



## Free resources for you and your child during self-isolation

### Hungry Little Minds



Fun activities that you and your child can do together. The activities are broken down by age, so you can pick and choose ideas that you feel are right for you.

<https://hungrylittleminds.campaign.gov.uk/>

### 50 things to do before your five

50 things gives parents and carers activities to try out and repeat at home or in the local environment. You can also share your child's learning with the online community or create a memory bank of special moments to look back on later in life.

<https://bradford.50thingstodo.org/app/os#!/whats-it-all-about>



### Singing Hands



Singing hands introduces children to the amazing world of signing Makaton. It focuses on learning language in a way that is motivating, engaging and most of all fun! Access through **Youtube** to hear your child's favourite songs and stories.

### Change 4 Life

Change 4 life and Disney have teamed up with some new shake up games inspired by your favourite characters. These 10 minute bursts of fun are aimed to get children moving and count towards the 60 minute activities they need every day

<https://www.nhs.uk/10-minute-shake-up/shake-ups>



### Strong Close Facebook Page

Join in with our weekly singing or story sessions that we will be uploading to our Facebook page.

**facebook**

<https://www.facebook.com/StrongCloseNS/>

**Stay positive, playful and optimistic. We can do this together!**