



Lockdown Activities

Below are a whole host of links to activities, information, downloads, tips on a range of areas from DIY to a Virtual Tour of the International Space Centre. Use the links to take up a new hobby, learn a new language, take a tour somewhere exotic, discover new walks in Bradford & District, keep active at home, learn how to upcycle and where to download free e-books among other things.

- Take a virtual tour of a whole host of Museums and Art galleries;
<https://artsandculture.google.com/partner?hl=en>
- Use this link to explore arts and culture from around the world;
<https://www.nationalgeographic.co.uk/travel/2020/03/stay-home-and-see-world-five-ways-explore-during-lockdown>
- Visit Chester Zoo, daily virtual tours of the Zoo;
<https://www.youtube.com/c/chesterzoo/live>
- Go on safari in Africa or visit a host of places across the world via this link;
<https://www.andbeyond.com/>
- Learn a musical instrument, this link gives you links to a whole host of different styles of music that you can try out;
<https://www.joytunes.com/blog/music-fun/16-resources-for-learning-an-instrument-on-your-own/>
- This link is for Musicians, poets and performers to perform in an open mic arena; <https://www.lockdownopenmic.club/>
- Start doing some creative writing;
<https://www.scottishbooktrust.com/articles/writing-inspiration-in-lockdown>
- This link gives you a whole host of things to do in your garden, yard or outdoors;
https://www.edenproject.com/learn/for-everyone?gclid=EAlaIQobChMIzfmfuYXU6QIVA-ztCh2AdABYEAAYASAAEgJ--vD_BwE

- Help with a national birdwatch scheme during lockdown with this link;
<https://www.bto.org/our-science/projects/gbw/join-gbw/free-gbw-lockdown>
- Local Resources for keeping active at home:
<https://www.activebradford.com/activity-finder>
- This link gives you some simple exercises you can do at home to keep fit;
<https://www.independent.co.uk/life-style/health-and-families/coronavirus-how-stay-fit-home-lockdown-a9429931.html>
- This link gives a range of links to tips on how to shop cheaply and recipes you can make for the family on a limited budget;
<https://www.financialwellnessgroup.co.uk/blog/lockdown-budget-recipe-blogs/>
- This gives a link to dozens of recipes from around the world;
<https://www.bbcgoodfood.com/recipes/category/cuisines>
- This gives a link to a number baking recipes;
<https://www.bbcgoodfood.com/recipes/collection/cheap-baking>
- This gives you a link on how to make home brew;
<https://www.northernbrewer.com/blogs/new-to-brewing-start-here/how-to-brew-beer-homebrewing-101>
- This link gives you some useful tips on how not to drink (Alcohol) too much during lockdown, along with other tips to relieve stress;
<https://www.highlifeforth.com/2020/04/10/how-to-avoid-reaching-for-the-vino-during-lockdown/>
- This gives you information and several links as to where you can download free E books to read;
<https://mashable.com/article/free-ebooks/?europe=true>
- Learn a new language, using this link:
<https://www.duolingo.com/>
- This link gives you information and further links to exploring the night sky;
<https://www.forbes.com/sites/jamiecartereurope/2020/04/24/is-that-a-planet-a-star-or-a-spacex-starlink-the-five-best-augmented-reality-stargazing-apps-you-need-during-lockdown/#3266b05a44fe>

- These links give you a link to a virtual tour of the international Space station and NASA facilities;
<https://www.travelandleisure.com/trip-ideas/space-astronomy/international-space-station-virtual-tour>
<https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>
- This link gives you some home DIY tips;
<https://www.which.co.uk/news/2020/04/7-diy-projects-you-can-do-in-a-weekend/>
- This link gives you some ideas on how to upcycle some of the junk around your house;
<https://www.loveproperty.com/gallerylist/71768/65-upcycling-ideas-to-transform-your-old-stuff>
- This gives you a link to how to make clothes or adapt the ones you've got;
<https://www.hubbub.org.uk/Blog/refashioning-your-wardrobe-during-lockdown>
- This link has lots of craft ideas and printable craft activities and recipes to download;
<https://www.thepurplepumpkinblog.co.uk/101-things-to-do-at-home-during-pandemic-lockdown-quarantine/>
- This gives you links to a host of free online art based activities;
<https://inews.co.uk/culture/arts/free-online-arts-activities-coronavirus-lockdown-explained-hepworth-wakefield-tate-london-art-studios-2542469>
- This link gives you some photography tips;
<https://blog.shawacademy.com/photography-at-home-10-cool-ideas-during-the-lockdown/>
- This link gives you some tips on how to look after your car during Lockdown;
<https://www.rac.co.uk/drive/advice/car-maintenance/how-to-look-after-your-car-during-lockdown/>
- This link gives information and a list of further links to a host of free TV & film streaming services
<https://www.list.co.uk/article/115425-best-lockdown-tv-and-film-streaming-services-and-how-to-try-them-for-free/>
- This gives you links to a whole host of radio stations from across the world that you can tune into, many follow special interests such as music or sport;
<https://tunein.com/radio/home/>

- If you like quizzes, this gives you links to 100s of quiz questions with their answers;
<https://www.funquizzes.uk/>
- This gives a whole host of ideas to do with kids indoors along with further links;
<https://www.marieclaire.co.uk/life/29-kids-activities-during-lockdown-691585>
- The following links give you descriptions of walks you and your family can go on within the Bradford District;
<https://www.bradford.gov.uk/sport-and-activities/walking/self-guided-walks-around-airedale/>

<https://www.bradford.gov.uk/sport-and-activities/walking/self-guided-walks-around-haworth-stanbury-and-the-worth-valley/>

<https://www.bradford.gov.uk/sport-and-activities/walking/self-guided-walks-around-south-east-and-west-bradford/>

<https://www.bradford.gov.uk/sport-and-activities/walking/self-guided-walks-around-wharfedale/>

<https://www.bradford.gov.uk/sport-and-activities/walking/other-self-guided-walks/>
- This link gives you foraging tips and recipes;
<https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/foraging/>
- This link is for Musicians, poets and performers to perform in an open mic arena;
<https://www.lockdownopenmic.club/>
- This link gives you some ideas of what board games you and your family can play during lockdown;
<https://www.telegraph.co.uk/family/life/best-board-games-family-classic-lockdown/>
- This link gives you info. On how to access a whole range of items for free, ranging from magazines to household items;
<https://www.latestfreestuff.co.uk/about-us/>

- This link gives you a whole range of ideas as to how you can raise money for your favourite charity whilst in lockdown;
<https://fundraising.co.uk/2020/04/22/more-virtual-fundraising-ideas-when-you-are-stuck-at-home/>
- Some of you during this lockdown period may have found that your sleep patterns may have changed, this link gives you some tips on how to get it back;
<https://theconversation.com/seven-tips-to-get-your-sleep-cycle-back-on-track-during-lockdown-135595>
- This is a link to a range of Yoga exercises;
<https://www.youtube.com/user/yogawithadriene/videos?app=desktop>