

# BOREDOM BUSTERS



WHILE the whole of the UK is being told to stay at home, a host of celebrities and organisations have come to the rescue with activities, stories, games and even virtual lessons we can all access for free. Here's our top pick of some of the best free online things you can join in with at home!

## FITNESS FUN

- The Body Coach Joe Wicks started the trend with his free family fitness classes, *PE With Joe*. Weekdays at 9am, at [www.youtube.com/user/thebodycoach1](https://www.youtube.com/user/thebodycoach1)
- *Strictly Come Dancing* star Oti Mabuse (right) is hosting online dance classes inspired by *Strictly Come Dancing* and *The Greatest Dancer*. Join her daily at 11.30am at [www.youtube.com/user/mosetsanagape](https://www.youtube.com/user/mosetsanagape)
- Dance stars Diversity have opened up their online dance school for everyone to access for free. Until May you can access dance lessons, tutorials and dance challenges online at [www.20dv.co.uk](https://www.20dv.co.uk)



## ACTIVITIES FOR ALL

Lots of children will be missing their regular activities like going to Scouts or Girl Guides, so both organisations have compiled lists of “adventures” you can do at home – but you don’t have to be part of either group to join in. Chief Scout Bear Grylls (right) said he hopes it will help children channel their energy “in a positive way”.



- [www.girlguiding.org.uk/what-we-do/adventures-at-home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home)
- [www.scouts.org.uk/the-great-indoors](https://www.scouts.org.uk/the-great-indoors)

## SCIENCE AND NATURE

- Steve Backshall (pictured below) is giving free natural history lessons every Wednesday at 9am at [www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A](https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A)
- TV presenter Konnie Huq will be releasing new, science-inspired activities and experiments every Monday, Wednesday and Friday at [www.youtube.com/channel/UCDISobQTc4lifJEU6Lt22eA](https://www.youtube.com/channel/UCDISobQTc4lifJEU6Lt22eA)
- CBBC star Maddie Moate is hosting live nature-inspired videos every day at 11am at [www.youtube.com/user/maddiemoate](https://www.youtube.com/user/maddiemoate)



## SPECIALIST SUBJECTS

- If you fancy learning how to play music, Myleene Klass is hosting Myleene’s Music Klass (alongside her children) at 1pm on [www.youtube.com/watch?v=jCRXAErag8U](https://www.youtube.com/watch?v=jCRXAErag8U)
- If you’ve been doing a lot more cooking since you’ve been home, Jamie Oliver (left) is here to help with *Keep Cooking and Carry On*. There’s a new show daily at [www.channel4.com](https://www.channel4.com) or watch it on Channel 4 at 5.30pm



## STORY TIME

- David Walliams is reading an audio story every day (for 30 days) from his *The World’s Worst Children* trilogy. You can listen to them at [www.worldofdavidwalliams.com](https://www.worldofdavidwalliams.com)
- Dermot O’Leary is taking on bedtime by reading chapters from his *Toto the Ninja Cat* book series at [www.instagram.com/radioleary](https://www.instagram.com/radioleary)
- Save The Children USA has launched its online reading campaign, *Save With Stories*, alongside a host of celebrities. Visit [www.instagram.com/savewithstories](https://www.instagram.com/savewithstories) to see stories from the likes of Chris Pratt (*Jurassic World*), Chris Evans (*Captain America*) and Demi Lovato.

Some of these activities are hosted on social media channels aimed at users over the age of 13. Check with your parents before accessing any social media sites. For more resources and things to do online, don’t forget to keep checking our page at [firstnews.co.uk/boredombusters](https://firstnews.co.uk/boredombusters)