

# THE DIGITAL MUMS GUIDE TO THE BEST DIGITAL RESOURCES TO TEACH YOUR KIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>9AM</b>	Join the Body Coach for an early morning workout on YouTube <a href="#">here</a> .	Join the Body Coach for an early morning workout on YouTube <a href="#">here</a> .	Join the Body Coach for an early morning workout on YouTube <a href="#">here</a> .	Join the Body Coach for an early morning workout on YouTube <a href="#">here</a> .	Join the Body Coach for an early morning workout on YouTube <a href="#">here</a> .	Wake the kids up and get them ready for the day with PE
<b>10AM</b>	Don't worry if you can't make it to the Science Museum in person you can learn loads online for free on their website <a href="#">here</a> .	Glasgow Science Centre will be bringing science into your home every day at 10am join on <a href="#">Twitter</a> <a href="#">Facebook</a> or <a href="#">Instagram</a> .	Dedicate some time every week to getting your kids to learn how to code with Tynker <a href="#">here</a> .	Go to STEM learning to find free resources to learn science today <a href="#">here</a> .	Get inventing every Friday with Kids Invent Stuff and their free weekly list of activities <a href="#">here</a> .	Take advantage of the post exercise high to tackle challenging science, technology and maths subjects
<b>11AM</b>		Use Mystery Science for your science lessons today <a href="#">here</a> .		Make maths timetables fun with Times Tables Rockstars <a href="#">here</a> .		
<b>12PM</b>	Occupy the kids and make lunch more fun over doodles with Mo Willems <a href="#">here</a>	Sit down and have a proper lunch break with the kids	Sit down and have a proper lunch break with the kids	Don't feel guilty hosting a home cinema once a week. There are plenty of films out there that help teach your child about morality, cultural sensitivity, emotional intelligence etc. Pop a film on, make some popcorn and stick the kids in front of a good movie thus giving yourself space to get some focused work done.	Sit down and have a proper lunch break with the kids.	Occupy kids during lunch with fun activities and games
<b>1PM</b>	Let the kids choose what they want to learn after lunch via a live lesson from the BBC <a href="#">here</a> .	Let the kids choose what they want to learn after lunch on Khan Academy <a href="#">here</a> .	Devote a chunk of time to outdoor learning once a week if it's a nice day with the Natural History Museum's free resources <a href="#">here</a> or Learning Through Landscapes <a href="#">here</a> (just maintain social distancing measures).	Get your kids to write a story using this free tool <a href="#">here</a> or get digital and work on producing a film tackling a different stage each week (storyboarding, filming, editing).	Let the kids choose what they want to learn after lunch on BBC Bitesized <a href="#">here</a> .	Build in some flexible learning and let the kids choose
<b>2PM</b>	Get the kids to work on their spelling with games on the award winning spelling app Sir Lancelot <a href="#">here</a> .	Tackle geography with Archibald Clutterbuck and go around the world in hopefully less than 80 days <a href="#">here</a> .			Make history horrible with free resources via BBC's Horrible Histories <a href="#">here</a> .	Devote daily sessions to english and the humanities
<b>3PM</b>	Access free Art Classes for Kids on YouTube <a href="#">here</a> and spend a chunk of time creating something.	Beat the afternoon slump with fun 'how to draw' classes from illustrator Jarrett J. Krosoczka on YouTube - draw every day <a href="#">here</a> .	Try out the relaxation/ mindfulness apps <a href="#">here</a> to get your kids tuned into their emotional state, particularly if they are likely to be stressed by the social isolation.	Get your kids to write some poetry using these free resources from the Poetry Zone <a href="#">here</a> .	Have a fun music class using instruments you have at home or make your own. Classic FM has some useful free resources <a href="#">here</a> .	Build arts and music into your weekly schedule
<b>4PM</b>	Get the kids to make the dinner with cooking classes from Theo streaming Mondays, Wednesdays and Fridays on Instagram <a href="#">here</a> .	Story time with Audible's free audio books <a href="#">here</a> or get your kids to read their favourite book to start winding down.		Try out some yoga for kids on YouTube via Cosmic Kids Yoga <a href="#">here</a> or for older kids via Yoga Ed <a href="#">here</a> .	Get ready for the weekend with a kitchen dance party with live DJ courtesy of Mama Tribe <a href="#">here</a> .	Start to wind down for the day