

20 live streaming sites to help you during your weeks at home

1. Oti Mabuse Kids' Class



What is it? A daily dancing lesson from 'Strictly' professional dancer Oti Mabuse, with a weekly theme: Disney movies in week one.

When's it on? Daily, 11.30am until noon

Where to watch: [Facebook Live](#) or [YouTube](#)

2. Ragdolly Annas



What is it? Music, rhyme and high-energy fun for younger children. You can add your own props such as bubbles, to join with the online classes.

When's it on? Weekdays, 10.30-11am

Where to watch: [Facebook Live](#) or [YouTube](#).

3. Draw with Ed Vere



What is it? 'How to draw' tutorials from author and illustrator, and [Born Free Foundation](#) artist in residence, Ed Vere. His first lesson showed how to draw a lion.

When's it on? Wednesday and Friday at 10am

Where to watch: [YouTube](#)

4. BookTrust Home Time



What is it? A daily story session with some of the nation's favourite children's authors, starting with Cressida Cowell reading *How to Train your Dragon*, a chapter a day. Check [BookTrust's website](#) to keep up to date with what's on.

When's it on? Weekday lunchtimes

Where to watch: [YouTube](#)

5. Mindfulness in Schools Project Sit Together



What is it? [Mindfulness](#) -aimed at building relaxation into the day (an adult must take part with children).

When's it on? Monday to Friday at 11am, lasting around 20 minutes

Where to watch: Join the daily Zoom meeting through: www.mindfulnessinschools.org

6. Cincinnati Zoo Home Safari



What is it? Every day, Cincinnati Zoo introduces 1 of its amazing animals and an activity to do at home.

When's it on? Every day at 7pm (3pm Eastern Daylight Time) for 15 minutes until 11 April

Where to watch: [Facebook Live](#) or [YouTube](#)

7. Historians @ Home



What is it? A group of historians give a daily talk, with a Q&A session and an activity for children / young people to do afterwards. Talks are split by age: 5-11 and 11-18.

When's it on? Various times. Talks last 10 minutes followed by a five-minute question forum

Where to watch: via Skype. [Visit the website](#) and sign up using the Google form to be put into an age-appropriate session

8. Gareth Metcalfe Primary Maths

Spot the Mistakes

Three numbers add to make **15** 6, 6, 3

Each number is **3 or more**.

Each number is **different**.

8, 5, 2 4, 5, 7 

What is it? Online maths lessons with videos to help children master each new concept, followed by a main task – a challenge or short set of questions – to complete individually or with an adult's support. There will be 2 new lessons each day: one for ages 8-9, and one for ages 10-11.

When's it on? Every weekday at 9am.

Where to watch: [I See Maths](#) on YouTube.

9. Daily Phonics with Mr Mc



What is it? A daily phonics lesson from teacher Mr Mc – a finalist in the Inspirational Teacher of the Year award 2019 – with songs, games and lots of interaction.

When's it on? Every weekday, around 11am

Where to watch: [YouTube](#)

10. Hobbycraft Daily Kids' Craft Club



What is it? Daily craft activities with a different theme every day, such as rainbows, fairies and nature. Share the creations on Facebook and Twitter using #KidsCraftClub.

When's it on? 11am Monday to Saturday

Where to watch: [Facebook Live](#) and [Instagram](#)

11. English with Holly



What is it? Literacy activities aimed at targeted age groups and with a daily theme, such as [Shakespeare](#), SPAG (spelling, punctuation and grammar) and a weekly Friday Spellathon. There's also a PDF worksheet to go with each lesson.

When's it on? Weekdays at 11am

Where to watch: [Facebook Live](#)

12. Reading Realm



What is it? A daily read-along story time with accompanying resources and activities. Some stories are [Makaton](#) signed. Join the Facebook group to share photos of your child's creations.

When's it on? Weekdays at 11am

Where to watch: [Facebook Live](#)

13. Jump Start Jonny



What is it? Insanely energetic fun fitness sessions with party games like Freeze! and Fancy Dress Friday. Comment for shout-outs and suggest ideas for activities on Jump Start Jonny's [Facebook page](#).

When's it on? Weekdays at 9am until Easter

Where to watch: [YouTube](#)

14. Maddie Moate: Stay Curious



What is it? The host of [CBeebies' Did You Know?](#) presents a daily nature-based science lesson with activities to do at home, such as planting seeds, [bird-spotting](#) and [minibeast](#) photography.

When's it on? Daily at 11am

Where to watch: [YouTube](#)

15. #GSCAtHome



What is it? The scientists from [Glasgow Science Centre](#) release a daily science show demo or experiment for over-sevens, with topics such as Make Your Own Lava Lamp, and Elephant's Toothpaste.

When's it on? Daily at 10am

Where to watch: [Facebook Live](#)

16. Learn Beginners' British Sign Language (BSL)



What is it? Natasha Lamb and her sister Kelly-Ann – who has a [hearing impairment](#) – host live lessons teaching kids the basics of BSL with a daily topic, such as numbers and animals, and a challenge to do at home.

When's it on? Daily at 1pm

Where to watch: [Facebook Live](#) and [YouTube](#)

17. Ben Fogle Instagram Stories



What is it? The much-loved TV presenter shares gripping tales from his life of adventure, including climbing Everest, rowing across the Atlantic & swimming with crocodiles. He'll answer questions posted on Instagram.

When's it on? Daily at 4pm

Where to watch: [Instagram Stories](#)

18. PE with Joe

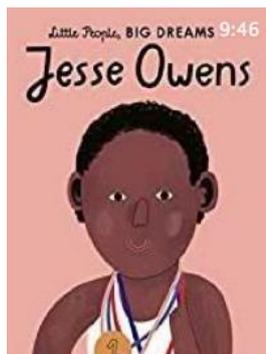


What is it? Joe Wicks, otherwise known as The Body Coach, gets the nation moving every morning with a different '[PE](#) lesson' every day. Millions of kids – and parents – are joining in worldwide.

When's it on? Monday to Friday at 9am

Where to watch: [YouTube](#)

19. Hopeful Histories



What is it? After-school club leader Hannah uploads videos from her children's playhouse – now a history classroom – looking at a significant person or group of people from history, such as [Emmeline Pankhurst](#) and Jesse Owens.

When's it on? Daily

Where to watch: [Instagram Stories](#)

20. Ruth's Little Kitchen Cook Together



What is it? A twice-weekly [cooking](#) class for parents and children to do together, focusing on simple recipes using store cupboard ingredients, with a bit of nutrition and food science thrown in.

When's it on? Monday and Thursday at 10am

Where to watch: [Instagram Stories](#)

And for some quiet time:

Audible have a free library of books for children, all read by actors or celebrities, for young people to listen to.

<https://stories.audible.com/start-listen>