

Fun Free, or Cheap, Home Activities for You to Do With (or Without) Your Family!

Activities for Parents, Babies & Infants

Site	Link	Description
The Mummy Bubble	https://themummybubble.co.uk/40-fun-activities-baby-home/	40 fun activities to do with your baby at home
Baby Time – The Educators Spin On It!	https://theeducatorsspinonit.com/babies/	Gathering of baby activities written for babies and you as a new parent
Fun at Home With Babies	https://www.funathomewithkids.com/2014/07/50-creative-activities-for-babies.html?m=1	50+ Creative Activities for Babies
Busy Toddler	https://busytoddler.com/2016/03/easy-baby-activities/	40+ Fun & Easy Baby Activities
ZeroToThree	https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months	Play activities for 12 to 24 months to keep the young ones busy with some great play ideas for your infant or toddler
Hungry Little Minds	https://hungrylittleminds.campaign.gov.uk/	Simple, fun activities for kids from newborn to five
Adelady	https://adelady.com.au/top-10-activities-for-kids-ages-0-5/	Top ten activities for kids aged 0-5

Activities for parents and young children (under 5's)

Site	Link	Description
YouTube	https://www.youtube.com/user/CosmicKidsYoga	Yoga, mindfulness and relaxation designed especially for kids aged 3+

The Oxford Owl	https://www.oxfordowl.co.uk/for-home/advice-for-parents/fun-ideas-learning-at-home/fun-ideas-ages-4-5/	Fun Learning Activities for 4 year olds
Learning for Kids	https://www.learning4kids.net/play-activities-by-age/	Meaningful learning experiences for kids to watch them discover those amazing light bulb moments.
Activity Village	https://www.activityvillage.co.uk/school-closures?fbclid=IwAR1hjzAEvhVajJB1qW2FpvcRhw2VbozEIEiOGY5QTG15mFdFxZWZd9C0Eyw	Downloadable packs of printable activities to help keep kids busy and engaged. These resources are "fun" rather than educational, but offer some inspiration and distraction, to take the pressure off just a little!

Activities for parents and children (5-12 yrs)

Site	Link	Description
First Cry Parenting	https://parenting.firstcry.com/articles/top-30-activities-for-5-year-old-children/	Top 26 Activities for 5 year old children
Good To Know	https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855	Things to do with kids: 45 cheap activities to keep children entertained
Care.com	https://www.care.com/c/stories/4117/101-awesome-activities-for-kids-ages-5-to-8/	101 awesome activities for kids ages 5 to 8
Whimn	https://www.kidspot.com.au/things-to-do/collection/games-crafts-and-activities-for-5-6-year-olds	Things to Do - Games, crafts and activities for 5-6 year olds
Whimn	https://www.kidspot.com.au/things-to-do/collection/games-crafts-and-activities-for-6-8-year-olds	Things to Do - Games, crafts and activities for 6-8 year olds

First Cry	https://parenting.firstcry.com/articles/top-20-activities-for-your-7-year-old-kids/	Top 20 Activities to do for 7 year old kids
BBC Supermovers	www.bbc.co.uk/teach/supermovers	Fun activities designed to help you learn whilst you're on the move
Jump Start	https://www.jumpstart.com/parents/activities/activities-7-year-old	More mature and confident, seven year olds will enjoy these activities which are more complex and challenging. since they have longer attention spans and a greater understanding of different concepts.
Picklebums	https://picklebums.com/activities-for-6-10-year-olds/	Ten Easy Activities for 6-10 Year-Olds.
The Art of Simple	https://theartofsimple.net/20-indoor-activities-for-kids-besides-tv/	20 Indoor Activities for Kids (besides screens)
Toucan Box	https://www.toucanbox.com/activities/fun-things-to-do-at-home-with-your-kids	Fun things to do at home with kids
Live Bold and Bloom	https://liveboldandbloom.com/09/lifestyle/fun-things-to-do-at-home	51 Things to do at Home to Banish Boredom
Scottish Book Trust	https://www.scottishbooktrust.com/topics/read-write-count	Read, Write, Count is a national campaign to improve the literacy and numeracy skills of Scotland's children.
The Educators Spin On It	https://theeducatorsspinonit.com/tag/grade-school/	Making everyday moments into teachable opportunities is the focus of this site created by educators, teachers, and work at home moms.
National Geographic	https://www.natgeokids.com/uk/	Lots of fun facts, resources and activities about our natural environment
First Cry	https://parenting.firstcry.com/articles/top-20-activities-for-8-year-old-kids/	Top 20 Activities to do for 8 year old kids
Learning for Kids	https://www.learning4kids.net/play-activities-by-age/	Meaningful learning experiences for kids to watch them discover those amazing light bulb moments.
Top Marks	https://www.topmarks.co.uk/	Interactive online learning activities
The Imagination Tree	https://theimaginationtree.com/	Planning Play and Resources for Self Isolation

Blue Peter Badges	https://www.bbc.co.uk/cbbc/curations/blue-peter-badges	Find out how you can apply for a Blue Peter badge, which attractions badge winners can get into for free, and how to get hold of a Blue Peter badge card.
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Activities for 12+ yrs

Site	Link	Description
Mom Junction	https://www.momjunction.com/articles/indoor-activities-for-your-teen_00351440/	Top 15 Indoor Games and Activities For Teens
Kits Activities	https://kidactivities.net/50-fun-games-to-play-with-friends/	50 fund games to play with friends whilst hanging out together at home, whilst it's raining, or whilst your traveling and much more
Prisoner of Class	https://www.prisonerofclass.com/fun-games-to-do-with-friends/	Fun games to do with friends that won't cost you a dime offer everyone a great time. Struggle no more for ideas on things to do with your friends at home and use YouTube, Instagram, and Facebook for fun challenges you can do with your friends.
The Khan Academy	https://www.khanacademy.org/	The Khan Academy offers practice exercises, instructional videos, on a personalised learning dashboard for learners to study at their own pace in and outside of the classroom.
Ted Talks	https://www.ted.com/recommends?exploreCTASource=talks-directory.banner	Choose what excites you. Whether it's personal growth or shifting your perspective – there's a whole world of ideas waiting for you.
Coursera	https://www.coursera.org/learn/modern-art-ideas	This course is designed for anyone interested in learning more about modern and contemporary art. Over the next five weeks, you will look at art through a variety of themes: Places & Spaces, Art & Identity, Transforming Everyday Objects, and Art & Society.
Young Scot	https://young.scot/get-involved	Lots of advice and ways to get involved in things for young people living in Scotland

General Sites of Learning

Site	Link	Description
Oxford Owl	https://www.oxfordowl.co.uk/for-home/	Learning at home activities for primary kids
Classcentral Moocreport	https://www.classcentral.com/report/new-courses-october-2018/?fbclid=IwAR0USPbMEMqrGRhe0dYGgrj6SpmbutUzzYhyBMQMpC9fXMCybuHnT5VPJbM	190 universities offering 600 free online courses
BBC Learning	http://www.bbc.co.uk/learning/coursesearch/	UK curriculum content
Twinkl	https://www.twinkl.co.uk/	The trusted home of teacher-created planning and assessment materials and teaching resources for Primary, Secondary and parents!
*TES	https://www.tes.com/news/coronavirus-free-resources-home-learning	Coronavirus: * 74 free resources for home learning In a bid to help teachers and parents with the school closures and the coronavirus <u>with loads more links with free resources out there to assist with home learning.</u>
Chatter Packs	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3avR00VCVSfTjQoOYMLT5-Z3BQApajevF_WHn94nsytGYiO6Kjn6qMyBY	A massive list of websites offering free, online, boredom-busting resources! Click on the link and follow any of the underlined headings to find out more

Sports:

Site	Link	Description
Set4Sport	https://www.facebook.com/set4sport/	Inspired by games that Judy Murray played with sons Jamie & Andy when they were young and helped develop the skills needed for playing sport
Epicdash	http://www.epicdash.com/100-workouts-you-can-do-without-equipment/	Adult No Equipment Home Workout
Youtube	https://www.youtube.com/watch?v=oBu-pQG6sTY	30 days of Yoga course
Whatmomslove	https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/	87 Energy-Busting Indoor Games & Activities For Kids
Mommy Poppins	https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids	25 Exercise Games and Indoor Activities to Get Kids Moving
Free workouts with the Body Coach	https://www.youtube.com/user/thebodycoach1	Joe Wicks, offers free workouts available on his YouTube channel. This include free daily workouts for kids as an alternative to gym classes!
Active for Life	https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/	49 fun physical activities to do with kids aged 2 to 4 which you might be able to adapt for your garden or living room
BBC Supermovers	www.bbc.co.uk/teach/supermovers	Fun activities designed to help you learn whilst you're on the move
Smiling Mind	https://app.smilingmind.com.au/	Short audio sessions to help with mindfulness
Cosmic Kids	https://www.youtube.com/user/CosmicKidsYoga	The best place to begin! Our steadiest kids yoga adventures - perfect for kids who are getting started with Cosmic Kids.

General Activities for Families/Multiple Age Groups

Site	Link	Description
Adventures in Familyhood	https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html	20 Virtual fieldtrips and suggested activities to take with your kids
FamilyeGuide	https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/	Boredum Busters: 110 Fun at-home activities for families and kids
Good Housekeeping	https://www.goodhousekeeping.com/life/a26872864/what-to-do-when-bored/	55+ creative things to do when you're bored to pass the time
Childfun	https://www.childfun.com/articles/providers/developmentally-appropriate-activities/	Developmentally Appropriate Activities for All Ages
Nifty on Buzzfeed	https://www.buzzfeed.com/mallorymcinnis/20-insanely-simple-party-games-to-entertain-your-whole-famil	20 Incredibly Simple Party Games That Are Fun at Any Age
What Do We Do All Day - Read, Learn, Play Live.	https://www.whatdowedoallday.com/indoor-family-games/	Family time often means game time, but not everyone likes board games. These fun indoor family games are good alternatives when everyone is stuck inside. All of these are super simple so players of all ages can learn quickly, and much less rowdy than our indoor ball games!
Family Lockdown tips and Ideas	https://www.facebook.com/groups/871176893326326/	Facebook group set up to provide support, tips and ideas for families at home and in the garden due to the corona virus
Alphabetical Index of Card Games	https://www.pagat.com/alpha/	Offers a range of traditional multi-player card games and their rules in alphabetical order

Art

Site	Link	Description
CB CRETIVE BLOG	https://www.creativeblog.com/features/how-to-draw-animals-people-landscapes	These quick tutorials will teach you how to draw animals, people, flowers, landscapes and more.
Mums do Travel (With and without teens)	https://mumsdotravel.com/2020/03/how-to-explore-londons-top-art-galleries-from-home/	How to explore London's top galleries from home.
Google Arts & Culture	https://artsandculture.google.com/project/black-cultural-archives	Black Cultural Archives – A celebration of Black History is a celebration of British History
Drama Online	https://www.dramaonlinelibrary.com/	Award-winning Drama Online introduces new writers alongside the most iconic names in playwriting history, providing contextual and critical background through scholarly works and practical guides.

Film & Video

Site	Link	Description
Into Film	https://www.intofilm.org/?utm_source=Into+Film+-+Master&utm_campaign=7a9ffa5d4e-Home-study-1&utm_medium=email&utm_term=0_a1465a9b17-7a9ffa5d4e-138458799	Into Film puts film at the heart of the educational and personal development of children and young people across the UK
Holiday Pirates	https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765?fbclid=IwAR1rsdB_7CFcnhy3rX70BHQUM-u4MjrmFWayU9kt5e4IGZpVbB1bZV3eEA	Free livestream access to 13 zoos
Teach from Home	https://teachfromhome.google/intl/en/	Teach from Home is a central hub of information, tips, training and tools from across Google for Education to help teachers keep teaching, even when they aren't in the classroom.

Online STEM Resources

Site	Link	Description
Education: Inspiring your teaching and learning	https://edu.rsc.org/resources/secondary	Chemistry resources for secondary aged young people
Glasgow Science Centre – GSC Home	https://www.glasgowsciencecentre.org/gsc-at-home	As well as having a mass of resources Glasgow Science Centre will be conducting online experiments each morning at 10am
NASA	https://www.nasa.gov/	Explore the Universe: Explore NASA's online activities, e-books, podcasts and other content. The universe is waiting.
STEM Learning	https://www.stem.org.uk/	Free resources for in-school, home and family activities.
You Tube Code.org	https://www.youtube.com/user/CodeOrg	Code.org want to support teachers, students, and families in any way they can by offering a set of resources to help your student learn computer science at home.

Library Resources & Online Books


Site	Link	Description
Edinburgh Libraries Online Resources:	https://yourlibrary.edinburgh.gov.uk/web/arena/a-z-eresources https://yourlibrary.edinburgh.gov.uk/	Access online, books, magazines, audio and ebooks, download your newspaper for free and a whole lot more
National Library of Scotland eResources:	https://auth.nls.uk/eresources/	What's Available: <ul style="list-style-type: none">• Hundreds of thousands of digitised books, periodicals and manuscripts spanning over five centuries

		<ul style="list-style-type: none"> • Millions of records and abstracts via online services and databases • Thousands of full text newspapers, journals and reports • Hundreds of full text reference works <p>Subjects covered include business, science, government, art, literature, history, biography, Americana and music</p>
Audible	https://stories.audible.com/discovery	Instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.
National Emergency Library	https://archive.org/details/nationalemergencylibrary?&sort=date&page=2	Collection of books that supports emergency remote teaching, research activities, independent scholarship, and intellectual stimulation while universities, schools, training centres, and libraries are closed.

Worldbook - 3000 Children's Ebooks online 😊

<https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDEzMzA2Mj1cw>

Languages









Site	Link	Description
BBC Languages	www.bbc.co.uk/languages/	BBC Websites offering tips, skills in many languages
Holly McConnell (Edinburgh University)	see  link below	British Sign Language Alphabet Spelling Lesson



https://www.youtube.com/watch?v=jGJ1aswS0h8&feature=youtu.be&fbclid=IwAR34xl4rNuauQkRxlzeczDkDLHe_a3wXzN5Ap18k0m62VfqT6Rstg6ca5o

Adult Online Learning/Activities:

Site	Link	Description
Open Learn – The Open University	https://www.open.edu/openlearn/	Search for 1000 free courses, interactives, videos and more....
Future Learn	https://www.futurelearn.com/	Is coronavirus affecting your education or work? Explore online courses to continue studying, build professional skills, and connect with experts.
Open Learn Create	https://www.open.edu/openlearncreate/	OpenLearn Create is an innovative leading open educational platform where individuals and organisations can publish their open content, open courses and resources. It is Moodle based and has tools for collaboration, reuse and remixing.
Chatterpack	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2Xua49cBvQlu5w8-CuKntCiDW7LzIMWlYeVZ0iJ43T0kFEeT0UpBo5q6s	Alternative lists of free resources, support, advice, and information for families - please do share the links for these with others/family/friends
Good Housekeeping	https://www.goodhousekeeping.com/life/a26872864/what-to-do-when-bored/	55+ Things to do at home when you're bored
Widebread	https://www.wisebread.com/50-fun-things-to-do-when-youre-stuck-inside-during-winter	50Fun things to do when you're stuck inside during winter
The Khan Academy	https://www.khanacademy.org/	The Khan Academy offers practice exercises, instructional videos, on a personalised learning dashboard for learners to study at their own pace in and outside of the classroom.
Ted Talks	https://www.ted.com/recommends?exploreCTASource=talks-directory.banner	Choose what excites you. Whether it's personal growth or shifting your perspective – there's a whole world of ideas waiting for you.
Coursera	https://www.coursera.org/learn/modern-art-ideas	This course is designed for anyone interested in learning more about modern and contemporary art. Over the next five weeks, you will look at art through a variety of themes: Places & Spaces, Art & Identity, Transforming Everyday Objects, and Art & Society.

Daily Live Events

Time	Event	Link	Where
9.00am	Jumpstart Jonny PE	www.youtube.com/jumpstartjonny	 YouTube
9.00am	Joe Wicks- The Body Coach TV	https://www.youtube.com/user/thebodycoach1	 YouTube
9.15am	Newsround	https://www.bbc.co.uk/newsround	
9.30am	Twinkle Home Learning (ages 3-5; 5-7; 7-9; 9-11)	https://www.twinkle.co.uk/home-learning-hub https://facebook.com/groups/twinkleparentsgroup	
9.30am	Interactive Literacy	https://radioblogging.net/index.php/welcome-to-radioblogging-net	
9.30am	Spread The Happiness TV	https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw	 YouTube
9.30am	Wildlife with Steve Backshall	https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A	 YouTube
10.00 am	Music with Myleen Klass (2x per week but view anytime)	https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ	 YouTube

10.00 am	Live from Glasgow Science Centre	https://www.youtube.com/user/scienceshowbob	
10.00 am	Maths with Carol Vordeman	www.themathsfactor.com Sign up for free	
10.00am (onwards)	BBC Scotland Educational programmes	BBC Scotland	
10.00 am	Twinkle Home Learning	https://www.twinkle.co.uk/home-learning-hub https://facebook.com/groups/twinkleparentsgroup	
11.00am	Science with Maddie Moate (weekdays)	https://www.youtube.com/user/maddiemoate	
11.00am	Storytime with David Walliams	https://www.worldofdavidwalliams.com/	
11.30am	Oti Mabuse- Kids Dance Class	https://www.facebook.com/OtiMabuse	
12.00	BBC Bitesize		
12.00 noon	Science Videos	https://technquest.org	
12.00 noon	Lunch- cooking with Jamie Oliver	https://www.jamieoliver.com/features/category/get-kids-cooking	
12.10pm	Newsround	https://www.bbc.co.uk/newsround	
13.00	Maths with Carol Vorderman	https://www.themathsfactor.com/	

13.10pm	Dance with Darcy Bussel	https://www.facebook.com/diversedancemix/	
3.00pm	English with David Walliams	https://www.facebook.com/WorldOfDavidWalliams/	
3.00pm	Storytime for Home Time with James Mayhew	https://www.youtube.com/channel/UCqg_lz_q3pFTkkju-PpVOFA	
3.30pm	The Flying Scribbler- Justin Davis (Help I smell a Monster Story)	https://www.youtube.com/watch?v=0pr9cdTM6-Q	
4.00pm	Newsround	https://www.bbc.co.uk/newsround	
4.00pm	Home Economics with Theo Michaels (Mon/Wed/Fri)	https://www.instagram.com/theocooks	
5.30pm	Food Tech with Jamie Oliver	https://www.chanel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide/	
6.00pm	Drawing with Steve Hapster	https://www.facebook.com/harptoons/videos/1404979016378140/ https://www.youtube.com/user/tgif38	 
weekly	The Great Indoors with Bear Grills	https://www.scouts.org.uk/the-great-indoors	

Other Useful Sites

Site Name	Link	Content Overview	Age/Key Stage
BBC Learning	http://www.bbc.co.uk/learning/coursesearch/	UK curriculum content	All
BBC Bitesize	https://www.bbc.co.uk/bitesize	UK curriculum content	All
CBeebies Radio	https://www.bbc.co.uk/cbeebies/radio	Listening activities for children	Under 5s
Nature Detectives	https://naturedetectives.woodlandtrust.org.uk/NATUREDETECTIVES	Activities that can be done in garden as a family	All
Mystery Science	https://mysteryscience.com/school-closure-planning	Home science ideas	All
The kids should see this	https://thekidshouldseethis.com/	Child friendly science videos that does not underestimate their ability	KS1+
Operation Ouch	https://www.youtube.com/channel/UCQJDFI9j8UeNoqra37p5OkA	Engaging science and medical (STEM) videos for all ages – filter by topic	All
Crash Course Kids	https://www.youtube.com/user/crashcoursekids	Educational videos – filter by age	Primary level (EYFS – KS2)
Crash course	https://www.youtube.com/user/crashcourse	Educational videos – filter by age	Secondary KS3+
Geography Games	https://world-geography-games.com/		All
National Geographic Kids	https://www.natgeokids.com/uk/	Activities and quizzes	Primary level and EYFS

Duolingo	https://www.duolingo.com/	Learn a language for free	All ages
Blockly	https://blockly.games/	Educational games that teach programming	For children new to computer programming
Scratch	https://scratch.mit.edu/	Computer programming	KS1+
Future Learn	https://www.futurelearn.com/	Free site – different courses	All
DK Find Out	https://www.dkfindout.com/uk/	UK version – lots of games and quizzes.	KS1+
TinkerCad	https://www.tinkercad.com/	Free app for 3D Design, electronics and coding	KS1+
Prodigy Maths Games	https://www.prodigygame.com/	Free online maths	KS1+

Emergency Contacts

- Children 1st – 0131 446 2300
- NSPCC – 0808 800 5000
- Samaritans – 116123 or jo@samaritans.org
- Parent line Scotland – 08000282233
- Home Link – voluntary agency offering advice or support for families – 0131 661 0890
- Home Start – voluntary agency offering advice or support for families – 0131 564 1540
- Cedar – voluntary agency offering advice or support for children affected by domestic abuse – 0131 315 8116/ 07850515283
- Circle – voluntary agency offering advice or support for families – 0131 552 0305
- CHAI- voluntary agency offering advice, housing support and employability support – 0131 442 1009
- Domestic abuse helpline – 0808 802 3333
- Social Care Direct - 0131 200 2324

Opening hours Monday-Thursday 8:30am-5pm

Friday 8:30am-3:55pm

socialcaredirect@edinburgh.gov.uk

Emergency Social work service – (out of hours) – 0800 731 6969

- Police Scotland Edinburgh – 01786 289070

Emergency police – 999

Police text phone – 18000

Police 101

City of Edinburgh Council Supporting parents, carers, children and young people - Coronavirus advice page: <https://www.edinburgh.gov.uk/coronavirus-4/supporting-parents-carers-children-young-people-coronavirus-advice/1>