



**Notice:**

**Please pass this daily update email onto your school office and ask them to distribute it to all of your parents.**

The Healthy Lives Team would also love to hear about your positive moments of the week! So if you would like to send in any news, photos, etc - please do so! Please email

[kate.smith@towerhamlets.gov.uk](mailto:kate.smith@towerhamlets.gov.uk)

**Healthy Lives Daily Update**

**Friday 17<sup>th</sup> April 2020**

The Healthy Lives Team have put together another edition today; full of exciting skills, ideas and activities for the entire family to do over the Easter Break!

**We have also attached a leaflet produced by Barts Health and North East London STP for parents around using the NHS for childhood illnesses during the COVID-19 response. This is to ensure that NHS services are used appropriately and to prevent delayed presentations. Please circulate to parents where possible.**

## **A SELECTION OF ACTIVITIES TO VARY YOUR DAY WHILE AT HOME...**

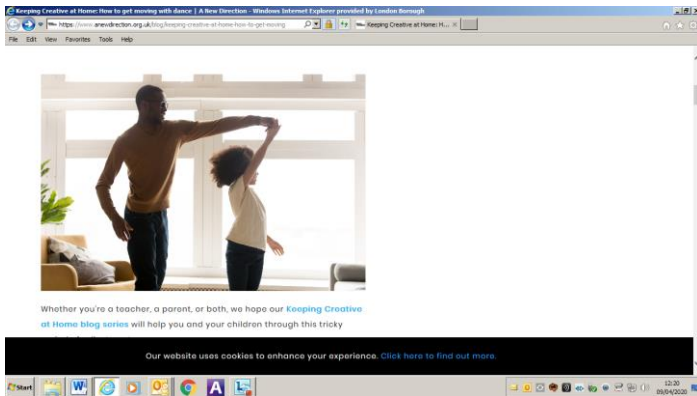
### **Uluru, Australia (all ages)**



Although we are all social distancing at the moment, there are plenty of ways to explore the many beautiful landscapes the world has to offer! Australia's iconic landscape can be discovered using 360° story spheres. So click on the link below to enjoy the views!

<https://parksaustralia.gov.au/uluru/discover/virtual-tour/>

### **Dancing for the whole family! (All ages)**



Choreographer and artist Shermaine Slocombe offers this easy and fun way to create an original dance performance for the whole family using your home or garden and a few simple materials. These activities can build day by day or be done on their own as creative starters for other activities, or just to get children and adults moving! The activities will work with children and adults of all ages, and SEND children also respond particularly well to this kind of work.

<https://www.anewdirection.org.uk/blog/keeping-creative-at-home-how-to-get-moving>

## Active 8 – 8 Minute Workouts for Kids



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

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBszBLWqWMpt9kb5sKDXNX6M>

## Free online books and more with BookTrust



Looking for something fun as a family? Enjoy Storytime with free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes, or even learn how to draw some of your favourite characters. BookTrust is the UK's largest children's reading charity. They are dedicated to getting children reading. Each year they reach 3.9 million children across the UK with books, resources and support to help develop a love of reading.

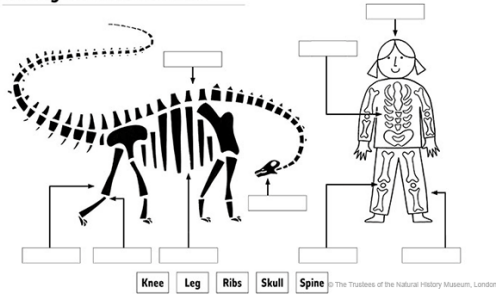
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

## Lots of fun with the Natural History Museum!

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

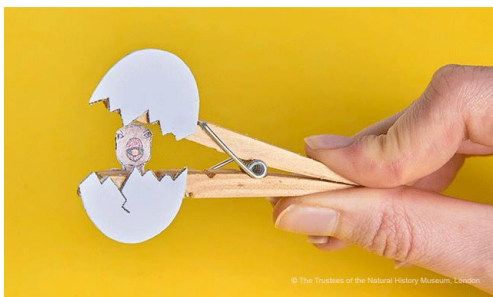
- Learning resources (all ages): From exploring the natural world in the time of the dinosaurs to learning about adaptation and evolution, the Natural History Museum's curriculum-linked resources can help you to plan activities for your class or at home.

### Activity 3: Dinosaur skeleton



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

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



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

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



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

## Learning resources from the Science Museum Group (Primary and Secondary/ KS 1 - 4)

Although museums are currently closed they are still offering children and families exciting hands-on activities the whole family can do together. The Science Museum Group has many free games, videos and activities children and young people can access to explore science and maths with.

**AND REMEMBER...**

*“A good laugh is sunshine in the house”*

**William Makepeace Thackeray**

Take care and there will be more from The Healthy Lives Team next week!

Kate

Kate Smith

Head of Healthy Lives,

London Borough of Tower Hamlets

The Healthy Lives Team wants to support you with all aspects of health and wellbeing. So we will be sending you daily health and wellbeing advice that will be relevant whether you are at home with your children, working from home or in a school. Each day we will send you links to activities and resources that promote healthy living. We will be putting together information each day, so please do let us know if there is a topic you would like included. Please feel free to share this email.

