

WEEKLY EMAIL

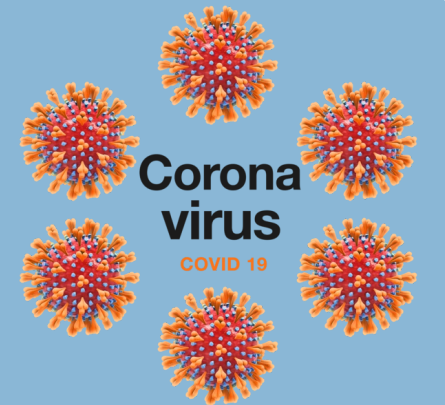
Here is Generate's weekly email of things to do at home.



COVID-19 Resources

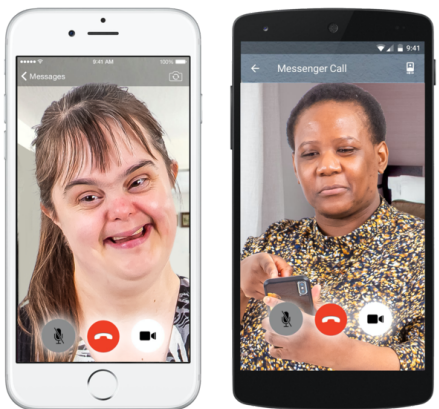
This website has a list of useful things for children and families.

www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families



What?

What is Generate Offering?



zoom
Video Conferencing

Online video chats using zoom.

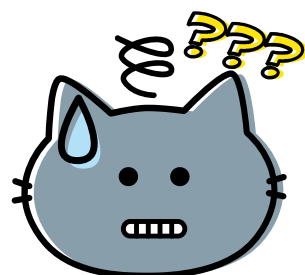
These will happen every week.

We will let you know when they are starting..

You can tell us what you want to happen in the zoom video chats.



Weekly phone calls from Youth Workers.



Do you want a quiz?



Do you to play bingo?



Do you want to have a debate?



Look out for these emails to find out what else is happening!



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You can vote to decide what time they should happen.



You will need permission from your parent or carer before you can join in.

Some More Things To Do...



Free Online Mindfulness Based Living Course for Teenagers 12-15 years

14th April

eventbrite.co.uk/e/online-mindfulness-based-living-course-teenagers-12-15-years-tickets-101442655714



Free Online Dance Classes with The Movement Factory – every Thursday 7-8pm (see attachment)



Lockdown London – **10 things to do from home** (see attachment)

Activities to keep young people busy from Thrive Wandsworth
thrive.wandsworth.gov.uk/kb5/wandsworth/fsd/advice.page?id=N_fxJNC-XpU&familychannel=0&familychannel=0

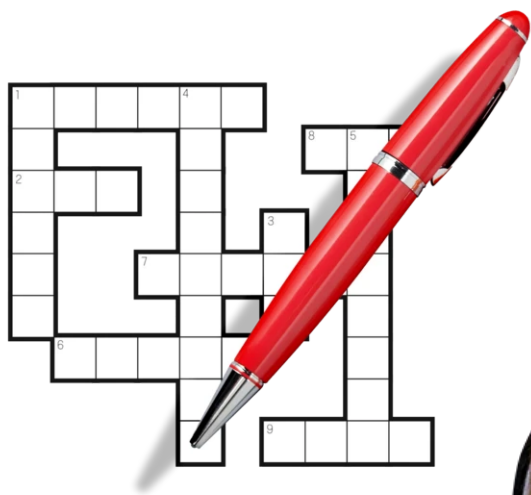
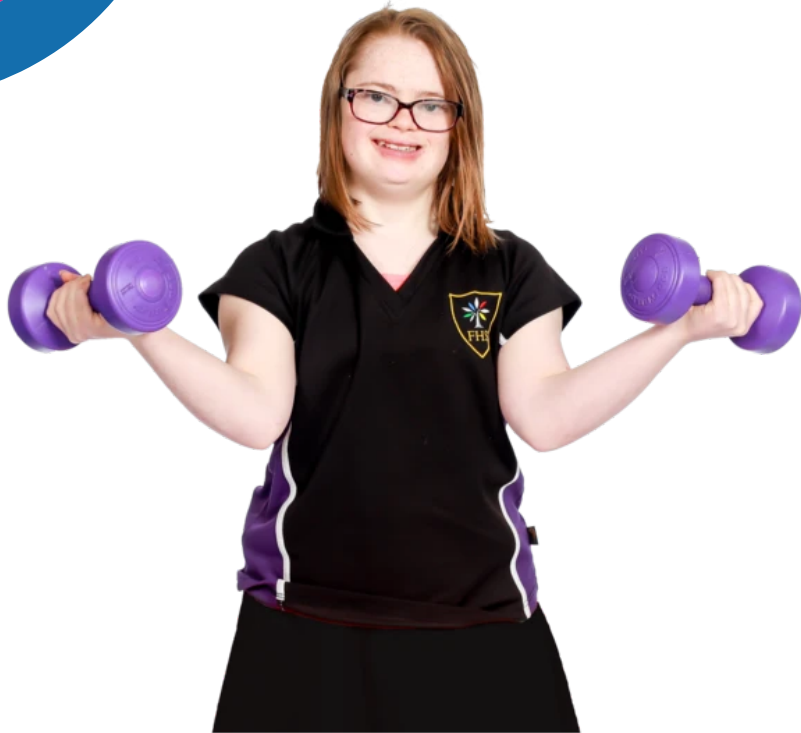
Exercises on Instagram that you can watch and copy at home.

These are for people of any ability and include warm up exercises, basic fitness, boxing fitness, and challenges like: “How many press ups can you do in 1 minute?”

[instagram.com/carneyscommunity?igshid=12gh6x7tcqpf](https://www.instagram.com/carneyscommunity?igshid=12gh6x7tcqpf)

30 minute live workouts on Carney’s Coaches Instagram live every Monday, Wednesday, Friday and Sundays at 6pm.

[instagram.com/carneyscoaches?igshid=ocw22ghzuija](https://www.instagram.com/carneyscoaches?igshid=ocw22ghzuija)



There is a **Harry Potter word search** and a **Generate word search** attached to this email.

Listen to Audio Books

Click on www.audible.co.uk to have a free 30 day trial



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Riddle of the week...

While a cat was outside, it started to downpour.

The cat couldn’t find any shelter and got completely soaked by the rain, yet not a single hair was wet. How could this be?

Send your answer to katy.hickey@generate-uk.org or text Katy on 07377561611



Keep in Touch With Us

Contact the Youth Team if you have any ideas for this newsletter or things to do. We would love to hear from you!

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