



Activities and Resources for young people accessible from Home

Our team have selected a list of some great ideas, activities and resources for the young people in your youth groups who are now stuck at home. Just click on the links to access the webpage.

PE/Exercise:

1. **The Body Coach** – Joe Wicks <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

To keep kids active during this time off. Joe Wicks has created online videos of PE Work out sessions. You don't need any equipment for a 30-minute Fun workout.

Education:

1. **National Geographic (Kids)** <https://www.natgeokids.com/uk/>

Lots of different information and resources for children to learn about animals, science, history and geography.

2. **Steve Backshall** (BBC Wildlife Presenter) <https://www.bbc.co.uk/newsround/52024856>

He will be talking live about wildlife, biology, conservation, geography and exploration. Hosting an online Q&A session all about wildlife on social media from 9.30am on 25th March. Watch the videos.

3. **Twinkl**

https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=facebook&utm_medium=social&utm_campaign=coronavirus&utm_term=whatsavailablefaq&utm_content=20200324_coronavirusblog

A resources website offering, free for a month, schools and parents with plenty of activities to keep children occupied. It has a range of activities for SEN, and Children from the Early Years Foundation Stage to Year 6. It follows the curriculum and is currently offering free Home Learning Packs for these age ranges. It also uses Google Classroom so teachers can share work with those who are currently not in school.

Activities mix:

1. **The Mix**

<https://www.themix.org.uk/mental-health/looking-after-yourself/feeling-bored-here-are-ten-fun-things-you-can-do-to-pass-the-time-at-home-35711.html>

Feeling bored? A top ten list of fun tips to keep you busy and entertained if you're stuck in isolation or quarantine.

2. **The Scouts** <https://www.scouts.org.uk/activities/?size=Individuals,Pairs&setting=Indoors>

Bear Grylls is launching a package of 100 indoor activities to keep families "busy, focused and cheerful". All the activities can be carried out in the house or garden. These activities were designed to have clear outcomes, such as developing communication skills or learning how to problem solve, which will also support schools in their aim to keep young people learning in their homes.

3. **Popsugar** <https://www.popsugar.co.uk/parenting/indoor-home-activities-for-kids-47308517>

A list of indoor activities that will keep kids entertained at home.

4. **Taskmaster** (adaptation of TV programme) <https://twitter.com/taskmaster?lang=en>

Fun activities, including setting challenges for the young people to complete in 24 hours – results posted on social media.

Youth Work:

1. **University Of Northampton** https://uon1.padlet.org/jodie_low1/d8lsrmpj0z1
Youth Support / Youth Work in Lockdown. A Padlet made to communicate ideas, support and strategy for our Youth Workers and Youth Services in COVID-19 Lockdown.
2. **YWR (Youth Work Resources)** <https://www.youthworkresource.com/youth-work/games/>
Games are a massive part of youth work, here is a database of games for your use in your youth work.
3. **Aquarius** <https://twitter.com/nhantsaquarius> Support for vulnerable young people – targeting support drug and alcohol misuse and gambling.

Health and Wellbeing:

1. **Healthy Young Minds** <https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>
A few apps to support positive mental health.

Storybooks:

1. **World of David Walliams** <https://www.worldofdavidwalliams.com/>
Free audio stories of his books, Free downloadable Activities and Resources.

Church resources:

1. **Youth Scape** <https://www.youthscape.co.uk/coronavirus>
A live blog sharing up to date resources videos and advice.
 2. **DTI (Dreaming The Impossible)**
https://www.vineyardchurches.org.uk/resources/a-new-era-for-youth-ministry/?fbclid=IwAR3i3HbwOIOPzttkg_FJzSLVPOPEc3DnQJOhrCX3SSSIbeW1QapifvZ8yEg
A fantastic resource on how to run youth work digitally.
- Thy Kingdom Come**
<https://www.thykingdomcome.global/stories/10-ideas-help-your-church-continue-worship-while-not-gathered>
Churches Guide to meeting remotely.
3. **Youth Alpha** <https://www.alpha.org/preview/alpha-youth-series/>
 4. **Mission academy Live**
https://www.hopetogether.org.uk/Groups/325209/Mission_Academy_Live.aspx
Free Video courses – discussion elements can be done either on chat through social media or through video conferencing.
 5. **Youth For Christ (YFC)** <https://yfc.co.uk/youthworkonline/>
Useful videos that will explain how to engage with your youth group online. Also free resources.
 6. **Urban Saints** <https://www.urbansaints.org/>
 7. **Scripture Union** <https://content.scriptureunion.org.uk/>

We hope you find these resources helpful during this period at home

From the NAYC Youth Development team