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| **CompanyActivity** | **Category** | **Detail** |
| NHS England Logo HETT 2020 - HETT 2020 | **COVID-19 Info** | Reliable accurate information on the situation |
| Kooth | Royal Borough of Kensington and Chelsea | **Mental Health** | Online counselling and talking therapy |
| childline-logo-crop - Cardiff and Vale of Glamorgan Regional ... | **Mental Health** | Online counsellor chat, information around coping techniques |
| Joe Wicks announces he will hold free PE lessons on his YouTube ... | **Fitness** | PE for Kids. Mon-Fri from 23/3/20 @ 9am on Youtube, plus lots of free workouts - The Body Coach TV pl |
| The Scout Association - Wikipedia | **Activities** | Activities, crafts, games, experiments |
| logo | **Fitness** | App for workouts. Yoga, barre, HIIT. Free until 1st April AND free for all students and teachers (K-12 and college) until 1st July. To access the free school membership, please register your school's domain by visiting downdogapp.com/schools. |
| A list of free, online, boredom-busting resources! – ChatterPackchildline-logo-crop - Cardiff and Vale of Glamorgan Regional ... | **List** | Virtual tours feature museums and other online learning courses |
| The Game Crafter News — Board Game Arena | **Games** | Multiplayer board games online |
| Gymshark Official Store | Gym Clothes & Workout Wear | Gymshark | **Fitness** | App for workouts |
| THE NIKE APP | **Fitness** | App for workouts |
| [**Islington Library**](https://www.islington.gov.uk/libraries-arts-and-heritage/libraries/join-islington-libraries/join-now) | **Reading** | Can borrow e-books and e-magazines etc |
| Pinterest's new logo says goodbye to script text | Creative Bloq | **Activities** | All the ideas |
| The RSPB Wildlife Charity: Nature Reserves & Wildlife Conservation | **Art** | Wild Art competition, submit by 28th August 2020 |
| Explorers against Extinction - On the Edge at Royal Geographical ... | **Art** | **Art competition, submit by 30th May 2020** |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/BC531C1.tmp | **Writing** | Writing challenges, tools and resources |
| [Yoga with Adriene](https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA)Yoga with Adriene | **Fitness** | Yoga channel, recommended by yoga teacher at Platform |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/86834FFA.tmp | **COVID-19 Info**#COVIDBOOK | **Child friendly explanation in multiple languages** |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/F2370A18.tmp | **Educational** | Resources (some free) for learning support |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/809792AF.tmp | **Quiz** | Answer questions on various topics to donate to the World Food Programme |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/2C281F95.tmp | **Writing** | Competition, submit by 19th April |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/DD87CB6B.tmp | **List** | List of writing competitions |
| Home | **Mental Health** | Dealing with conflict at home during self-isolation |
| TED: Ideas worth spreading | **Educational** | Online talks on a range of interesting subjects |
| Home - GoNoodle | **Fitness** | Movement and wellbeing for younger children |
| [**Stories for children and families. audible**](https://stories.audible.com/discovery) | **Reading/listening** | Stories for children and families online for free |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/284123B1.tmp | **Educational** | Free online courses, some with certificates, on a range of subjects |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/B1A591E7.tmp | **Fitness** | 60 day challenges, 10am each day on Facebook |
| Image result for fight for peace logo | **Instagram live Boxing fitness and young people support** | **Instagram live Boxing fitness and young people support** |
| Home - Calm Harm App | **Mental Health** | Helps young people manage their feelings around self-harm |
| SuperBetter | **Mental Health** | Play a game and grow your resilience |
| Headspace - Home | Facebook | **Mental Health** | App for meditation and sleep |
| Smiling Mind - Public Site | **Mental Health** | App for meditation and mindfulness |
| myhealthapps.net logo | **Mental Health** | Tracker for understanding everyday emotional wellbeing |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/7841B42A.tmp | **Mental Health** | Resources for those with anxiety disorders, and a telephone line and email contact |
| /var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/2F686DC8.tmp | **Art** | Suggestions for youtube channels by artists |
| **Museum Virtual** [**Tours**](https://hellogiggles.com/news/museums-with-virtual-tours/) | **Museums** | Museum virtual tours |
| Podcast Logo Stock Illustrations – 2,943 Podcast Logo Stock ... | **Educational** | Various podcasts |
| Royal Opera House - Wikipedia | **Music, Dance** | Free broadcasts of performances |
| Refuge (@RefugeCharity) | Twitter | Support for Domestic Abuse | Free healpline and support for all experiencing domestic Abuse |
| Womens Aid | Support for Domestic Abuse | Free healpline and support for all experiencing domestic Abuse |
| Fearless - Chaucer School | Reporting any crime anonymously, online or via phone | Reporting any crime anonymously, online or via phone |