



STAY AT HOME STAY SAFE STAY INSPIRED!

Feel balanced. Feel better.™

1

Activity for the Kids



Get Planting!



Grow vegetables and plants, feed and watch them grow! These can be done in the garden or even on your windowsill! Make sure they have lots of sunlight and they are fed regularly!

Visit bbc.co.uk/gardening/digin/ to get started!

Educational Resource

2

Storyline Online

Reading aloud to children has been shown to improve reading, writing, communication skills, logical thinking, concentration, academic aptitude, as well as inspiring a lifelong love of reading.

Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide:

Visit: www.storylineonline.net/library



3

Good News Story!



Rainbow Pictures



Pictures of rainbows have started springing up in windows after schools closed. Hundreds of schools are encouraging pupils to put up paintings to "spread hope".

Why not make some with your family?



Challenge Yourself...

4

US States - Guess The Location!



Draw the outline of the USA on a large piece of paper. Write the names of 20-50 States on separate pieces of paper and place them in a hat. Each member of the family takes it in turns to pick out a State and place where they think it is located! At the end of the game, check where each State is located on Google Maps, count up the scores and crown your winner!

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