

Opportunities

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

Source	What they offer	Further details
Learning - courses, variety		
iDEA	An international programme that helps you develop/demonstrate your digital, enterprise and employability skills for free	https://idea.org.uk/
Open Culture	1,500 free courses from top Universities	http://www.openculture.com/freeonlinecourses
Library of Congress	The application invites you to transcribe, review, and tag digitized images of manuscripts and typed materials from the Library's collections	https://crowd.loc.gov/about/
University of Alabama	Free online archaeology and Egyptology Uni courses (create an account to log on)	https://ua-birmingham.academia.edu/GregoryMumford
Open Learn	Free, online courses, Open university	https://www.open.edu/openlearn/free-courses/full-catalogue
Future Learn	Choose from hundreds of online courses from top universities and specialist organisations	https://www.futurelearn.com/courses
Ivy League Courses	List of Ivy League courses you can take online	https://www.freecodecamp.org/

	right now for free	news/ivy-league-free-online-courses-a0d7ae675869/
Sociology Courses	Free Online Study	https://alison.com/courses/sociology
Creative Courses	Free Online Study. 10 free university art courses.	https://www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity
Future Learn	A range of short, free online courses	https://www.futurelearn.com/search?q=free+courses
Cambridge University Press	ALL 700 textbooks are currently available FREE in HTML format	https://www.cambridge.org/core/what-we-publish/textbooks
University of Cambridge	Higher education/Undergraduate courses and resources	https://www.myheplus.com/
Periodic Videos	Science-related YouTube videos	https://www.youtube.com/channel/UCtESv1e7ntJaLJYKIO1FoYw
InfoBase databases and video streaming collections	Username: JCS_Distance and Password: learning to access:	<ul style="list-style-type: none"> ○ Modern World History ○ Ancient and Medieval History ○ Science Online ○ Bloom's Literature

		<ul style="list-style-type: none"> ◦ World Religions
U3A	Online courses for mature students	https://www.u3a.org.uk/
T.K.S.S.T	Smart videos for curious minds of all ages	https://thekidshouldseethis.com/
Ivy League courses	Here are 450 Ivy League courses you can take online right now for free	https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR1GqksOVSY6dvGFB2PBR_iDkbUxUNg9gCDS9DG_MP62036hvEZghEG82xY
Digital Library	The Beic Digital Library (BeicDL) stands out for its selectiveness and the multidisciplinary nature of its collections	https://www.beic.it/en/articles/digital-library?fbclid=IwAR3vt69f6XbhSbDDQuPhvx_WQyLlxRvgB32FPC-TrF0pLc4kWW13PXicalM
World Digital Library	Online Library	https://www.wdl.org/en/
Free e-books	Discover the rising stars of the writing world, & Give yourself the gift of some of the best books you can find	https://www.free-ebooks.net/
Free e-books from	Free e-books	https://www.amazon.co.uk/free-

Amazon		books/s?k=free+books
JSTOR online academic journals	Get free access to up to 100 academic journal articles online from major journals	https://support.jstor.org/hc/en-us/articles/115004760028-How-to-register-get-free-access-to-content
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.	https://tunein.com/podcasts/
Learn Basic First Aid	Learn basic first aid skills, from burns to sprains, choking to bandaging.	https://www.futurelearn.com/courses/basic-first-aid?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Learning - computer related		
Blocky Games	Games to help beginners learn computer programming skills	https://blockly.games/about?lang=en
Scratch	Beginners computer programming games/projects	https://scratch.mit.edu/explore/projects/games/
Learn how to touch type	Get hold of some touch typing skills, then test them out to see how many words per minute	https://www.typingclub.com/

	you can do!	
Digital making at home	Learn how to make games, story tell using code and more, digitally	https://www.raspberrypi.org/at-home/
Coding	Learn how to code	https://www.codecademy.com/
Learning - languages		
School of Sign Language	Free British Sign Language resources	https://www.schoolofsignlanguage.com/learn-online/learn-online-free-only/
Open Culture	learn 48 different languages online - FREE	http://www.openculture.com/freelanguagelessons
Babbel	Learn a new language. And make it your own.	https://begin.babbel.com/en_gb/multilanguage_selection_brexp/
Languages	Learn 10 useful things to say in...	<ul style="list-style-type: none"> ○ French ○ Portuguese ○ German ○ Italian ○ Spanish
BBC Languages	Learn languages online free	http://www.bbc.co.uk/languages/

FrenchTeacher.Net	Free French study packs	https://www.frenchteacher.net/free-resources/samples/
Duolingo	Learn a language for free	https://www.duolingo.com/
Italian	With Future Learn, Italian for beginners for free	https://www.futurelearn.com/programs/italian-for-beginners?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Norwegian	With Future Learn, Norwegian for beginners for free	https://www.futurelearn.com/subjects/language-courses/learn-norwegian?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Learning - writing		
Learn how to be a screen writer	A collection of successful screenplays	https://www.shorescripts.com/free-screenplays-to-learn-how-to-be-a-screenwriter/?utm_source=newsletter&utm_medium=email&utm_campaign=45_genre_screenplays_to_download&utm_term=2018-07-09

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	https://www.radiotimes.com/news/tv/2020-03-23/bbc-scriptwriting-competition/
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.	https://www.storyclub.co.uk/
Learn how to write a book	Free online course, supported by the Open University, to learn how to write fiction	https://www.futurelearn.com/courses/start-writing-fiction?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
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	https://wordpress.org/
Documentaries		
Documentary Tube	Full-length documentaries online for free	https://www.documentarytube.com

Top documentary films	Full-length documentaries online for free	https://www.topdocumentaryfilms.com
Documentary Heaven	Documentaries online for free	https://www.documentaryheaven.com
Geography, gardening & Nature		
National Geographic	Explore through the eyes of Explorers, photographers, journalists, and filmmakers.	https://www.nationalgeographic.com/
Kent Wildlife association	Simple ideas you can do in the garden to help wildlife	https://www.kentwildlifetrust.org.uk/actions
Tutorful	Top Geography websites, YouTube videos, and resources	https://tutorful.co.uk/blog/learning-geography-useful-websites-and-resources-that-will-rock-your-world#BestGeographyYouTubeChannels
Project Noah	Global site where you can view and share wildlife	https://www.projectnoah.org/
Seterra	Free world geography, online quizzes	https://online.seterra.com/en/p/corona-support
World Geography	Geography games	https://world-geography-games.com/world.html
Bird watching	Try bird watching - the RSPB is keen to know what varieties can still be seen in the city and	https://ebird.org/home

	gardens, keep a tally. eBird can help get you started.	
How to grow food from food scraps	How to make use of food waste pro-actively	https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps
The Wildlife Trusts	A link to the webcams set up by the Wildlife Trusts - a chance to see some beautiful birds, bats and badgers	https://www.wildlifetrusts.org/webcams
Gardener's World Magazine online	Top tips and advice for gardening	https://www.royalalberthall.com/tickets/series/royal-albert-home
Music - listening		
Time Zone calculator	Check the location/time zones of live-streamed concerts to calculate the UK start time.	https://www.timeanddate.com/worldclock/converter.html
Concerts online	Various concerts held without audiences to stream online for people having to stay at home - - list of live streaming concerts	https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html
Free Opera	Dates confirmed until the end of March. Check the website via the link for future dates to be added	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/

Free Classical Orchestras	Live streaming performances	https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/
Free Chamber Music	Live Streaming	https://www.therestisnoise.com/2020/03/covid-19-live-streams.html
Livestream	Concert list	https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams
Full length concerts	Watch online for free	https://allarts.org/2020/03/5-full-length-performances-available-to-stream-for-free/
Berliner Philharmoniker	Live on-line requests	https://www.digitalconcerthall.com/en/home?a=bph_webseite&c=true
Metropolitan Opera	Free streams	https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/
Radios	Radios from all over the world	http://radio.garden/update-browser/explorer.html
London Symphony	London Symphony Orchestra are streaming a	https://lso.co.uk/whats-

Orchestra	concert from their archive every Sunday and Thursday	on/2019-20-season/alwaysplaying.html
Royal Albert Hall	The Royal Albert Hall streams live music from musicians' homes several times per week.	https://www.royalalberthall.com/tickets/series/royal-albert-home
Nirvana concert	Watch Nirvana Unplugged	https://www.youtube.com/watch?v=AhcttcXcRYY&list=PLBMP3f9W5bGupeoFZNAePskPJ9TsQPBgL
Radiohead at Glastonbury	Watch Radiohead at Glastonbury in 1997	https://www.youtube.com/watch?time_continue=1&v=ATvonKDt6jQ&feature=emb_logo
Portishead	Watch a Portishead concert with orchestra accompaniment	https://www.youtube.com/watch?v=ZFwnlCudeC0&feature=emb_logo
Streaming from DJs	Boiler Room - noted for live-streaming DJs online is now going inside artists' homes for sessions	https://www.youtube.com/user/brtvofficial/videos
Music- writing and performing		
Virtual Choir	Virtual Choir on Facebook Virtual choir Sofa Singers: a weekly online singing event hundreds of people have been	https://www.facebook.com/groups/560884704783731/?ref=share https://www.thesofasingers.com

	joining in.	/
Fender Play	Free Online Guitar/base/ukulele/fender lessons for 3 months	https://try.fender.com/play/play-through/
Roger Taylor	Free Online Drumming lessons	https://www.instagram.com/rogetaylorofficial/channel/
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	https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ
Song writing	Free online course that takes you through the steps to writing your first song	https://www.futurelearn.com/courses/songwriting?utm_source=blog&utm_medium=fl_blog&utm_campaign=covid_content
Jamkazam	A real-time jamming platform to play music with other musicians and lots of singers of all abilities	https://www.jamkazam.com/
Great British Home Chorus	Gareth Malone is starting an initiative to bring together both amateur and professional vocalists and musicians together digitally	https://decca.com/greatbritishhomechorus/
Korg and Moog	Korg and Moog are giving away their synthesiser apps	https://www.nme.com/news/music/korg-moog-giving-away-

		synthesizer-apps-2625662
Piano Tutorial	Online Pianist offering online piano learning experience app - allows you to download	https://www.onlinepianist.com/
Arts & Culture - appreciation		
Walter's Museum	Houses the highest artistic achievements from nearly every corner of the world. View some of the past, present, and future exhibitions	https://thewalters.org/experience/exhibitions/
Google Arts & Culture	Learn something new every day!	https://artsandculture.google.com/
British Museum	Free videos	https://www.youtube.com/user/britishmuseum
BBC Radio 4	The History of the world - podcasts	https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads
BBC Podcasts	50 things that made modern economy	https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads
Marquee TV	Streaming arts and culture	https://www.marquee.tv/
Teaching History	100 objects from museums across the UK with resources, information and teaching ideas to inspire your students' interest in history	http://www.teachinghistory100.org/
Exploration of the Day	Artistic website connecting people from around the world	https://www.explorationoftheday.com/

Drama Online	Online theatrical performances	https://www.dramaonlinelibrary.com/
Louvre Museum	Explore Collections	https://www.louvre.fr/en/visites-en-ligne
Pinacoteca Brera	Explore Collections	https://pinacotecabrera.org/en/collezioni/filter-collection/
Uffizi Gallery	Virtual Tours	https://www.virtualuffizi.com/explore-the-uffizi.html
Vatican Museum	Explore the Museums of Vatican City	http://www.museivaticani.va/content/museivaticani/en/visita-i-musei.html
Athens Archaeological Museums	Explore one of the largest museum in Greece and one of the most important in the world	https://www.namuseum.gr/en/collections/
Prado Museum - Madrid	Explore the collections	https://www.museodelprado.es/en/the-collection/art-works
British Museum	Get close to the British Museum's collection and immerse yourself in two million years of history	https://www.britishmuseum.org/collection

Hermitage - St. Petersburg	Virtual Tour	Click here
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	https://www.nga.gov/index.html
Science and technology Museum	Discover what you can see at the museum	https://www.museoscienza.org/en
Frida Kahlo	A closer look at the many faces of Frida Kahlo through her life, art and legacy	https://artsandculture.google.com/project/frida-kahlo
MuseiCapitolini	Virtual Tour	http://tourvirtuale.museicapitolini.org/#en
TussenKunstenQuarantaine	Reinterpretation of famous paintings	https://www.instagram.com/tussenkunstenquarantaine/
New York Museum of Modern Art	See New York's Museum of Modern Art collection online	https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en
Paris' Musee d'Orsay	Explore Musee d'Orsay's collection online, including major collection of Van Gogh and	https://artsandculture.google.com/partner/musee-dorsay-

	Cezanne	paris?hl=en
Tate Britain	Visit Tate Britain's collection online	https://artsandculture.google.com/partner/tate-britain?hl=en
Arts , crafts and culture - activities		
The Spruce Crafts	Lots of different craft ideas in one place: origami, knitting, floral wreathes, DIY, crochet, jewellery making	https://www.thesprucecrafts.com/
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	https://www.craftscouncil.org.uk/what-we-do/craft-club/
Colouring Book/pages	Colouring Book for adults Free, Printable Mandala Colouring Pages	https://milanoartguide.com/ https://www.thesprucecrafts.com/free-mandala-coloring-pages-4027232
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.	https://64millionartists.com/
Painting lessons	Painting lessons with Bob Ross, 403 episodes	https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ
Learn to draw	Teach yourself	https://www.youtube.com/watch

	<ul style="list-style-type: none"> - where to start - sketching basics - how to draw faces 	h?v=uYYCxzX1OzY&feature=share https://www.youtube.com/watch?v=ewMksAbgdBI&feature=share https://www.youtube.com/watch?v=ewMksAbgdBI&feature=share
30 day art challenge	All you need is a pencil and paper. 30 day creative challenge for people stuck indoors.	https://www.facebook.com/Art-Branched-Creative-Challenge-109960313983976
Calligraphy	Modern calligraphy tutorials - lots of different hand lettering techniques	https://www.youtube.com/channel/UC0KXyff9iw121ji9kTxAh2w/videos
Amigurumi Crochet	<p>Learn how to crochet small characters. This link lets you make a miniature Freddie Mercury</p> <p>More traditional crochet patterns, but also face mask adapters! Help out the NHS at teh same time</p>	<p>Freddie Mercury:https://app.box.com/s/yvq0444xgrsuyecw27vwbu522d6r1qjo</p> <p>general crochet: https://www.youtube.com/user/sa8rah56/videos?app=desktop</p>

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>https://www.icreativeideas.com/how-to-diy-adorable-sock-teddy-bear/</p> <p>https://www.marthastewart.com/1535789/sashiko-japanese-art-mending-fabric-visible-stitches</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	https://www.upcyclethat.com/make-that/
Origami	Learn some origami skills	<p>https://www.origamiway.com/easy-origami.shtml</p> <p>https://www.royalalberthall.com/tickets/series/royal-albert-home</p>
Knitting	Knitting tutorials	https://www.woolandthegang.com/t/how-to
Craft projects	Lots of fun DIY craft ideas	<p>https://www.johanscherft.com/</p> <p>https://www.mybluprint.com/article/diy-face-masks</p>

Photography	<p>Daily photography challenge</p> <p>Digital photography school - tips and tutorials for beginners</p>	<p>Challenge: https://www.youtube.com/watch?v=ZT4oztvArLk</p> <p>Digital: https://digital-photography-school.com/digital-photography-tips-for-beginners/</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.	https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/
Make your own candles	How to make your own candles.	https://www.fix.com/blog/making-your-own-candles/
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.	https://www.instructables.com/id/A-Beginners-Guide-to-Paper-Cutting/
Theatre		
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.	https://www.broadwayhd.com/

Filmed on stage	Updated daily- a website that allows you to stream plays and musicals for free e.g. cosi fan tuti, Bandstand, Fleabag and Jane Eyre. Over 70 titles.	http://www.filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily
Cypress Avenue play	Royal Court Theatre performance of Cypress avenue available for streaming for one month from 27.3.20	https://royalcourttheatre.com/hats-on/cyprus-avenue-film/?utm_source=RCTEmail&utm_medium=Email&utm_campaign=WatchCyprusAvenue&utm_id=1P0Z,6STGP,9ORYR2,R7UKB,1
TV		
National Theatre live streaming of plays	- Thursday 16.4.20 7pm Treasure Island - Thursday 23.4.20 at 7pm Twelfth Night	https://www.youtube.com/user/ntdiscovertheatre/videos
Free movies online	Free online movies	http://www.openculture.com/free-moviesonline https://rakuten.tv/uk/lists/free-all-free-movies
Watch favourite box sets and classic films	BBC, ITV and channel 4 all have options to watch back	www.bbbc.co.uk/iplayer https://www.itv.com/ https://www.channel4.com/prog

		rammes/home/on-demand/65571-005
Literature - reading		
Gutenberg	Download free books, e.g. Shakespeare, Edgar Allen Poe, Frankenstein, etc.	https://www.gutenberg.org/
Solomon Kingsnorth	Books in PDF, Word and audiobook format	https://www.researchify.co.uk/audiobooks.html
Great Literature Online	Free Ebooks, poetry, classic literature	https://readgreatliterature.com/how-to-find-great-literature-online-for-free/
50,000 free e-books	Arranged by genre	eBooks
Open Library Access	Free	https://openlibrary.org/
Audible	Huge range of books read out loud Free for this period - Available in 6 languages	https://stories.audible.com/start-listen
Internet Archive	Free library of books, movies, software, movies and website	https://archive.org/
Library of horror related materials	Free access to books on alchemy, the occult, magic dating to the pre-1900s	http://fantasycities.watabou.ru/?size=15&seed=134446679&hub=0&random=1
Robert Macfarlane Book Group	Twitter reading group from Robert MacFarlane	https://twitter.com/RobGMacfarlane
Virtual Tours - additional (see above as well)		
Roman Fort	Free virtual tour	http://www.caerphilly.gov.uk/ro

		manfort/en/learning_zone/teachers_resources.html
Museums from around the world	Virtual, online tours	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Access to 500 Museums & Art Galleries	Free online - includes the British Museum, Musee D'Orsay, Tate Britain	https://artsandculture.google.com/partner?hl=en
Future Learn	Explore the architecture and history of Rome, walking around a 3D digital model of the ancient city, with this free online course.	https://www.futurelearn.com/courses/rome/8/register?return=b5vf4pil
Virtual Tours	Virtual online tours - including zoos, landmarks in foreign countries, etc.	virtual tours
Aquarium	Georgia aquarium allowing you to tour under the sea	https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home
Virtual Farm Trips	American dairy association	http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.shtml
Virtual Field Trips	Created for children, but they look great for adults too!	https://theeducatorsspinonit.com/virtual-field-trips-for-kids/

Edinburgh Zoo	Live Steams:	Panda Cam / Tiger Cam / Penguin Cam / Rock Hopper Penguin Cam / Koala Cam
Petra – Jordan	Discover the beautiful Jordan City of Petra—the city of stone.	https://www.google.com/maps/about/behind-the-scenes/streetview/treks/petra/
Sistine Chapel	Virtual Tour	http://www.museivaticani.va/content/museivaticani/it/collezioni/musei/cappella-sistina/tour-virtuale.html
National Museum of Natural History – Washington D.C.	Virtual Tours	https://naturalhistory.si.edu/visit/virtual-tour
Nasa	Nasa virtual Tours	https://www.nasa.gov/glennvirtualtours
Ancient Rome	Tour of ancient Rome including the forum, Capitoline hill and famous monuments.	https://www.futurelearn.com/courses/rome?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Monterey Bay aquarium	Live cameras from the Monterey Bay aquarium	https://www.montereybayaquarium.org/

	so you can keep an eye on the jellyfish, kelp, coral, and penguins	um.org/animals/live-cams
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	https://www.timeout.com/travel/14-world-famous-city-views-you-can-see-from-your-sofa
Virtual tour of a mystery house	An old 7-story mansion that is said to be haunted that you can explore online	https://lifelife.com/you-can-virtually-tour-the-winchester-mystery-house-for-1842446238
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.	https://www.longleat.co.uk/news/longleat-launches-virtual-safari
Mental Health & Mindfulness		
How to Reduce Anxiety	Thinking about past pleasant memories may help some people with immediate stress (article)	Reduce anxiety now
Mindfulness	Free guided meditation exercises Free daily online medication	http://www.freemindfulness.org/download https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/
Mindfulness and	Guided meditations for stress, anxiety, sleep	https://www.headspace.com/

meditation	problems and more. Introductory sessions are free.	
Meditation	Help on how to meditate	https://www.mindful.org/how-to-meditate/
Mindfulness colouring sheets for adults	Complex colouring in sheets that are accessible for free and can be printed out	https://www.fix.com/blog/making-your-own-candles/
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
Keeping Active		
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	https://www.youtube.com/thebodycoachtv
Core Clapton	Free osteopathy consultation. Free wellness classes streamed via Facebook Live every day.	https://www.coreclapton.org/online-services-covid-19
3 Tribes	Free 15 minute yoga/fitness classes every day if you follow 3 Tribes on Instagram.	https://www.instagram.com/3tribesldn/
Fitness challenge	Try a fitness challenge e.g. 100 push up challenge, squat challenge, or 30-day body workout	https://hundredpushups.com/ https://www.coachmag.co.uk/ex

		ercises/full-body-workouts/1655/30-day-squat-challenge https://www.verywellfit.com/bodyweight-exercise-challenge-4583789
Free live sessions: cycle, high intensity and yoga	Free live fitness sessions: cycle, high intensity, and yoga.	https://www.instagram.com/digmefitness/?hl=en
Joe Wickes workouts	Equipment-free workout sessions that can be done in the home, free and online	https://www.youtube.com/playlist?list=PLyCLOPd4VxBsbpNdYQH1K5nFhaPYyhFDz
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	https://www.youtube.com/user/yogawithadriene
Learn Tai Chi	The moves and methods for basic Tai Chi	https://www.brighthubeducation.com/social-studies-help/tai-chi-the-moves-the-method/
Sadler's Wells Digital Stage	The world famous Sadler's Wells are offering a programme of full length dance performances	https://www.sadlerswells.com/hats-on/2020/digital-stage/

	and workshops online.	
Dancing	<p>Learn a new dance type</p> <ul style="list-style-type: none"> - tap -salsa - dance physique - body beating 	<p>Tap: https://www.youtube.com/watch?v=LH_EyxsupRE&feature=share</p> <p>Salsa: https://www.youtube.com/watch?v=aVtWSZOttC0&feature=share</p> <p>dance physique/fitness: http://www.physiquedancefitness.com/videos/index.asp</p> <p>body beat: https://www.youtube.com/watch?v=wwCyhxzYDqs</p>
Dancing Alone Together	<p>Website with lots of dance related resources. Live-streamed dance classes, dance-making prompts and communities, and dance performance footage.</p>	<p>https://www.dancingalonetogether.org/</p>
List of fitness instructors and classes available online	<p>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</p>	<p>https://docs.google.com/spreadsheets/d/1dJMDPrikh90T2zkeXAlV86sPWumnIKVh1LiLPOhiB_o/edit#gid=0</p>

	jazz, stage combat to Pilates, and more	
Free outdoor gym equipment	Some parks have free outdoor gym equipment	
Free dance	Put on your favourite tune and dance to it	
Cooking and nutrition		
Learn Italian recipes	Learn how to cook authentic Italian recipes	https://www.lacucinaitaliana.com/?utm_source=lacucinaitaliana.it&utm_medium=referral&utm_campaign=modale
Healthy Eating recipes	Discover BBC Good Food's best healthy recipes, including healthy breakfasts, lunches, dinners and snacks.	https://www.bbcgoodfood.com/recipes/category/healthy
Low budget recipes	These recipes are specifically for those on a strict budget or relying on food banks - Jack Monroe's	https://cookingonabootstrap.com/
One pound meals	Low budget recipes by Miguel Barclay	http://miguelbarclay.com/
Learn about nutrition	Learn how nutrition affects your body, health and mood	https://www.futurelearn.com/courses/food-as-medicine?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Jamie Oliver	Jamie Oliver recipes	https://twitter.com/jamieoliver
Connecting with others		
		https://tutorextra.co.uk/

Karaoke	Have a karaoke night with friends - download an app like AirConsole.	https://www.airconsole.com/play/apps/karaoke
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.	https://houseparty.com/
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.	http://www.penpalworld.com/
Trace your family tree	Learn about genealogy and how to research your family tree	https://www.futurelearn.com/courses/genealogy?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
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.	https://www.chess.com/play/computer
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	https://www.facebook.com/groups/sensorystuckathomegrowups/
Entertainment		
Boardgames online	Largest board game opportunities. over 2 million people to play with, and 175 games. Free to use.	https://en.boardgamearena.com/join
Build a medieval city	Generate fantasy maps for gaming, or writing, or just for fun	http://fantasycities.watabou.ru/?size=15&seed=134446679&hub=0&random=1
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. Sudoku	https://puzzles.standard.co.uk/ https://sudoku.com/
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	https://www.reddit.com/r/UnresolvedMysteries/
Arcade type games online		https://www.arkadium.com/gb/free-online-games/

		https://www.games.co.uk/
Something for the kids		
Tate Games and Quizzes	Create your imaginary city	https://www.tate.org.uk/kids/games-quizzes/my-imaginary-city
A curious guide to courageous children	Help children understand Coronavirus	https://www.muba.it/files/uploads/2020/03/10/guida-galattica-al-corona-virus-a-curious-guide-for-courageous-kids.pdf
Save the children	Full of ideas to help children get creative and fire up their imagination while they're at home	https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown
Chrome MusicLab	Learn music in a creative ways	https://musiclab.chromeexperiments.com/Experiments
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)	https://www.youtube.com/results?search_query=draw+around+hand+animals&app=desktop

Printable art worksheets	Art worksheets for a variety of ages of children from learning symmetry, to history of art, to facial expressions worksheets.	https://www.education.com/worksheets/the-arts/
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	https://www.jessicahartshorn.com/draw-along
Simple puppets	Easy to make hand puppets from socks	https://craftsbyamanda.com/kids-puppets/
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.	https://www.lifestoryhub.com/childrens-hub/
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: https://static1.squarespace.com/static/57209a4e4d088efedb837773/t/5e7d0f49822a6a19aa801d1d/1585254221087/Coronavirus+Time+Capsule+Blueprint+v1.0.pdf
Fun engineering and	44 engineering and science challenges created	https://www.jamesdysonfoundat

science challenges set by Dyson	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.	ion.co.uk/content/dam/pdf/JDF_with%20cover%20challenge-cards_DIGITAL.pdf
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.	https://www.thesprucecrafts.com/
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.	https://www.youthsporttrust.org/active-breaks
Mindfulness colouring sheets	Beautiful animal mindfulness colouring patterns. Can be printed and coloured in, age ranges given.	https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals
Poetry Society	Poetry learning resources for free online including a free writing competition for 11-17 year olds	https://poetrysociety.org.uk/education/learning-from-home/
Scouts	The Scouts have a wide range of activities for children to do indoors	https://www.scouts.org.uk/the-great-indoors/
Khan Academy	Non-profit organisation aiming to provide	https://www.khanacademy.org/

	world=class education for anyone, anywhere. Free courses around different subjects e.g. algebra, art history, grammar.	
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.	https://readingagency.org.uk/
Clay modelling projects	Projects to make out of clay Homemade clay can be made	Projects: https://www.hellowonderful.co/post/16-cute-and-clever-clay-projects-for-kids/ How to make clay: https://www.wikihow.com/Make-Clay
Keeping active for kids	Joe Wicks The Body Coach - every day for a home workout at 09:00hrs on YouTube.	https://www.thebodycoach.com/blog/pe-with-joe-1254.html
Volunteering, giving		
Volunteering Opportunities	Find out about volunteering opportunities near you	https://do-it.org/ https://www.charityjob.co.uk/Volunteer-Jobs

		https://volunteeringmatters.org.uk/want-to-volunteer/ https://reachvolunteering.org.uk/
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).	https://www.7cups.com/
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	https://turbanproject.com/videos
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.	https://chdliving.co.uk/adopt-grandparent
Knit for peace	This organisation aims to deliver warm knitting worldwide to where it is needed.	https://knitforpeace.org.uk/
Pick crops to cover for seasonal shortage of	Due to COVID there have been a shortage of people to pick crops this season, so there has	https://www.concordiavolunteers.org.uk/feed-the-nation

labour	been a call for volunteers from May.	https://hopslaboursolutions.com/covid-19/
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	https://www.goodsamapp.org/NHS
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!	https://www.zooniverse.org/projects
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	

	<p>and leave it on a bench for someone to find, with a message in from you</p> <p>Paint a pebble or rock with a positive message and leave that for someone to find when you next go for your exercise/shopping.</p>	
Spiritual resources		
Live Catholic mass	Catholic masses streamed live	http://www.catholictv.org/masses/catholictv-mass
Jehovah's witnesses	Readings, spiritual advice	https://www.jw.org/en/
Employability Resources		
Successful Interview Resources	PDF Book on Interview Skills	http://tpo.yolasite.com/resources/successful%20interview%20tips.pdf
Better Off Calculations	Assess you if are claiming the right benefits and the impact of work on your financial situation	https://www.entitledto.co.uk/ https://benefits-calculator.turn2us.org.uk/AboutYou
CV Builder	Create a CV online	https://cv-creator.co.uk/
Selection Criteria	Learn how to address selection criteria and	https://www.selection-

	example answers	criteria.com.au/achievesresults.shtml
Selection Criteria	Sample Selection Criteria Responses	https://www.careerfaqs.com.au/careers/resumes-and-cover-letters-tips/sample-selection-criteria-responses
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	https://www.dayjob.com/cv-template-236/
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.	https://www.dayjob.com/cover-letter-examples-314/
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!	https://www.findcourses.co.uk/
Free Career Aptitude Tests	Not sure about what you would like to do? Try those free career Aptitude Test	https://www.thebalancecareers.com/free-career-aptitude-tests-2059813
Improve your	Free course targeted at improving	https://www.futurelearn.com/co

communication skills	communication and interpersonal skills in the workplace, through Future Learn, in association with the University of Leeds	urses/communication-and-interpersonal-skills-at-work?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
Free items	Website containing new offers regularly, usually for completing a survey	https://www.latestfreestuff.co.uk/