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| --- | --- | --- |
| **CompanyActivity** | **Category** | **Detail** |
| [NHS England Logo HETT 2020 - HETT 2020](https://www.nhs.uk/conditions/coronavirus-covid-19/) | **COVID-19 Info** | Reliable accurate information on the situation |
| [Kooth | Royal Borough of Kensington and Chelsea](https://www.kooth.com/) | **Mental Health** | Online counselling and talking therapy |
| [childline-logo-crop - Cardiff and Vale of Glamorgan Regional ...](https://www.childline.org.uk/) | **Mental Health** | Online counsellor chat, information around coping techniques |
| [Joe Wicks announces he will hold free PE lessons on his YouTube ...](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ) | **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](https://www.scouts.org.uk/the-great-indoors/) | **Activities** | Activities, crafts, games, experiments |
| [logo](https://www.downdogapp.com/) | **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! – ChatterPack](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home)childline-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](https://en.boardgamearena.com/?fbclid=IwAR3HYcWvJTJUyalSglkJc-pmD8qQcHEfsYrOT3SGfA-M5zqVX9GxsbuSnVo) | **Games** | Multiplayer board games online |
| [Gymshark Official Store | Gym Clothes & Workout Wear | Gymshark](https://uk.gymshark.com/pages/the-gymshark-conditioning-app) | **Fitness** | App for workouts |
| [THE NIKE APP](https://www.nike.com/gb/ntc-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](https://www.pinterest.co.uk/) | **Activities** | All the ideas |
| [The RSPB Wildlife Charity: Nature Reserves & Wildlife Conservation](https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/?channel=paidsearch&gclid=Cj0KCQjw09HzBRDrARIsAG60GP8WV6ElpwNL0jGHAT4q2f3UVbqXfMMm40hrT-sabLTyewok15ttDOkaAhbaEALw_wcB) | **Art** | Wild Art competition, submit by 28th August 2020 |
| [Explorers against Extinction - On the Edge at Royal Geographical ...](https://explorersagainstextinction.co.uk/initiatives/sfs-introducing/) | **Art** | **Art competition, submit by 30th May 2020** |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/BC531C1.tmp](https://www.nanowrimo.org/) | **Writing** | Writing challenges, tools and resources |
| [Yoga with AdrieneYoga with Adriene](https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA) | **Fitness** | Yoga channel, recommended by yoga teacher at Platform |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/86834FFA.tmp](https://www.mindheart.co/descargables) | **COVID-19 Info**  #COVIDBOOK | **Child friendly explanation in multiple languages** |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/F2370A18.tmp](https://www.twinkl.co.uk/) | **Educational** | Resources (some free) for learning support |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/809792AF.tmp](https://freerice.com/) | **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](https://goape.co.uk/groups/schools/adventure-stories) | **Writing** | Competition, submit by 19th April |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/DD87CB6B.tmp](https://schoolreadinglist.co.uk/competitions-for-children/childrens-writing-competitions/) | **List** | List of writing competitions |
| [Home](https://www.childrenssociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home) | **Mental Health** | Dealing with conflict at home during self-isolation |
| [TED: Ideas worth spreading](https://www.youtube.com/user/TEDtalksDirector) | **Educational** | Online talks on a range of interesting subjects |
| [Home - GoNoodle](https://www.gonoodle.com/) | **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](https://www.mooc-list.com/) | **Educational** | Free online courses, some with certificates, on a range of subjects |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/B1A591E7.tmp](https://www.facebook.com/RunderwearOfficial/) | **Fitness** | 60 day challenges, 10am each day on Facebook |
| [Image result for fight for peace logo](https://www.instagram.com/fightforpeace/?hl=en) | **Instagram live Boxing fitness and young people support** | **Instagram live Boxing fitness and young people support** |
| [Home - Calm Harm App](https://calmharm.co.uk/) | **Mental Health** | Helps young people manage their feelings around self-harm |
| [SuperBetter](https://www.superbetter.com/) | **Mental Health** | Play a game and grow your resilience |
| [Headspace - Home | Facebook](https://www.headspace.com/) | **Mental Health** | App for meditation and sleep |
| [Smiling Mind - Public Site](https://www.smilingmind.com.au/) | **Mental Health** | App for meditation and mindfulness |
| [myhealthapps.net logo](http://myhealthapps.net/app/details/363/moodometer) | **Mental Health** | Tracker for understanding everyday emotional wellbeing |
| [/var/folders/sg/fvswtm4903bd6ztrwj3nxr5h0000gn/T/com.microsoft.Word/Content.MSO/7841B42A.tmp](https://nopanic.org.uk/the-no-panic-helpline/) | **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](https://conceptartempire.com/free-art-youtube-channels/) | **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 ...](https://podyssey.fm/list/podcast-episodes/id1400-Podcasts-to-Entertain-Your-Kids) | **Educational** | Various podcasts |
| [Royal Opera House - Wikipedia](https://www.youtube.com/royaloperahouse) | **Music, Dance** | Free broadcasts of performances |
| [Refuge (@RefugeCharity) | Twitter](https://www.nationaldahelpline.org.uk/) | Support for Domestic Abuse | Free healpline and support for all experiencing domestic Abuse |
| [Womens Aid](https://www.womensaid.org.uk/information-support/) | Support for Domestic Abuse | Free healpline and support for all experiencing domestic Abuse |
| [Fearless - Chaucer School](https://www.fearless.org/) | Reporting any crime anonymously, online or via phone | Reporting any crime anonymously, online or via phone |