



Healthy Lives Daily Update

Tuesday 14th April 2020

Please pass this daily update email onto your school office and ask them to distribute this to all your parents.

Hello everyone! The Healthy Lives Team have put together a craft and skills based edition today, full of exciting activities that families can do together.

The Healthy Lives Team would love to hear about your **positive moments of the week!** Maybe you would like to **share your Scout art and craft creations, new dance moves or routines, macro photography best shots or inspiring school work you are most proud of.** Please email kate.smith@towerhamlets.gov.uk.

The great indoors with the Scouts



The Scout movement was founded in 1908 and can also be known as the Scouts or Scouting. It is a voluntary non-political movement for young people. There are opportunities to take part in activities such as camping, hiking, swimming, abseiling, cycling and canoeing. Young people can meet and make new friends every week – taking part in fun games, working as a team, gaining new skills and taking on new challenges. Scouts earn badges for learning new skills and for

achievements. Scouts is open to all genders, races, backgrounds and physical abilities– there's a Scout adventure available to everyone.

<https://www.scouts.org.uk/>

The following five activities can be found within The Scouts 100+ stay-at-home activities. They are designed to help kids learn new skills over the next few weeks and months.

Aimed at: Families

Weekly wins – make diaries to record little victories or nice things you have done



Using the diary template provided, come up with three weekly wins or use it to record when something nice happens e.g., what happened? When did it happen? Who did you help? How did you feel after? Looking back at your little wins can be nice to look back on, particularly if anyone is unhappy or worried about something.

<https://www.scouts.org.uk/activities/weekly-wins/>

Dear Future Me – write a postcard to yourself



Take a blank postcard, or a piece of card divided to look like a postcard and write or draw a note to your future self. Grownups can help with writing or spelling, or they can make their own. The focus is on being confident, understanding personal strengths and worth and hoping for the best in the future.

<https://www.scouts.org.uk/activities/dear-future-me/>

Storm in a teacup



Make a tornado in a jar using water, sand and washing-up liquid. “Watch your storm brew, swirl and dissipate”.

<https://www.scouts.org.uk/activities/storm-in-a-teacup/>

Fabulous fancy frames



Create a frame for a photograph that makes you smile the most and then make a gallery for everyone to admire. Decorate the border of the frame with pens, stamps, stickers and other photos you have taken. You could also create a theme that links to the photo, for example, a photo of a cat could be framed by paw prints or mice! Eeek!

<https://www.scouts.org.uk/activities/fabulous-fancy-frames/>

Changing your coat – make a coat of arms



Do some research as a family as to what makes a coat of arms, what makes them similar or different. Then choose different animals, colours or objects to design your own shield. Decide what you want the shield to say about you, your values and beliefs.

<https://www.scouts.org.uk/activities/changing-your-coat/>

Learn how to Dance with Ceroc.com



Aimed at: Family, friends, roommates and partners

Estimated time: Between 15 and 40 minutes- The videos are pre-recorded and can be accessed at any time.

<https://www.ceroc.com/106/6000/home-beginners>

There are a number of free step-by-step beginner video guides on the Ceroc.com website, providing an excellent opportunity to learn how to dance while being active and having fun. Each session will show the full routine initially, provide time to work on techniques and you will quickly develop a range of skills and styles. In time you will have a repertoire of moves that can then be linked together. For those who want to progress further there are intermediate and intermediate plus lessons too! Don't worry if you don't have a partner, there are solo exercises too. Voluntary donations are welcomed through the website but there is no obligation, the aim is to raise funds for the instructors who are not able to teach regular classes. "...So grab a partner, put on your favourite tunes, pick up an amazing new skill and dance your isolation away. Have fun, and happy dancing!"

Free online photography lessons with Nikon

Aimed at: Videos may be more suitable for KS4/KS5 and Adults, although skills taught can improve everyone's photography



Are you looking to take your photography to the next level? Nikon has made all of their photography courses free for the entire month of April. Many of the principles can be applied to

smart phones and more basic cameras too, so don't worry if you don't have a DSLR. The courses currently include:

- **Creating video content-** 15:26 mins
- **Getting started with your Nikon DSLR-** 16:54 mins
- **Photographing Children and Pets-** 50:24 mins
- **Using off camera flash-** 41:52 mins
- **Fundamentals of photography-** 42:35 mins
- **Environmental portraiture-** 43:57 mins
- **The art of making music videos-** 01:09:09 mins
- **Beyond the fundamentals of photography-** 56:32 mins
- **Discovering macro photography-** 50:43 mins
- **Exploring dynamic landscape photography-** 43:50 mins

<https://www.nikonevents.com/us/live/nikon-school-online/>

Free Premier League home learning resources



Following school closures, Premier League Primary Stars are making school resources available for home learning. Resources will cover Maths, English, Physical Activity and Health and Wellbeing for Key Stage 1 (5-7 year-olds) and Key Stage 2 (7-11 year-olds), with fun activities to keep children active and learning at home. Their website states that the aim is to 'support those looking for ways to educate, entertain children and keep them active'.

<https://plprimarystars.com/news/home-learning-activities-school-closures>

And remember...

"...every day brings a chance for you to draw a breath, kick off your shoes and step out and dance- to live free of regret and filled with as much joy, fun and laughter as you can stand..."

Oprah Winfrey - from the book 'What I Know For Sure'

Take care and there will be more from The Healthy Lives Team tomorrow!

Kate

Kate Smith

Head of Healthy Lives,

London Borough of Tower Hamlets

The Healthy Lives Team want to support you with all aspects of health and wellbeing. So we will be sending you daily health and wellbeing advice that will be relevant whether you are at home with your children, working from home or in a school. Each day we will send you links to activities and resources that promote healthy living. We will be putting together information each day, so please do let us know if there is a topic you would like included. Please feel free to share this email.

