

Healthy Children and Young People at Home

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



Education ideas

LEARN: PSHE, Mental Health & Wellbeing at home

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

[Learn More](#)

for free resources - www.pshe-association.org.uk/content/coronavirus-hub :

- Guide to teaching PSHE remotely
- COVID-19 in PSHE lessons
- PSHE & Wellbeing podcasts
- Guide for parents & carers educating children at home
- Home learning resources

-free registration to the SEAL Community, great SEL resources:
<http://sealcommunity.org/>

LEARN: with STEM Learning

To support parents and carers with home learning, subject experts have put together a selection of activities and materials on STEM Learning for children aged 4 to 19, all of which are completely free for everyone to access.

[Learn More](#)

Healthy body & mind ideas

MAKE: Simple Houmous

Try this Jamie-Oliver recipe for a healthy and tasty after-school snack. So easy to make, this classic houmous recipe is a simple blend of chickpeas and tahini (sesame seed paste).



[Learn More](#)

EXERCISE: with GoNoodle

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



[Learn More](#)

RELAX: with Calm

Calm is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness resources. They're available via its website. [LEARN MORE](#)

MENTAL HEALTH & WELLBEING: Anna Freud Centre

Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption. There are also three videos, one for **school staff**, one for **parents** and one for **children and young people** which may be useful.



The Nest in Southwark provides free mental health and wellbeing support for young people aged 13 – 25: <http://www.thenestsouthwark.org.uk/>

EXERCISE: With British Cycling

Launched a daily activity calendar to keep kids moving and help them to develop new skills, as millions across Britain adjust to life out of school.



[Learn More](#)

Evening entertainment

WATCH: Cirque du Soleil

The Montreal-based circus company has launched an online channel called the **Cirque Connect Content Hub**, where everyone can tune in every week and watch an hour-long performance from the comfort of their living room.



[Learn More](#)

WATCH: Hanwell Hootie

The annual Hanwell Hootie music festival on 9 May had to be cancelled but the organisers are now presenting the [Hootie live streaming sessions](#) – featuring a new artist every Friday evening starting 10 April at 8pm.



[Learn More](#)

WATCH: A giant baby puppet

Zara is a giant outdoor performance suitable for the whole family, telling the epic story of a mother and her fight to protect her baby. The live performance took place outside the Imperial War Museum last April. [WATCH HERE UNTIL 11 MAY](#)

WATCH: Shows that inspire

Watch fantastic educational programmes on BBC Iplayer for free that promise to inspire. There are hundreds of excellent Science & Nature documentaries for the whole family to watch for free but our favourites include Planet Earth 2 and Brian Cox' The Planets.

[DISCOVER MORE HERE](#)

MAKE: Milk carton planter

This DIY planter is an environmentally friendly craft that can help teach your little gardeners to embrace their green thumbs while learning about upcycling.



[Learn More](#)

Have fun – and feel free and email us on standardsteam@southwark.gov.uk if you would like to share other enjoyable activities.

A huge “thank you” to the Healthy Schools Team at Ealing Council as well as to Southwark’s Business Support Team, for pulling all this fun together.