



Healthy Lives Daily Update

Monday 6th - Friday 10th April 2020

Hello everyone! The Healthy Lives Team have put together a packed edition this week, full of exciting activities that families can do together both over the Easter Break!

The Healthy Lives Team would also love to hear about your **positive moments of the week!** Maybe you would like to **share your arts and craft creations** or **experiments** from the ideas below as well. Please email kate.smith@towerhamlets.gov.uk.

50 kids PLAY, MAKE and LEARN activities



Estimated time: 5-10 minutes

Age 3+

The '5 minute fun website' has put together 50 quick and easy activities and projects which use items that you may already have at home. The website has hundreds of activities, craft ideas, baking, learning and party ideas to explore. Why not give the following ideas a try this weekend?

<https://www.5minutefun.com/play-make-learn-50-more-kids-indoor-activities/>

Rainbow art - create your own colourful message of hope to display in your window



Rainbows are being used as a message of hope during the COVID-19 lockdown and are being displayed in windows across the country. The '5 minute fun' website have compiled 4 of their best rainbow art ideas that can then be displayed in your own windows. Activities include washing-up sponge painting, fingerprint rainbow art, rainbow handprint painting and creating a colourful rainbow photograph using a collection of similar coloured objects from around the house or garden.

<https://www.5minutefun.com/5-rainbow-activities/>

Home Sweet Home - Make your own doll's house



Turn a box into a homemade doll's house. Start by cutting off the 'roof' and snip out windows and door for your child. Then it's time to decorate with coloured paper or wrapping paper for the walls and carpet. Your child can then divide the room by adding internal walls. Finally, get your child to make furniture using household items such as egg box cups for a table and chairs and small boxes to make cabinets and beds. The final task is to move the dolls in!

<https://www.5minutefun.com/5-empty-box-makes/>

Make your own playdough



This playdough recipe takes just 10 minutes and uses ingredients that you may already have in the cupboard; it is as simple as combining flour, warm water, vegetable oil and food colouring. The best part about the dough is that it can be stored inside a sandwich bag in the fridge until next time, adding water will bring it back to life. Let your imagination run wild by trying out different colours using food colouring.

<https://www.5minutefun.com/how-to-make-your-own-dough/>

The Alphabet game: A great way to get kids talking



With a plethora of electronic devices, streaming films and computer games, all competing for attention, it is important for children to take regular screen breaks. This simple game is an effective way to get your children talking. Begin a conversation on a topic such as 'school', then challenge the children to go through the alphabet and think of a word that starts with each letter. For example **A**: algebra, **B**: basketball, **C**: clock, **D**: desk...You can then use any of the answers to spark further discussions, by asking open-ended questions such as 'Basketball': "how did you get on with the tournament the other day?"

<https://www.5minutefun.com/5-ideas-to-get-kids-talking/>

Grow saucer vegetables with the Royal Horticultural Society



Estimated Time: 15 minutes

Age: All

Do you fancy something a bit more educational? Did you know that there are vegetables that you can re-grow again from kitchen scraps? Try this fun, easy and engaging science experiment to grow either celery, carrots, parsnips, beetroot, chives, leeks or turnips. The activity is excellent for helping children to discover what plants require for growth, observing growth and change over time, whilst also showing care for a living thing.

<https://schoolgardening.rhs.org.uk/Resources/Activity/Saucer-veg?returnUrl=%2FResources%2FFind-a-resource%3Fso%3D0%26pi%3D120%26ps%3D10%26f%3D1,1:>

How to make papier-mâché



Papier-mâché, or commonly searched for as paper mache, is a creative and hands-on way to spend an afternoon making masks, globes, cutlery holders or any project you had in mind. BBC Good Food has compiled a 'winning recipe' for papier-mâché projects, with step-by-step guide and simple video to follow. All you will need is an old newspaper or magazines/comics, plain flour and some warm water. You could even make some colourful Easter eggs to display around the house, like in the photo above.

<https://www.bbcgoodfood.com/howto/guide/how-make-paper-mache>

Give bread making a try!



The basics of bread making are quick to learn, fun and useful. BBC Good Food have put together an ingredients list (flour, salt, fast action yeast, small amount of olive oil and water), with a video demonstrating the method to make the bread

Healthy Schools Top Tip, by David Banks- It is important to note that you should add the salt and the yeast into opposite sides of the bowl when adding to the flour, mixing-in each separately initially, otherwise the salt will kill the yeast from the outset. Also, Paul Hollywood from the Great British Bake Off adds a splash of olive oil to the worktop, instead of adding more flour, before beginning to knead. This avoids the dough becoming too dense. You can also use wholemeal flour or combine flours for different mixtures of bread.

Drawing

Drawing tips form Tracy Beaker illustrator Nick Sharratt



Nick Sharratt has illustrated almost 250 books. They range from board books for babies to novels for young teenagers. Sharratt has worked with a wide range of authors including [Julia Donaldson](#), [Jeremy Strong](#), [Michael Rosen](#), [Giles Andreae](#), [Kaye Umansky](#), [Kes Gray](#) and [Dame Jacqueline Wilson](#). Sharratt was also the official illustrator for World Book Day in 2006 and he has a Gold Blue Peter badge!

http://www.nicksharratt.com/drawing_tips.html

Be Active

Diversify your dancing with Diversity star Ashley Banjo



Are you looking to spend this time learning to dance? Star of Diversity and the 20DV dance team have decided to make access to their classes and tutorials completely free! Their website says, “Due to the unprecedented spread of COVID-19 we have decided to make access to our classes and tutorials completely free for everybody until the start of May!” Their positive message continues on their website; “Diversity and the whole 20DV team want to spread nothing but love and positivity in these troubling times and we think dance should be accessible to everybody regardless of circumstance” and sign off by saying “Be safe... Get dancing... Keep smiling...”

<https://20dv.co.uk/>

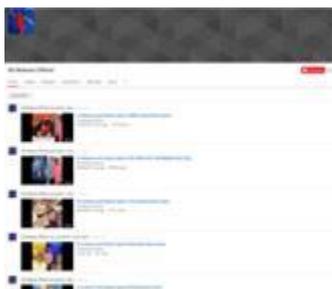
Dance like DDMIX with Dame Darcey Bussell



Former Strictly Come Dancing star and Royal Ballet Principal, Dame Darcey Bussell is now the founder of DDMIX, her team will be streaming short routines for free each day at 1.30pm on Facebook Live. The team have also produced a seated routine for all abilities.

<https://www.facebook.com/diversedancemix/>

Be the Greatest Dancer with Oti Mabuse



Strictly Come Dancing and The Greatest Dancer star Oti and her husband Marius Lepure are putting on free daily dance classes each morning, with many aimed at children. The routines include inspiration from The Greatest Showman, Oliver, Frozen, High School Musical, Mary Poppins and Trolls. They also include beginner classes for salsa, jive and the paso doble.

https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g

Education

Celebrities read stories with Amy Adams and friends



The Hollywood actors have launched a new Instagram page in aid of charity 'Save the Children.' Amy Adams, along with Jennifer Garner have launched @SaveWithStories – which involves celebrities reading children's books. The goal is to raise dollars to ensure that children in America can still continue to learn and will not go hungry.

<https://www.instagram.com/SAVEWITHSTORIES/>

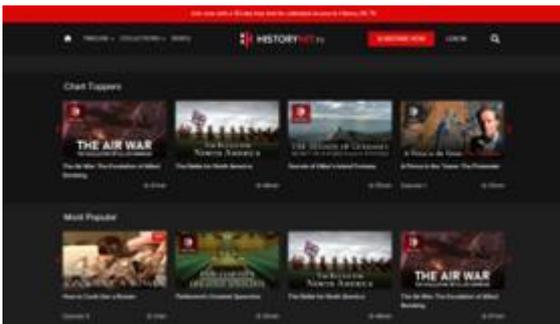
Story Time with Baroness Floella Benjamin



Actress and writer Baroness Floella is reading some of her favourite stories for children. On Twitter she wrote "I'm telling some of my favourite #stories to keep you amused, especially if you have kids, enjoy".

https://www.youtube.com/channel/UCTKRCnHB7YmN69ilbg_JH2w

History Hit with Dan Snow (free for 30-days)



Dan Snow is known as The History Guy, and delivers the very popular History Podcast: with almost a million listeners tuning in each month. He is now offering free access to his history documentary channel 'History Hit' for 30 days.

<https://tv.historyhit.com/>

The Planet

Get to know the Blue Planet with Steve Backshall



Steve Backshall, naturalist, broadcaster (CBBC Deadly 60) and author, has been delivering live "wildlife chats" on Facebook, Instagram and YouTube. Backshall, Liz Bonnin and Chris Packham will be hosting Blue Planet Live where they will explore the health of our oceans and its wildlife.

<http://www.stevebackshall.com/news/2019/3/20/blue-planet-live-on-bbc-one-this-sunday-evening>

Adventure time with Ben Fogle



At 4pm each day presenter and adventurer, Ben Fogle, will be presenting on YouTube and Instagram Live on a range of topics about the planet. One of his sessions covered a discussion about the ocean, with a focus on the Atlantic Row, great sailors and the single handed non-stop yacht race, The Solo Vendee Globe.

<https://www.instagram.com/p/B-Mt-1rHA4a/>

Cooking

Keep Cooking and Carry On with Jamie Oliver



In Jamie Oliver's new show he responds to the public's feedback regarding being stuck indoors during COVID-19. He will be sharing easy-to-follow, flexible recipes, scope to swap-in ingredients and tips to help families feed themselves "in these unique times." His website outlines a positive message of hope: 'let's celebrate freezer faves, big up the store cupboard and get creative with whatever we have to hand. Let's keep cooking and carry on!'

https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/?utm_source=kcco&utm_medium=sitewide&utm_campaign=.com

Music

Let Fly with Drumming Lessons from McFly star Harry Judd



The musician Harry Judd has hosted beginner drum lessons on Instagram Live. He decided to do this after purchasing his son a mini-drum kit while social distancing. Harry explained that 'for those watching at home they only need wooden spoons and pots and pans – cue the noise!'

<https://www.instagram.com/harryjudd/?hl=en>

A SELECTION OF ACTIVITIES MAINLY FOR SECONDARY PUPILS

Secrets of the Museum



Visiting a museum may be something you enjoy doing, but given our current lockdown, that is not possible. So, luckily for us, BBC iPlayer have brought the museums to us! There are a variety of episodes to watch on a variety of topics – have a browse through to find one you like. This episode takes us behind the scenes at the Victoria and Albert Museum - a toy elephant needs urgent TLC, Christian Dior gowns get a new lease of life and Kylie's dressing room gives up its secrets.

<https://www.bbc.co.uk/iplayer/episode/m000f1xp/secrets-of-the-museum-series-1-episode-1>

Free virtual Soccer School from Chelsea Soccer Schools

Start Dates: Monday 6th April - Thursday 9th April and Tuesday 14th April – Friday 17th April

All the fun and skills of Chelsea soccer school, but now accessible from home for 4 – 14 year olds. They will be providing daily content using google drive. There are opportunities to gain virtual certificates and medals too! Use the link below, search for soccer school in the search bar and sign-up. Please note the limited start and end dates.



<https://www.chelseasoccerschools.co.uk/soccerschools/courses/courses.htm>

Opening up about how you are feeling is important

During this time, you might be feeling a whole range of emotions on a variety of topics. Talking to people who care about you can be a really good way of getting support and just getting your thoughts out of your head. But it might be scary, or you might not know where to start. Mind can help you find a way.

<https://www.mind.org.uk/information-support/for-children-and-young-people/talking-to-friends-and-family/>



Is dancing your thing?

Oti Mabuse, a professional dancer on the television series Strictly Come Dancing, takes you through learning a dance fusion class to music – all in your own living room! Dancing is a great way to be active and it allows you to improvise too or try a dance to different music. Give it a go! Again, perhaps you and friends in their own homes can try this too? Be sure to laugh your way through if it gets tough and keep trying! Do not be too hard on yourself.

https://www.youtube.com/watch?v=-2Ld3_pCORI

Banksy – street art tour

The mysterious graffiti artist Banksy has been creating his satirical stencil-style work on buildings and walls around the world for almost 30 years. A large number of these have been destroyed, physically removed, or painted over by other artists – as is the nature of street art. Click on the link below to have a tour of 12 his murals.



<https://artsandculture.google.com/theme/12-banksy-murals-you-can-see-on-street-view/NwLyuEgokJgAKQ>

Learn how to DJ

Below is an app that teaches the basics of DJing in a fun, interactive way without the need for expensive, specialist equipment. All you need is a phone or tablet and the [free djay app](#) (below) by Algoriddim. The Djay app guides you through every stage of mixing, teaching you the basics of decks and loops before giving you the freedom to mix and remix your library of music. Maybe you can create a playlist that could be used at a future party when lockdown is over!



<https://www.algoriddim.com/apps>

For the gamers...



This hugely popular and highly social collection of online multiplayer games is coded and designed by the players themselves, then shared with the rest of the Roblox community. In the wake of the Coronavirus pandemic, the company has been adding more curriculum and educational games to its teaching resources, with featured lessons including an introduction to coding and game design, how to create multiplayer maps and coding basics like arrays and strings. Give it a try and let us know how it goes!

<https://education.roblox.com/en-us>

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

Half Moon Theatre



During this unprecedented time which has seen the closure of theatres, cinemas and schools, **Half Moon Theatre** in Limehouse, East London, has launched **Half Moon Theatre at Home**, offering families around the world free access to children's theatre online. Already available to watch are the award-nominated ***Boy's Don't***, a Half Moon Presents and Papertale production for **ages 8-12** and adults, plus our co-production with Tangled Feet of ***Butterflies***, for **ages 3-8**.

Every Wednesday a new production for young people will be made available online at:

www.halfmoon.org.uk/live

Fancy writing a poem about your home?

This is a 5-minute programme where Anna Bruder and Arji Manuelpillai from A Line Art share interactive arts, crafts, activities, stories, poems and games for the whole family to make and try at home. This episode is about writing a poem about your home.



<https://www.youtube.com/watch?v=jUh54K2s3A&feature=youtu.be>

Working from home – BBC podcast

This BBC podcast brings you snapshots of working from home across the world. This may give you some comfort in knowing that others are negotiating this new way of working and that it is, at times, a challenge.



https://www.bbc.co.uk/sounds/play/w3csy7fq?xtor=ES-211-%5B30979_PANUK_DIV_13_SND_BBCSoundsEditorial_REG90_GHI_O35%5D-20200406-%5Bbbcworldservice_bbcsoundsbusinessdailytheworkingfromhomechallenge_factualcurrentaffairs%5D

Being active while at home

Being active is always a good idea and even though we are all at home, we can still move - just in a different way or in a different space. This link gives you some suggestions and some of our colleagues in The Healthy Lives Team are trying this too! Remember, we are all in this situation together and it is important that we try our best to still take part in the things we enjoy; along with trying new things that perhaps we did not know we even liked.



YOUTH
SPORT
TRUST



Believing in
every child's
future

Activities include:

How many star jumps can you complete in 60 seconds?

How many figure of 8s between your legs can you do with a ball in 60 seconds?

How many mountain climbs can you complete in 60 seconds?

****Why not have friendly competitions with your mates? You could try Skype or Facetime with them and try it at the same time!****

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Edinburgh Zoo – live web cam of the penguins

Visiting zoo animals



Edinburgh Zoo is temporarily closed but our cameras help you watch our amazing animals, including our penguins. Please feel free to watch the videos and enjoy seeing what our animals get up to. As a charity, we welcome donations but there is no obligation to do so.

Fun facts - did you know...

- Over 100 penguins live here at Penguins Rock
- Right now, it's breeding season, so it's vital our penguin mums get enough nutrition
- Our gentoos steal pebbles from other nests, even though Dawn and our other keepers have made sure there's plenty to go round. See if you can spot them!

<https://www.edinburghzoo.org.uk/webcams/penguin-cam/>

Edinburgh Zoo – live panda web cam

With a long weekend coming, there are a few other animals you can watch to see what adventures they have - they are in lockdown too in their homes - all the time at the zoo!

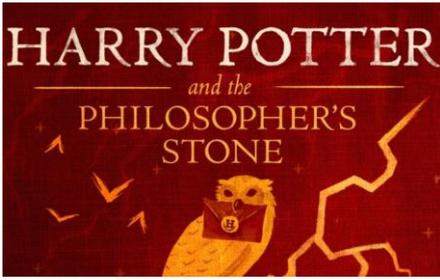


Some fun facts:

- Yang Guang eats over 20 kilograms of special bamboo every single day
- His keeper Alison tops up his bamboo three times a day, and she always remembers to leave out a midnight snack to keep him going throughout the night!
- He enjoys something sweet between meals so Alison treats him to some honey - we all deserve a little treat even in lockdown, don't we?

<https://www.edinburghzoo.org.uk/webcams/panda-cam/?camID=2457>

Stream for free: Harry Potter and the Philosopher's Stone



Harry Potter has never even heard of Hogwarts when the letters start dropping on the doormat at number four, Privet Drive. Addressed in green ink on yellowish parchment with a purple seal, they are swiftly confiscated by his grisly aunt and uncle. Then, on Harry's eleventh birthday, a great beetle-eyed giant of a man called Rubeus Hagrid bursts in with some astonishing news: Harry Potter is a wizard, and he has a place at Hogwarts School of Witchcraft and Wizardry. An incredible adventure is about to begin!

https://stories.audible.com/pdp/B017V54W6O?ref=adbl_ent_anon_ds_pdp_pc_cntr-2-0

Taking care of mental health - Childline



ChildLine has created a webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is, where children and young people can find help if they are worried, coping if they are staying at home and what to do if they are feeling unwell. Children and young people can also call 0800 1111. ChildLine is a free, private and confidential service where children can talk about anything. A ChildLine counsellor is available online or on the phone from 9am – midnight.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus>

Hand flower bouquets



Ask your children to draw around their hand and cut out this shape. Then get a pipe cleaner (preferably green with another colour for the stamen) and twist the stamen colour around the top of the green pipe cleaner. You might need to cut off half or so of the stamen colour otherwise it will be too big. Then get the hand cut out shape and twist it around the green pipe cleaner with the stamen popping out the top. Finally, curl the 'fingers' with a pair of scissors to make your flower. More craft ideas can be found on the below link: https://a-littlebird.com/2020/04/01/kids-crafts-and-online-creative-workshops/?utm_source=a-littlebird.com+List&utm_campaign=5684c4c92d-Newsletter_COPY_01&utm_medium=email&utm_term=0_d794b9ea3d-5684c4c92d-212138885

Make your own physical activities

As a family, try making some fun, easy and inventive physical activities using items around your home! Have a look for some ideas here:

<https://www.facebook.com/526125946/posts/10156652435795947/?d=n>



Did you know....

A quick search for 'bread' on BBC Good Food found 795 results for bread, so there are plenty of recipes to try!

<https://www.bbcgoodfood.com/recipes/easy-white-bread>

And remember...

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."

Harry Potter and the Order of the Phoenix, J.K.Rowling

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 want 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.

