



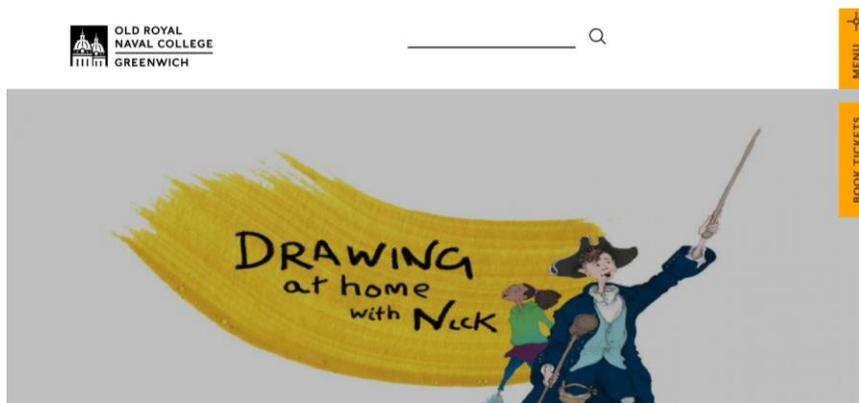
Notice:

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

Healthy Lives Daily Update

The Healthy Lives Team have put together another exciting edition this week; full of different skills, fun ideas and enjoyable activities.

Drawing with Nick Ellwood (ages 5+)



The Old Royal Naval College are releasing a short series of draw-along videos with children's illustrator Nick Ellwood. The first one went live last week, and the next one will be online on Thursday.

<https://ornc.org/learn-to-draw-with-nick-ellwood/>

#ThisIsPE – Supporting Parents to Teach PE at Home



A special thanks to Mark Gransden, Head of PE at London Enterprise Academy for suggesting the Association for Physical Education as a resource to support parents teach PE at home.

Yorkshire Sport Foundation and leading national organisations, including Association for Physical Education, have been working with physical educators from across the country to support parents to teach PE at home. Short two-minute videos are being posted that show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each #ThisIsPE video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives.

<https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

Discussing worries and anxieties with children (Primary)

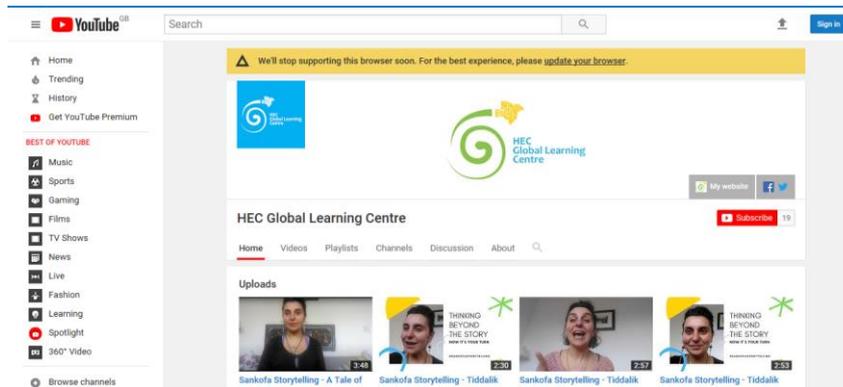


To celebrate World Book Day last month, Thrive LDN streamed an immersive storytelling performance of Tom Percival's children's book [Ruby's Worry](#), open to all primary schools across London. The story of Ruby's Worry is a great resource for parents and carers to watch with young

children and helps to begin conversations about childhood worries and anxieties. The storytelling [performance](#) runs for around 20 minutes, with another 25 minutes for [craft and drawing activities](#) recommended to aid discussion with young children about the story.

Link: [Watch Ruby's Worry](#)

HEC Global Learning Centre (All)



With COVID19 throwing up all sorts of big questions for us and our children, we're talking about the pandemic in a different way, and HEC Global Learning Centre are inviting children and their families, learners and their teachers to join the conversation.

Last week they started releasing short vignettes (2-3 mins long) using the wisdom of stories, old and new, accompanied by questions to make some sense out of the situation – for ourselves and for our children about how we are living on this earth. They will be releasing new story content every Tuesday and Thursday morning.

In their first story, we meet a frog named [Tiddalik](#) in a time before humans had come to be. You can follow all three parts of the story on [Facebook](#) or [Twitter](#) or by going straight to our [YouTube](#) channel. Please do subscribe to see future stories as they share.

In the near future, they hope to produce content in Arabic, Bengali, Chinese, Somali and other languages too, so that they are alternating between English and other Mother Tongues.

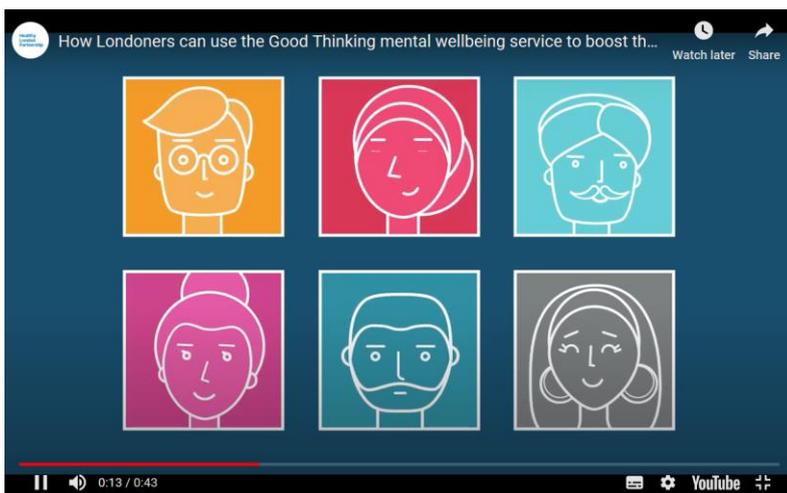
Keeping your child safe online: Children's Commissioner



With the help of the leading privacy law firm Schillings, the Children's Commissioner have produced a digital safety and well-being kit for parents and a related safety guide for children.

<https://www.childrenscommissioner.gov.uk/coronavirus/digital-safety-and-wellbeing-kit/>

Good Thinking, London's digital mental wellbeing service (adults)



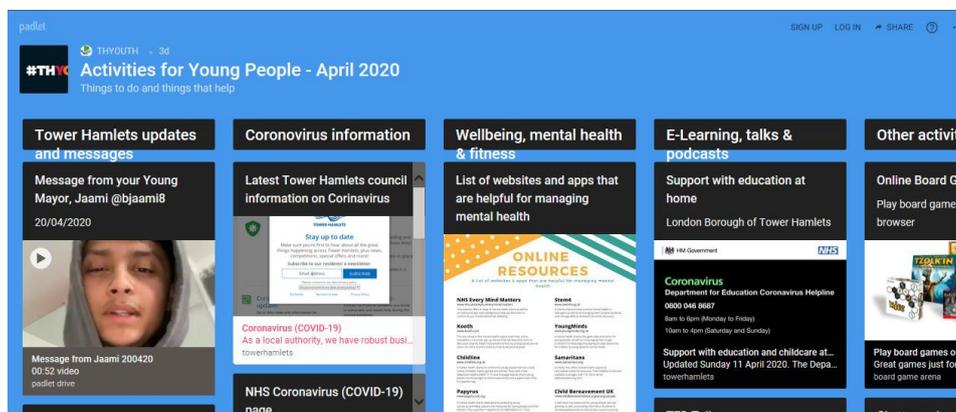
[Good Thinking](#), London's digital mental wellbeing service, delivered in partnership with London's NHS, the Mayor of London, Public Health England, London Councils and Thrive LDN, has recently been updated with specific resources to support the mental health and wellbeing of Londoners in response to coronavirus which can be found [here](#). Good Thinking is free for Londoners to access and provides support to those who feel anxious, sleep deprived, stressed or sad. It includes:

- [Guides to manage mental health](#)
- [Advice guides aimed at healthcare workers, parents and carers and children and young people](#)
- [Personal stories \(blogs and podcasts\)](#) – currently **5 blogs** and **12 podcasts** with a variety of people being interviewed

- [Useful links](#)

Further content is in development and will be added so it is worth revisiting the [Good Thinking website](#).

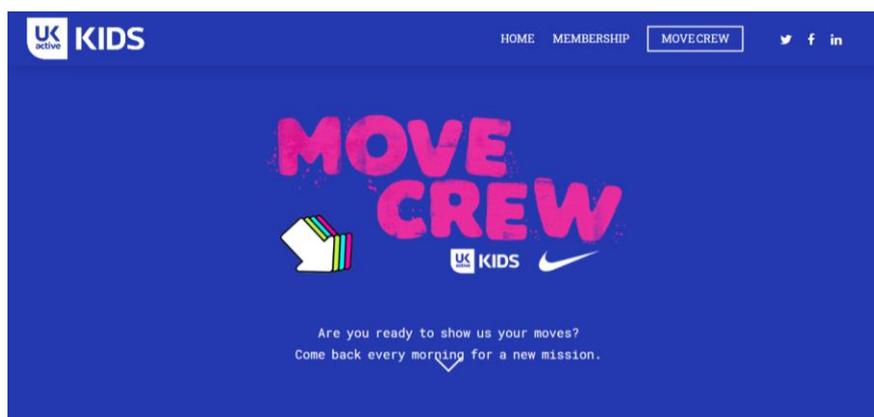
Tower Hamlets Youth Service (secondary and sixth form)



Tower Hamlets Youth Service have launched a communication platform, with messages and updates from Tower Hamlets; COVID-19 information; wellbeing, mental health and fitness information and e-learning, talks and other podcasts.

<https://padlet.com/thyouth/youthservice>

Move Crew (primary and secondary)



UK Active and Nike have just launched Move Crew; it is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. Key presenters include British Sprint Champion, Dina Asher-Smith and Hanna Sepeta, Active School Hero and PE lead from Granton Primary School in Lambeth.

<https://ukactivekids.com/movecrew/>

London Sport (under 25's)



Active at Home #StayInWorkOut

London Sport have pulled together a range of resources that can help alleviate the difficulties many families will face in keeping their kids active. Physical activity remains a vital part of every child's day and the sector has worked hard to make activity at home more widely available and as accessible as possible for children during this unpredictable period.

<https://londonsport.org/covid-19/stayinworkout-resources/covid-19-children-and-young-people-resources/>

Make a stop-motion animation



Presenter Naomi Wilkinson visits an animation studio and shows us how to create our own stop-motion animation. When we watch animations, we might not always consider the work that has gone into creating the piece. Animators use drawings, 3D models and everyday objects in their creations and stop-motion is an extremely accessible form of animation, for animators of all abilities and ages. This is geared for KS2 children, but the idea for it is given by a BAFTA-winning animation director.

<https://www.bbc.co.uk/teach/class-clips-video/art-and-design-ks2-stop-motion-animation/zr67kmn>

KS3 English – five activities to keep you on your toes with grammar



Oxford University Press has created five fun things to do with grammar during lockdown. Lockdown could potentially be the perfect time to brush up on grammar! Try these activities ,with lower KS3 in mind, to engage with grammar.

<https://educationblog.oup.com/secondary/english/grammar-on-lockdown>

Free, safe and anonymous online support for young people



Kooth is a web based confidential support service available to young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day. It is accessible through mobile, tablet, desktop, and free at the point of use.

<https://www.kooth.com/>

How to make an anime



Apparently, making an anime is no simple task – but perhaps now is a great time to give it a try. It is an entire process of building and illustrating a world, finding motivations, weaving stories – this is a major undertaking! However, it is also a great exercise in creativity. If you are passionate about anime, you will probably really enjoy making your own.

<https://www.wikihow.com/Make-an-Anime>

Listen to a comedy podcast to lift your spirits



There is lots of choice when deciding which podcast to listen to. As a start, try a BBC comedy audio. There is a wide range of programmes and highlights that are available as podcasts for you to download for free, so if comedy is not for you, try something else! Sit back and relax while you listen or plug-in your head phones to allow you to move around as you listen. However you choose to listen, be sure to have some time for yourself.

<https://www.bbc.co.uk/podcasts/radio4/category/comedy>

Yoga with Adriene (and Benji)

Getting back to the true you can be that simple. Yoga offers up a way for us to see a world that is working for you instead of against you. Yoga reminds us that everything is connected so we must live, act and breathe with awareness. Benji is Adriene's dog who often features alongside her.



<https://yogawithadriene.com/>

Try zentangle art – a way to relax



The adult colouring book craze has been around for many years and has inspired busy grownups to take a moment and create—without deadlines or expectations. Like colouring, zentangle art is easy to do and offers a relaxing way to engage in art-making. Rather than filling in someone's drawings, you are the one producing the patterns.

<https://mymodernmet.com/zentangle-art/>

A bit of fun! Seven foods that may be (!?) mood-boosting, to lift you up during lockdown!



As the UK continues to adjust to daily life amid the **coronavirus** lockdown, it is more important than ever that we look after our minds and bodies. Navigating the uncharted waters of a global pandemic can understandably cause feelings of stress and anxiety, but there are steps we can take to boost our moods. Whilst these foods may or may not boost your mood, you will probably find these foods fun and delicious!

<https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2020042188441/mood-boosting-foods/>

Five music videos you never knew were filmed at the Roundhouse



The launch of MTV in 1981 resulted in an explosion in music videos, with bands and artists needing to be ever more creative and cutting edge with their promotional videos. Here are five music videos that made the most of the epic space, from Bauhaus' gothic take on Bowie to Victoria Beckham's forgotten garage anthem.

<https://50.roundhouse.org.uk/content-items/five-music-videos-filmed-roundhouse>

Origami is an ancient art form, 1000 years old!



Origami animals are a popular choice of origami. They are fun to fold and it is really cool to see them begin to take shape and look like their real life counterparts. There are instructions for various origami animals so just choose your favourite one and start folding.

<https://www.origamiway.com/origami-animals.shtml>

Cosmic Kids Yoga



Yoga, mindfulness and relaxation designed especially for children aged three and up. This YouTube channel is used in schools and homes all over the world. Yoga through telling a story – what a great way to do yoga together!

<https://www.youtube.com/watch?v=u8sEfR XRuAw>

Smoothie making for breakfast

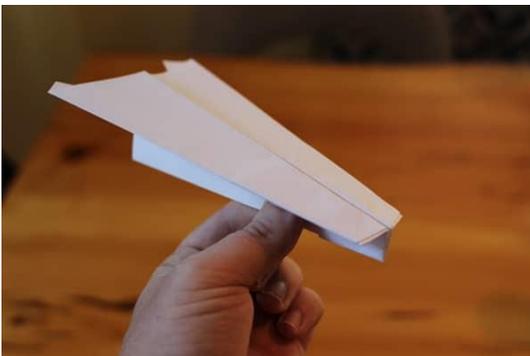


Preparing meals together is becoming more common now than ever before. Have you tried making a smoothie for breakfast? Whizz-up a low-fat breakfast smoothie in no time. Use banana with other soft fruit, plus honey for a little sweetness, and oats for slow-release fuel.

<https://www.bbcgoodfood.com/recipes/homemade-muesli-oats-dates-berries>

<https://www.bbcgoodfood.com/recipes/two-minute-breakfast-smoothie>

Paper airplane making – three styles that go the distance



If you have not flown paper airplanes yet during lockdown, perhaps now is the time to try! You can experiment with various styles of plane; so when it is time to show your children how to fold a humble piece of paper into a soaring jet, do not stumble around and hastily construct one from the poor memory of your youth — one that takes a disappointing nosedive as soon as it leaves your fingertips! Instead, teach them the art of making a plane that can truly go the distance.

<https://www.artofmanliness.com/articles/how-to-make-the-worlds-best-paper-airplanes/>

Have a family quiz!



Even though in-person quizzes can no longer happen for now, lockdown does not mean you cannot create one as a family. Maybe you could invite other family members from their homes, or friends from their own homes, to take part to get a friendly competition going. Create a catchy team name and give it a go! Below is a link to help you get started.

<https://www.shepherdsfriendly.co.uk/your-resource-centre/family-quiz-printable>

AND REMEMBER...

"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will live as one."

John Lennon, Imagine

Take care,

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.

