



Here are lots of exciting and interesting activities for you to try with your family or at your school, and to share with your friends. From this week we will be sending out the Healthy Lives newsletter three times a week on a Monday, Wednesday and Friday. There's something for everyone.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

www.towerhamlets.gov.uk/signup

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

Here's a selection of fun activities for you and your family...



London education resources

The London Curriculum has reached out across the city to bring together free learning and cultural offers that children can access easily. You can search by age range, subject, key stage and organisation to find what you need.

This can be a busy time, so each organisation has estimated the level of adult supervision required.

[Education resources >](#)



Supporting bereaved children and young people

The outbreak of COVID19 means that many aspects of children's lives have changed and many children will have questions and worries about the virus. However, those who have experienced the death of someone important, or who have a family member who is ill, might be particularly worried.

This page has some tips about supporting bereaved or worried children.

[Bereavement help >](#)



"Be Well" sessions - for all school staff

These hour-long online sessions will provide spaces of mutual support, using principles of restorative practice, group coaching and community building to equip staff with tools they can take back to school to work through difficult issues.

[Learn more >](#)



Virtual tour of Chastleton Gardens

Most gardens across the UK are still closed but *Gardens Illustrated* are still trying to bring garden people together, so they have started a [virtual garden tour series](#). Each week they will share one garden, offering history alongside current videos and photographs from the people who run them.

[Visit the gardens >](#)



Make slime at home

Here is a great gloopy, gooey, slime recipe that you can make with your child in approximately 25 minutes. Do you know what the best bit is? It only requires two ingredients, so you barely need anything to make it.

[Slime recipe >](#)



How to help nursery age children learn from home

Help children aged two to four to learn at home during COVID19. Tower Hamlets have five children's centres still open - follow the link to find out more information about these as well.

[Children's Centres >](#)

[Nursery age learning support >](#)



THAMES summer singing challenge – Song #3

The third song in the Tower Hamlets Arts and Music Education Service (THAMES) singing challenge is Pharrell Williams' *Happy*. Hopefully this joyous song will get you singing and dancing and looking forward to happy times ahead.

Don't forget, the song challenge ends on **Friday 19 June**. Please [send photos](#) of you singing on the day and they will include them in their Singing Challenge online photo album.

[Singing competition >](#)



Make music day

Make Music Day is a **global celebration of music in 125 countries, taking place on Sunday 21 June** and this year, the worldwide festival will be moving online.

There is a range of exciting [projects](#) for everyone to get involved with, including:

- Bash the Trash - making instruments from recycling and old clutter
- Lockdown Sound Challenge - submitting your own recordings of everyday noises and then be astounded as a team of producers turn your found sounds into music
- Bring me Sunshine song competition
- Auld Lang Syne virtual choir and ensemble

And on Sunday 21 June, you can stream live performances, workshops and talks throughout the day from music-makers all over the world.

[Make music! >](#)



Think U Know - home activity packs

Think U Know have created home activity packs to support parents. Each fortnight, they will release new home activity packs with simple 15 minute activities parents and carers can do with their child to support their online safety.

[Activity packs >](#)



Boost your child's wellbeing

Partnership for Children have developed short ten-minute activities to help children find healthy ways to deal with their feelings. The activities cover feelings, staying connected, dealing with change, getting along, dealing with worries and relaxing. They are designed for children aged five to nine but can be adapted for younger or older children.

[Children's wellbeing >](#)



Supporting the most vulnerable children and young people

The Anna Freud Centre is a world leading mental health charity for children and families and has developed and delivered pioneering mental health care for over 60 years.

Their latest resource is about supporting the most vulnerable children and young people, advising on three practical steps around risk assessment, focusing on nurture and upskilling staff.

[Guide >](#)



A Tale of Two Villages

Do you know of the village in which every human that ever existed, lived? The HEC Global Learning Centre have produced a second story in their storytelling series for families: A Tale of Two Villages.

HEC Global Learning Centre works with schools and communities to promote a global perspective on equality, justice and sustainability in a multicultural and interdependent world.

[Storytelling >](#)



Making a garden from scraps

Common vegetables and herbs that you can re-grow from scraps include potatoes, onions, garlic, leeks, celery, carrots, beets, leafy greens, basil, and mint. Many of them simply require a glass of water and a sunny position.

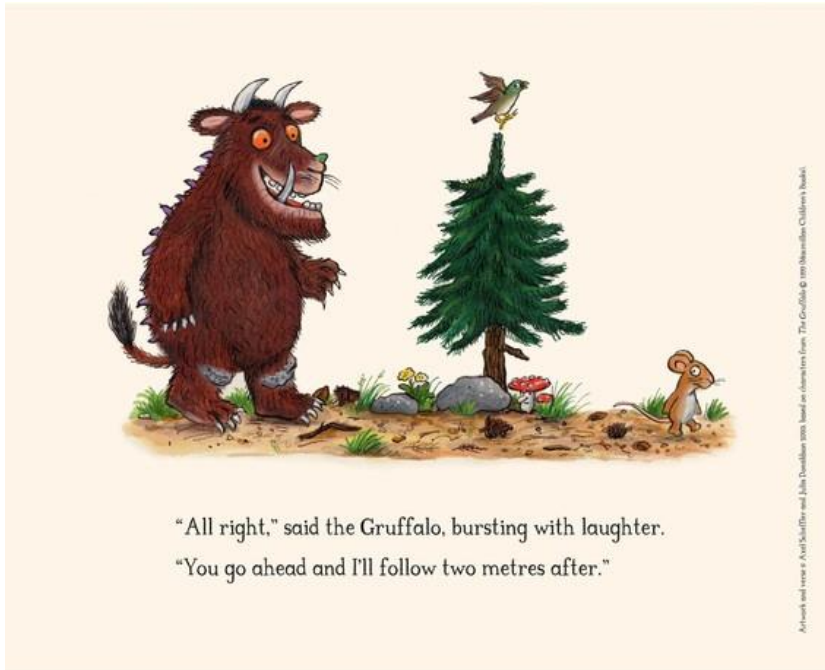
[Scrap garden guide >](#)



Confidential advice for parents

Family Lives is a national charity providing help and support with all aspects of family life. If you would like impartial, confidential advice then phone Family Lives on **0808 800 2222** or email askus@familylives.org.uk

And remember...



The Gruffalo - Photograph: Axel Scheffler and Julia Donaldson 2020



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.

Stay updated with local
coronavirus information:
www.towerhamlets.gov.uk/coronavirus



-  Stay home
-  Protect the NHS
-  Save lives

Coronavirus updates and advice

The council is supporting the nation's efforts to stop the spread of coronavirus, while running our most critical services and supporting our residents, including those that are vulnerable.

We are regularly publishing advice for residents, local businesses and more at www.towerhamlets.gov.uk/coronavirus

We are also sharing updates with our subscribers in regular emails, and publishing stories on social media using **#TowerHamletsTogether**.

Sign up to our 'health and wellbeing - coronavirus' newsletter to get regular updates delivered to your inbox.

[Sign up for updates >](#)

Stay at home resources



More on staying healthy, happy and entertained at home

In addition to the highlights featured here, the council has put together a whole host of resources to help families and individuals stay happy, healthy and entertained while they spend more time at home due to the coronavirus pandemic.

From online Idea Store materials to educational activities, learning a new skill or hobby, taking a virtual museum or zoo tour, keeping fit or just having pure fun, we've got it all in one place.

[More activities and resources >](#)

Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?

[See the list and sign up!](#)