

THE DIGITAL MUMS GUIDE TO THE BEST FREE DIGITAL RESOURCES FOR HOME SCHOOLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9AM	Join the Body Coach for an early morning workout on YouTube here .	Join the Body Coach for an early morning workout on YouTube here .	Join the Body Coach for an early morning workout on YouTube here .	Join the Body Coach for an early morning workout on YouTube here .	Join the Body Coach for an early morning workout on YouTube here .	Wake the kids up and get them ready for the day with PE
10AM	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 here .	Glasgow Science Centre will be bringing science into your home every day at 10am join on Twitter Facebook or Instagram .	Dedicate some time every week to getting your kids to learn how to code with Tynker here .	Go to STEM learning to find free resources to learn science today here .	Get inventing every Friday with Kids Invent Stuff and their free weekly list of activities here .	Take advantage of the post exercise high to tackle challenging science, technology and maths subjects
11AM		Use Mystery Science for your science lessons today here .		Make maths timetables fun with Times Tables Rockstars here .		
12PM	Occupy the kids and make lunch more fun over doodles with Mo Willems here	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
1PM	Let the kids choose what they want to learn after lunch via a live lesson from the BBC here or BBC Bitesized here .	Let the kids choose what they want to learn after lunch on Khan Academy here .	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 here or Learning Through Landscapes here (just maintain social distancing measures).	Get your kids to write a story using this free tool here 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 by signing up to TED Ed who are sending daily newsletters with videos and worksheets here .	Build in some flexible learning and let the kids choose
2PM	Get the kids to work on their spelling with games on the award winning spelling app Sir Lancelot here .	Tackle geography with Archibald Clutterbuck and go around the world in hopefully less than 80 days here .			Make history horrible with free resources via BBC's Horrible Histories here .	
3PM	Access free Art Classes for Kids on YouTube here 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 here .		Get your kids to write some poetry using these free resources from the Poetry Zone here .	Have a fun music class using instruments you have at home or make your own. Classic FM has some useful free resources here .	Build arts and music into your weekly schedule
4PM	Get the kids to make the dinner with cooking classes from Theo streaming Mondays, Wednesdays and Fridays on Instagram here .	Story time with Audible's free audio books here or get your kids to read their favourite book to start winding down.	Try out the relaxation/ mindfulness apps here to get your kids tuned into their emotional state, particularly if they are likely to be stressed by the social isolation.	Try out some yoga for kids on YouTube via Cosmic Kids Yoga here or for older kids via Yoga Ed here .	Get ready for the weekend with a kitchen dance party with live DJ courtesy of Mama Tribe here .	Start to wind down for the day