en">https://www.museoscienza.org/en</a>
Frida Kahlo	A closer look at the many faces of Frida Kahlo through her life, art and legacy	<a href="https://artsandculture.google.com/project/frida-kahlo">https://artsandculture.google.com/project/frida-kahlo</a>
MuseiCapitolini	Virtual Tour	<a href="http://tourvirtuale.museicapitolini.org/#en">http://tourvirtuale.museicapitolini.org/#en</a>
TussenKunstenQuarantaine	Reinterpretation of famous paintings	<a href="https://www.instagram.com/tussenkunstenquarantaine/">https://www.instagram.com/tussenkunstenquarantaine/</a>
New York Museum of Modern Art	See New York's Museum of Modern Art collection online	<a href="https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en">https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en</a>

Paris' Musee d'Orsay	Explore Musee d'Orsay's collection online, including major collection of Van Gogh and Cezanne	<a href="https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en">https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en</a>
Tate Britain	Visit Tate Britain's collection online	<a href="https://artsandculture.google.com/partner/tate-britain?hl=en">https://artsandculture.google.com/partner/tate-britain?hl=en</a>
<b>Arts , crafts and culture - activities</b>		
The Spruce Crafts	Lots of different craft ideas in one place: origami, knitting, floral wreathes, DIY, crochet, jewellery making	<a href="https://www.thesprucecrafts.com/">https://www.thesprucecrafts.com/</a>
Craft club	Sponsored by the Craft Council, this is a national website containing lots of downloadable guides on craft ideas e.g. soap casting, printing, making earrings, plant pot covers	<a href="https://www.craftscouncil.org.uk/what-we-do/craft-club/">https://www.craftscouncil.org.uk/what-we-do/craft-club/</a>
Colouring Book/pages	Colouring Book for adults	<a href="https://milanoartguide.com/">https://milanoartguide.com/</a>
	Free, Printable Mandala Colouring Pages	<a href="https://www.thesprucecrafts.com/free-mandala-coloring-pages-4027232">https://www.thesprucecrafts.com/free-mandala-coloring-pages-4027232</a>
64 million artists	64 million artists are hosting a month of daily creative challenges in May. You can also sign up to receive a free tailored activity pack.	<a href="https://64millionartists.com/">https://64millionartists.com/</a>
Painting lessons	Painting lessons with Bob Ross, 403 episodes	<a href="https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ">https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ</a>
Learn to draw	Teach yourself - where to start - sketching basics - how to draw faces	<a href="https://www.youtube.com/watch?v=uYYCzX1OzY&amp;feature=share">https://www.youtube.com/watch?v=uYYCzX1OzY&amp;feature=share</a> <a href="https://www.youtube.com/watch?v=ewMksAbgdBI&amp;feature=share">https://www.youtube.com/watch?v=ewMksAbgdBI&amp;feature=share</a> <a href="https://www.youtube.com/watch?v=ewMksAbgdBI&amp;feature=share">https://www.youtube.com/watch?v=ewMksAbgdBI&amp;feature=share</a>
30 day art challenge	All you need is a pencil and paper. 30 day creative challenge for people stuck indoors.	<a href="https://www.facebook.com/Art-Branches-Creative-Challenge-109960313983976">https://www.facebook.com/Art-Branches-Creative-Challenge-109960313983976</a>
Calligraphy	Modern calligraphy tutorials - lots of different hand lettering techniques	<a href="https://www.youtube.com/channel/UC0KXyff9iw121ji9kTxAh2w/videos">https://www.youtube.com/channel/UC0KXyff9iw121ji9kTxAh2w/videos</a>
Amigurumi	Learn how to crochet small characters. This link lets you make a miniature Freddie Mercury	Freddie Mercury: <a href="https://app.box.com/s/yvq0444xgrsuyecw27vwbu522d6r1qjo">https://app.box.com/s/yvq0444xgrsuyecw27vwbu522d6r1qjo</a>
Crochet	More traditional crochet patterns, but also face mask adapters! Help out the NHS at the same time	general crochet: <a href="https://www.youtube.com/user/sa8rah56/videos?app=desktop">https://www.youtube.com/user/sa8rah56/videos?app=desktop</a>



Sewing	<p>if you want to try something new - this link gives instructions on how to sew your own teddy bear (from e.g. an old T shirt).</p> <p>If you want to breathe new life into old clothing, check out Sashiko- the Japanese art of mending fabric with beautiful stitches</p>	<p><a href="https://www.icreativeideas.com/how-to-diy-adorable-sock-teddy-bear/">https://www.icreativeideas.com/how-to-diy-adorable-sock-teddy-bear/</a></p> <p><a href="https://www.marthastewart.com/1535789/sashiko-japanese-art-mending-fabric-visible-stitches">https://www.marthastewart.com/1535789/sashiko-japanese-art-mending-fabric-visible-stitches</a></p>
Upcycle what you already have	Lots of projects using unwanted items that you might already have in the house (old t-shirts, shoes, plant pots) - giving them a new lease of life in a creative way	<a href="https://www.upcyclethat.com/make-that/">https://www.upcyclethat.com/make-that/</a>
Origami	Learn some origami skills	<p><a href="https://www.origamiway.com/easy-origami.shtml">https://www.origamiway.com/easy-origami.shtml</a></p> <p><a href="https://www.royalalberthall.com/tickets/series/royal-albert-home">https://www.royalalberthall.com/tickets/series/royal-albert-home</a></p>
Knitting	Knitting tutorials	<a href="https://www.woolandthegang.com/t/how-to">https://www.woolandthegang.com/t/how-to</a>
Craft projects	Lots of fun DIY craft ideas	<p><a href="https://www.johanschert.com/">https://www.johanschert.com/</a></p> <p><a href="https://www.mybluprint.com/article/diy-face-masks">https://www.mybluprint.com/article/diy-face-masks</a></p>
Photography	<p>Daily photography challenge</p> <p>Digital photography school - tips and tutorials for beginners</p>	<p>Challenge: <a href="https://www.youtube.com/watch?v=ZT4oztvArLk">https://www.youtube.com/watch?v=ZT4oztvArLk</a></p> <p>Digital: <a href="https://digital-photography-school.com/digital-photography-tips-for-beginners/">https://digital-photography-school.com/digital-photography-tips-for-beginners/</a></p>
Holbourn Museum pathways to wellbeing creative programme	Each Wednesday Holbourne Museum releases a creative activity online for people to complete, based on objects and paintings from their museum. People are encouraged to post pictures of their creation online in their gallery after completion.	<a href="https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/">https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/</a>
Make your own candles	How to make your own candles.	<a href="https://www.fix.com/blog/making-your-own-candles/">https://www.fix.com/blog/making-your-own-candles/</a>
Paper cutting	Learn how to cut beautiful pictures out of card using a scalpel. Great for making cards for people. Website also includes other craft ideas.	<a href="https://www.instructables.com/id/A-Beginners-Guide-to-Paper-Cutting/">https://www.instructables.com/id/A-Beginners-Guide-to-Paper-Cutting/</a>
<b>Theatre</b>		
Broadway HD	Broadway HD are offering 7 days free trial allowing you to watch musicals from Broadway - including Kinky Boots, Romeo and Juliet, the King and I.	<a href="https://www.broadwayhd.com/">https://www.broadwayhd.com/</a>
Filmed on stage	Updated daily- a website that allows you to stream plays and musicals for	<a href="http://www.filmedonstage.com/news/76-free-">http://www.filmedonstage.com/news/76-free-</a>

	free e.g. cosi fan tuti, Bandstand, Fleabag and Jane Eyre. Over 70 titles.	<a href="#">musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily</a>
Cypress Avenue play	Royal Court Theatre performance of Cypress avenue available for streaming for one month from 27.3.20	<a href="https://royalcourttheatre.com/whats-on/cyprus-avenue-film/?utm_source=RCTEmail&amp;utm_medium=Email&amp;utm_campaign=WatchCyprusAvenue&amp;dm_i=1P0Z,6STGP,9ORYR2,R7UKB,1">https://royalcourttheatre.com/whats-on/cyprus-avenue-film/?utm_source=RCTEmail&amp;utm_medium=Email&amp;utm_campaign=WatchCyprusAvenue&amp;dm_i=1P0Z,6STGP,9ORYR2,R7UKB,1</a>
<b>TV</b>		
National Theatre live streaming of plays	- Thursday 16.4.20 7pm Treasure Island - Thursday 23.4.20 at 7pm Twelfth Night	<a href="https://www.youtube.com/user/ntdiscovertheatre/videos">https://www.youtube.com/user/ntdiscovertheatre/videos</a>
Free movies online	Free online movies	<a href="http://www.openculture.com/freemoviesonline">http://www.openculture.com/freemoviesonline</a> <a href="https://rakuten.tv/uk/lists/free-all-free-movies">https://rakuten.tv/uk/lists/free-all-free-movies</a>
Watch favourite box sets and classic films	BBC, ITV and channel 4 all have options to watch back	<a href="http://www.bbc.co.uk/iplayer">www.bbc.co.uk/iplayer</a> <a href="https://www.itv.com/">https://www.itv.com/</a> <a href="https://www.channel4.com/programmes/home/on-demand/65571-005">https://www.channel4.com/programmes/home/on-demand/65571-005</a>
<b>Literature - reading</b>		
Gutenberg	Download free books, e.g. Shakespeare, Edgar Allen Poe, Frankenstein, etc.	<a href="https://www.gutenberg.org/">https://www.gutenberg.org/</a>
Solomon Kingsnorth	Books in PDF, Word and audiobook format	<a href="https://www.researchify.co.uk/audiobooks.html">https://www.researchify.co.uk/audiobooks.html</a>
Great Literature Online	Free Ebooks, poetry, classic literature	<a href="https://readgreatliterature.com/how-to-find-great-literature-online-for-free/">https://readgreatliterature.com/how-to-find-great-literature-online-for-free/</a>
50,000 free e-books	Arranged by genre	<a href="#">eBooks</a>
Open Library Access	Free	<a href="https://openlibrary.org/">https://openlibrary.org/</a>
Audible	Huge range of books read out loud Free for this period - Available in 6 languages	<a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
Internet Archive	Free library of books, movies, software, movies and website	<a href="https://archive.org/">https://archive.org/</a>
Library of horror related materials	Free access to books on alchemy, the occult, magic dating to the pre-1900s	<a href="http://fantasycities.watabou.ru/?size=15&amp;seed=134446679&amp;hub=0&amp;random=1">http://fantasycities.watabou.ru/?size=15&amp;seed=134446679&amp;hub=0&amp;random=1</a>
Robert Macfarlane Book Group	Twitter reading group from Robert MacFarlane	<a href="https://twitter.com/RobGMacfarlane">https://twitter.com/RobGMacfarlane</a>
<b>Virtual Tours - additional (see above as well)</b>		
Roman Fort	Free virtual tour	<a href="http://www.caerphilly.gov.uk/romanfort/en/learning_zone/teachers_resources.html">http://www.caerphilly.gov.uk/romanfort/en/learning_zone/teachers_resources.html</a>
Museums from around the world	Virtual, online tours	<a href="https://www.travelandleisure.com/attractions/m">https://www.travelandleisure.com/attractions/m</a>

		<a href="#">useums-galleries/museums-with-virtual-tours</a>
Access to 500 Museums & Art Galleries	Free online - includes the British Museum, Musee D'Orsay, Tate Britain	<a href="https://artsandculture.google.com/partner?hl=en">https://artsandculture.google.com/partner?hl=en</a>
Future Learn	Explore the architecture and history of Rome, walking around a 3D digital model of the ancient city, with this free online course.	<a href="https://www.futurelearn.com/courses/rome/8/register?return=b5vf4pil">https://www.futurelearn.com/courses/rome/8/register?return=b5vf4pil</a>
Virtual Tours	Virtual online tours - including zoos, landmarks in foreign countries, etc.	<a href="#">virtual tours</a>
Aquarium	Georgia aquarium allowing you to tour under the sea	<a href="https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home">https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home</a>
Virtual Farm Trips	American dairy association	<a href="http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.stml">http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.stml</a>
Virtual Field Trips	Created for children, but they look great for adults too!	<a href="https://theeducatorsspinonit.com/virtual-field-trips-for-kids/">https://theeducatorsspinonit.com/virtual-field-trips-for-kids/</a>
Edinburgh Zoo	Live Steams:	<a href="#">Panda Cam</a> / <a href="#">Tiger Cam</a> / <a href="#">Penguin Cam</a> / <a href="#">Rock Hopper Penguin Cam</a> / <a href="#">Koala Cam</a>
Petra – Jordan	Discover the beautiful Jordan City of Petra—the city of stone.	<a href="https://www.google.com/maps/about/behind-the-scenes/streetview/treks/petra/">https://www.google.com/maps/about/behind-the-scenes/streetview/treks/petra/</a>
Sistine Chapel	Virtual Tour	<a href="http://www.museivaticani.va/content/museivaticani/it/collezioni/musei/cappella-sistina/tour-virtuale.html">http://www.museivaticani.va/content/museivaticani/it/collezioni/musei/cappella-sistina/tour-virtuale.html</a>
National Museum of Natural History – Washington D.C.	Virtual Tours	<a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>
Nasa	Nasa virtual Tours	<a href="https://www.nasa.gov/glennvirtualtours">https://www.nasa.gov/glennvirtualtours</a>
Ancient Rome	Tour of ancient Rome including the forum, Capitoline hill and famous monuments.	<a href="https://www.futurelearn.com/courses/rome?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/rome?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Monterey Bay aquarium	Live cameras from the Monterey Bay aquarium so you can keep an eye on the jellyfish, kelp, coral, and penguins	<a href="https://www.montereybayaquarium.org/animals/live-cams">https://www.montereybayaquarium.org/animals/live-cams</a>
Virtual tour of 14 famous global views	Virtual tours of 14 famous views including Paris from teh Sacre Coeur, the Thames from the top of the Shard, Rio and the statue of Christ the Redeemer	<a href="https://www.timeout.com/travel/14-world-famous-city-views-you-can-see-from-your-sofa">https://www.timeout.com/travel/14-world-famous-city-views-you-can-see-from-your-sofa</a>
Virtual tour of a mystery house	An old 7-story mansion that is said to be haunted that you can explore online	<a href="https://lifehacker.com/you-can-virtually-tour-the-winchester-mystery-house-for-1842446238">https://lifehacker.com/you-can-virtually-tour-the-winchester-mystery-house-for-1842446238</a>

Virtual tour of Longleat safari park	A 30 minute tour of the big cats, rhinos, camels, ostriches, giraffes, flamingos, vultures, antelopes and monkeys at the safari park, with audio commentary, video footage and photos.	<a href="https://www.longleat.co.uk/news/longleat-launches-virtual-safari">https://www.longleat.co.uk/news/longleat-launches-virtual-safari</a>
<b>Mental Health &amp; Mindfulness</b>		
How to Reduce Anxiety	Thinking about past pleasant memories may help some people with immediate stress (article)	<a href="#">Reduce anxiety now</a>
Mindfulness	Free guided meditation exercises  Free daily online medication	<a href="http://www.freemindfulness.org/download">http://www.freemindfulness.org/download</a>  <a href="https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/">https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/</a>
Mindfulness and meditation	Guided meditations for stress, anxiety, sleep problems and more. Introductory sessions are free.	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
Meditation	Help on how to meditate	<a href="https://www.mindful.org/how-to-meditate/">https://www.mindful.org/how-to-meditate/</a>
Mindfulness colouring sheets for adults	Complex colouring in sheets that are accessible for free and can be printed out	<a href="https://www.fix.com/blog/making-your-own-candles/">https://www.fix.com/blog/making-your-own-candles/</a>
De-cluttering	Taking time to go through a small area of your home to remove unwanted or unused things. This can be an opportunity to give back too (charity, friends) once lockdown is lifted.	N/A
<b>Keeping Active</b>		
The Body Coach	Free fitness videos from fitness coach Joe Wicks on YouTube. Joe is also offering live PE lessons via YouTube for children, every weekday at 9am	<a href="https://www.youtube.com/thebodycoachtv">https://www.youtube.com/thebodycoachtv</a>
Core Clapton	Free osteopathy consultation. Free wellness classes streamed via Facebook Live every day.	<a href="https://www.coreclapton.org/online-services-covid-19">https://www.coreclapton.org/online-services-covid-19</a>
3 Tribes	Free 15 minute yoga/fitness classes every day if you follow 3 Tribes on Instagram.	<a href="https://www.instagram.com/3tribesldn/">https://www.instagram.com/3tribesldn/</a>
Fitness challenge	Try a fitness challenge e.g. 100 push up challenge, squat challenge, or 30-day body workout	<a href="https://hundredpushups.com/">https://hundredpushups.com/</a>  <a href="https://www.coachmag.co.uk/exercises/full-body-workouts/1655/30-day-squat-challenge">https://www.coachmag.co.uk/exercises/full-body-workouts/1655/30-day-squat-challenge</a>  <a href="https://www.verywellfit.com/bodyweight-exercise-challenge-4583789">https://www.verywellfit.com/bodyweight-exercise-challenge-4583789</a>
Free live sessions: cycle, high intensity and yoga	Free live fitness sessions: cycle, high intensity, and yoga.	<a href="https://www.instagram.com/digmefitness/?hl=en">https://www.instagram.com/digmefitness/?hl=en</a>

Joe Wickes workouts	Equipment-free workout sessions that can be done in the home, free and online	<a href="https://www.youtube.com/playlist?list=PLyCLOPd4VxBsbpNdYQH1K5nFhaPYyFDz">https://www.youtube.com/playlist?list=PLyCLOPd4VxBsbpNdYQH1K5nFhaPYyFDz</a>
Download a fitness app	Some options include 8fit, seven, Tone It Up, Keelo, NeoU, Shreey, SWEAT, Six pack in 30 days, Yoga Wake Up and Daily Yoga which have free initial subscriptions for 2 weeks-one month	
Yoga	You tube videos for yoga	<a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a>
Learn Tai Chi	The moves and methods for basic Tai Chi	<a href="https://www.brighthubeducation.com/social-studies-help/tai-chi-the-moves-the-method/">https://www.brighthubeducation.com/social-studies-help/tai-chi-the-moves-the-method/</a>
Sadler's Wells Digital Stage	The world famous Sadler's Wells are offering a programme of full length dance performances and workshops online.	<a href="https://www.sadlerswells.com/whats-on/2020/digital-stage/">https://www.sadlerswells.com/whats-on/2020/digital-stage/</a>
Dancing	Learn a new dance type - tap -salsa - dance physique - body beating	Tap: <a href="https://www.youtube.com/watch?v=LH_EyxsupRE&amp;feature=share">https://www.youtube.com/watch?v=LH_EyxsupRE&amp;feature=share</a> Salsa: <a href="https://www.youtube.com/watch?v=aVtWSZ0tC0&amp;feature=share">https://www.youtube.com/watch?v=aVtWSZ0tC0&amp;feature=share</a> dance physique/fitness: <a href="http://www.physiquedancefitness.com/videos/index.asp">http://www.physiquedancefitness.com/videos/index.asp</a> body beat: <a href="https://www.youtube.com/watch?v=wwCyhxzYDg_s">https://www.youtube.com/watch?v=wwCyhxzYDg_s</a>
Dancing Alone Together	Website with lots of dance related resources. Live-streamed dance classes, dance-making prompts and communities, and dance performance footage.	<a href="https://www.dancingalonetogether.org/">https://www.dancingalonetogether.org/</a>
List of fitness instructors and classes available online	Huge list of fitness instructors, type of fitness class, and a link to their website. Most are free. Classes really varied from mediation, yoga, dance, body boost, cardio, pole, contemporary jazz, stage combat to Pilates, and more	<a href="https://docs.google.com/spreadsheets/d/1dJMDPrikh90T2zkeXAlV86sPWumnlKVh1LiLPOhiB_o/edit#gid=0">https://docs.google.com/spreadsheets/d/1dJMDPrikh90T2zkeXAlV86sPWumnlKVh1LiLPOhiB_o/edit#gid=0</a>
Free outdoor gym equipment	Some parks have free outdoor gym equipment	
Free dance	Put on your favourite tune and dance to it	
<b>Cooking and nutrition</b>		
Learn Italian recipes	Learn how to cook authentic Italian recipes	<a href="https://www.lacucinaitaliana.com/?utm_source=iacucinaitaliana.it&amp;utm_medium=referral&amp;utm_campaign=modale">https://www.lacucinaitaliana.com/?utm_source=iacucinaitaliana.it&amp;utm_medium=referral&amp;utm_campaign=modale</a>
Healthy Eating recipes	Discover BBC Good Food's best healthy recipes, including healthy breakfasts, lunches, dinners and snacks.	<a href="https://www.bbcgoodfood.com/recipes/category/healthy">https://www.bbcgoodfood.com/recipes/category/healthy</a>

Low budget recipes	These recipes are specifically for those on a strict budget or relying on food banks - Jack Monroe's	<a href="https://cookingonabootstrap.com/">https://cookingonabootstrap.com/</a>
One pound meals	Low budget recipes by Miguel Barclay	<a href="http://miguelbarclay.com/">http://miguelbarclay.com/</a>
Learn about nutrition	Learn how nutrition affects your body, health and mood	<a href="https://www.futurelearn.com/courses/food-as-medicine?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/food-as-medicine?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Jamie Oliver	Jamie Oliver recipes	<a href="https://twitter.com/jamieoliver">https://twitter.com/jamieoliver</a>
<b>Connecting with others</b>		
		<a href="https://tutorextra.co.uk/">https://tutorextra.co.uk/</a>
Karaoke	Have a karaoke night with friends - download an app like AirConsole.	<a href="https://www.airconsole.com/play/apps/karaoke">https://www.airconsole.com/play/apps/karaoke</a>
House party	Arrange a virtual house party with your friends using the Houseparty app. Allows you not only to see and hear them all, but do games. Compatible with ios, android and mac.	<a href="https://houseparty.com/">https://houseparty.com/</a>
Get a pen-pal	Start writing again to someone you haven't been in touch with for a while. Or find one online using the link.	<a href="http://www.penpalworld.com/">http://www.penpalworld.com/</a>
Trace your family tree	Learn about genealogy and how to research your family tree	<a href="https://www.futurelearn.com/courses/genealogy?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content">https://www.futurelearn.com/courses/genealogy?utm_source=fl_blog&amp;utm_medium=organic&amp;utm_campaign=covid_content</a>
Play games together	Try board games and quizzes together e.g. chess  Download an app (some will require a fee) - Quiz Up, Words with Friends 2 and JackBox are all popular. Jackbox has been giving away some games for free for short period of time.	<a href="https://www.chess.com/play/computer">https://www.chess.com/play/computer</a>
Zoom	An app that allows you to host video meetings, share your screen, and send files. Works on iphone, laptops and android. Free for meetings of up to 40 minutes	
Facebook sensory group	Facebook group where people post things that they have found useful to do whilst stuck at home	<a href="https://www.facebook.com/groups/sensorystuckathomegrownups/">https://www.facebook.com/groups/sensorystuckathomegrownups/</a>
<b>Entertainment</b>		
Boardgames online	Largest board game opportunities. over 2 million people to play with, and 175 games. Free to use.	<a href="https://en.boardgamearena.com/join">https://en.boardgamearena.com/join</a>
Build a medieval city	Generate fantasy maps for gaming, or writing, or just for fun	<a href="http://fantasycities.watabou.ru/?size=15&amp;seed=134446679&amp;hub=0&amp;random=1">http://fantasycities.watabou.ru/?size=15&amp;seed=134446679&amp;hub=0&amp;random=1</a>
Daily puzzles	Daily crosswords, codeword, and cryptic crosswords for free from the Evening Standard. Also has card games, strategy games and other puzzles like sudoku and mah-jong online.	<a href="https://puzzles.standard.co.uk/">https://puzzles.standard.co.uk/</a>

	Sudoku	<a href="https://sudoku.com/">https://sudoku.com/</a>
Solve a mystery	Reddit's unresolved mysteries is an online community where mystery fans get together to combine information to try and get to the bottom of cold cases	<a href="https://www.reddit.com/r/UnresolvedMysteries/">https://www.reddit.com/r/UnresolvedMysteries/</a>
Arcade type games online		<a href="https://www.arkadium.com/gb/free-online-games/">https://www.arkadium.com/gb/free-online-games/</a> <a href="https://www.games.co.uk/">https://www.games.co.uk/</a>
<b>Something for the kids</b>		
Tate Games and Quizzes	Create your imaginary city	<a href="https://www.tate.org.uk/kids/games-quizzes/my-imaginary-city">https://www.tate.org.uk/kids/games-quizzes/my-imaginary-city</a>
A curious guide to courageous children	Help children understand Coronavirus	<a href="https://www.muba.it/files/uploads/2020/03/10/guida-galattica-al-corona-virus-a-curious-guide-for-courageous-kids.pdf">https://www.muba.it/files/uploads/2020/03/10/guida-galattica-al-corona-virus-a-curious-guide-for-courageous-kids.pdf</a>
Save the children	Full of ideas to help children get creative and fire up their imagination while they're at home	<a href="https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown">https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown</a>
Chrome MusicLab	Learn music in a creative ways	<a href="https://musiclab.chromeexperiments.com/Experiments">https://musiclab.chromeexperiments.com/Experiments</a>
Fun together - outfits	Get your child to choose an outfit every day for a week for you and see what they come up with; you could even include a fashion show at the end of the week.	
Drawing tips for kids	Cute drawing tricks for kids - (young age)	<a href="https://www.youtube.com/results?search_query=draw+around+hand+animals&amp;app=desktop">https://www.youtube.com/results?search_query=draw+around+hand+animals&amp;app=desktop</a>
Printable art worksheets	Art worksheets for a variety of ages of children from learning symmetry, to history of art, to facial expressions worksheets.	<a href="https://www.education.com/worksheets/the-arts/">https://www.education.com/worksheets/the-arts/</a>
Draw along with an illustrator and printable colouring sheets	Videos of an illustrator doing drawings that can be drawn along to. Also printable colouring sheets	<a href="https://www.jessicahartshorn.com/draw-along">https://www.jessicahartshorn.com/draw-along</a>
Simple puppets	Easy to make hand puppets from socks	<a href="https://craftsbyamanda.com/kids-puppets/">https://craftsbyamanda.com/kids-puppets/</a>
Life Hub	Ideas on creating a life story book with children, tips for helping children sleep, top ten children's books, a place to share children's poems and pictures, resources for exploring Shakespeare and Aesop's fables.	<a href="https://www.lifestoryhub.com/childrens-hub/">https://www.lifestoryhub.com/childrens-hub/</a>
Make a coronavirus time capsule, and company Three	Company Three exists to provide teenagers with connection, support and a space to express themselves.	For teenagers: <a href="https://static1.squarespace.com/static/57209a4e4d088efedb837773/t/5e7d0f49822a6a19aa801d1">https://static1.squarespace.com/static/57209a4e4d088efedb837773/t/5e7d0f49822a6a19aa801d1</a>

		<a href="https://www.researchprotocols.org/2020/1/e1585254221087/Coronavirus+Time+Capsule+Blueprint+v1.0.pdf">d/1585254221087/Coronavirus+Time+Capsule+Blueprint+v1.0.pdf</a>
Fun engineering and science challenges set by Dyson	44 engineering and science challenges created by Dyson, using materials easily available around the house. From tornados in bottles, to shining pennies - each comes with list of materials, methods, and explanation as to the science behind them.	<a href="https://www.jamesdysonfoundation.co.uk/content/dam/pdf/JDF_with%20cover%20challenge-cards_DIGITAL.pdf">https://www.jamesdysonfoundation.co.uk/content/dam/pdf/JDF_with%20cover%20challenge-cards_DIGITAL.pdf</a>
The Spruce Crafts	Lots of different craft ideas in one place: origami, knitting, floral wreathes, DIY, crochet, jewellery making - has a section dedicated to ideas for children.	<a href="https://www.thesprucecrafts.com/">https://www.thesprucecrafts.com/</a>
Fun way to keep activity	Physical activity bingo game by the Youth Sports Trust - a way of engaging the whole family in keeping active. Range of activities and challenges that can be done indoors or outside with easily available items from the house.	<a href="https://www.youthsporttrust.org/active-breaks">https://www.youthsporttrust.org/active-breaks</a>
Mindfulness colouring sheets	Beautiful animal mindfulness colouring patterns. Can be printed and coloured in, age ranges given.	<a href="https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals">https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals</a>
Poetry Society	Poetry learning resources for free online including a free writing competition for 11-17 year olds	<a href="https://poetrysociety.org.uk/education/learning-from-home/">https://poetrysociety.org.uk/education/learning-from-home/</a>
Scouts	The Scouts have a wide range of activities for children to do indoors	<a href="https://www.scouts.org.uk/the-great-indoors/">https://www.scouts.org.uk/the-great-indoors/</a>
Khan Academy	Non-profit organisation aiming to provide world-class education for anyone, anywhere. Free courses around different subjects e.g. algebra, art history, grammar.	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>
The Reading Agency	Digital resources around reading, including a toolkit of ideas on how to stay connected with family, friends and colleagues through books. They have children, young people and adults sections.	<a href="https://readingagency.org.uk/">https://readingagency.org.uk/</a>
Clay modelling projects	Projects to make out of clay  Homemade clay can be made	Projects: <a href="https://www.hellowonderful.co/post/16-cute-and-clever-clay-projects-for-kids/">https://www.hellowonderful.co/post/16-cute-and-clever-clay-projects-for-kids/</a>  How to make clay: <a href="https://www.wikihow.com/Make-Clay">https://www.wikihow.com/Make-Clay</a>
Keeping active for kids	Joe Wicks The Body Coach - every day for a home workout at 09:00hrs on YouTube.	<a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a>
<b>Volunteering, giving</b>		
Volunteering Opportunities	Find out about volunteering opportunities near you	<a href="https://do-it.org/">https://do-it.org/</a>



		<a href="https://www.charityjob.co.uk/Volunteer-Jobs">https://www.charityjob.co.uk/Volunteer-Jobs</a> <a href="https://volunteeringmatters.org.uk/want-to-volunteer/">https://volunteeringmatters.org.uk/want-to-volunteer/</a> <a href="https://reachvolunteering.org.uk/">https://reachvolunteering.org.uk/</a>
Volunteer as an online listener	7 Cups is an online emotional support system, and aims to provide 24/7 volunteer listeners. Become a volunteer listener, (or access the listening).	<a href="https://www.7cups.com/">https://www.7cups.com/</a>
The Turban Project	This project has provided a pattern for people to be able to sew reusable face masks (and turbans for those with cancer), with written and video instructions	<a href="https://turbanproject.com/videos">https://turbanproject.com/videos</a>
Adopt a grandparent	CHD Living are looking for volunteers to be paired up with their Care Home Residents. They are looking for people who could phone the person they are paired with, and send them cheerful messages and postcards or letters.	<a href="https://chdliving.co.uk/adopt-grandparent">https://chdliving.co.uk/adopt-grandparent</a>
Knit for peace	This organisation aims to deliver warm knitting worldwide to where it is needed.	<a href="https://knitforpeace.org.uk/">https://knitforpeace.org.uk/</a>
Pick crops to cover for seasonal shortage of labour	Due to COVID there have been a shortage of people to pick crops this season, so there has been a call for volunteers from May.	<a href="https://www.concordiavolunteers.org.uk/feed-the-nation">https://www.concordiavolunteers.org.uk/feed-the-nation</a> <a href="https://hopslaboursolutions.com/covid-19/">https://hopslaboursolutions.com/covid-19/</a>
Help the NHS	They currently have enough volunteers, but keep an eye out for opportunities opening up again on this website to help the NHS	<a href="https://www.goodsamapp.org/NHS">https://www.goodsamapp.org/NHS</a>
Volunteer for real research being conducted digitally	Zooniverse is the world's largest and most popular platform for people powered research, which you can volunteer to help in. You do not need any specialist background, training or expertise. There are a wide range of projects to choose from e.g. research to assist with fighting resistance to antibiotics - just pick the one you fancy!	<a href="https://www.zooniverse.org/projects">https://www.zooniverse.org/projects</a>
Re-connecting	Call someone you haven't spoken to in a while, especially those who are most vulnerable	
Offering help	If you know anyone who is older, more at risk of COVID, or immobile, post a letter through their door offering to pick up 1-2 items of shopping for them when you next go. Or to phone them if they don't have visitors.	
Get creative with connecting and giving	When you go out for your exercise/shopping - take a book with you that you've finished with and leave it on a bench for someone to find, with a message in from you	

	Paint a pebble or rock with a positive message and leave that for someone to find when you next go for your exercise/shopping.	
<b>Spiritual resources</b>		
Live Catholic mass	Catholic masses streamed live	<a href="http://www.catholictv.org/masses/catholictv-mass">http://www.catholictv.org/masses/catholictv-mass</a>
Jehovah's witnesses	Readings, spiritual advice	<a href="https://www.jw.org/en/">https://www.jw.org/en/</a>
<b>Employability Resources</b>		
Successful Interview Resources	PDF Book on Interview Skills	<a href="http://tpo.yolasite.com/resources/successful%20interview%20tips.pdf">http://tpo.yolasite.com/resources/successful%20interview%20tips.pdf</a>
Better Off Calculations	Assess you if are claiming the right benefits and the impact of work on your financial situation	<a href="https://www.entitledto.co.uk/">https://www.entitledto.co.uk/</a> <a href="https://benefits-calculator.turn2us.org.uk/AboutYou">https://benefits-calculator.turn2us.org.uk/AboutYou</a>
CV Builder	Create a CV online	<a href="https://cv-creator.co.uk/">https://cv-creator.co.uk/</a>
Selection Criteria	Learn how to address selection criteria and example answers	<a href="https://www.selection-criteria.com.au/achievesresults.shtml">https://www.selection-criteria.com.au/achievesresults.shtml</a>
Selection Criteria	Sample Selection Criteria Responses	<a href="https://www.careerfags.com.au/careers/resumes-and-cover-letters-tips/sample-selection-criteria-responses">https://www.careerfags.com.au/careers/resumes-and-cover-letters-tips/sample-selection-criteria-responses</a>
CV templates	On this page you will find a list of ready made CV templates that have been professionally written and designed to stand out	<a href="https://www.dayjob.com/cv-template-236/">https://www.dayjob.com/cv-template-236/</a>
Cover Letter templates	On this page you will find a list of cover letter examples that are free for jobseekers to download, print and use to write their very own professional one.	<a href="https://www.dayjob.com/cover-letter-examples-314/">https://www.dayjob.com/cover-letter-examples-314/</a>
Professional & Personal Development Courses	Whether you're looking for professional courses, an evening fitness class or want to get your career started, you've come to the right place. Search and compare courses today!	<a href="https://www.findcourses.co.uk/">https://www.findcourses.co.uk/</a>
Free Career Aptitude Tests	Not sure about what you would like to do? Try those free career Aptitude Test	<a href="https://www.thebalancecareers.com/free-career-aptitude-tests-2059813">https://www.thebalancecareers.com/free-career-aptitude-tests-2059813</a>
Improve your communication skills	Free course targeted at improving communication and interpersonal skills in the workplace, through Future Learn, in association with the University of Leeds	<a href="https://www.futurelearn.com/courses/communication-and-interpersonal-skills-at-work?utm_source=fl_blog&amp;utm_medium=organic">https://www.futurelearn.com/courses/communication-and-interpersonal-skills-at-work?utm_source=fl_blog&amp;utm_medium=organic</a>

		<a href="#">&amp;utm_campaign=covid_content</a>
Free items	Website containing new offers regularly, usually for completing a survey	<a href="https://www.latestfreestuff.co.uk/">https://www.latestfreestuff.co.uk/</a>