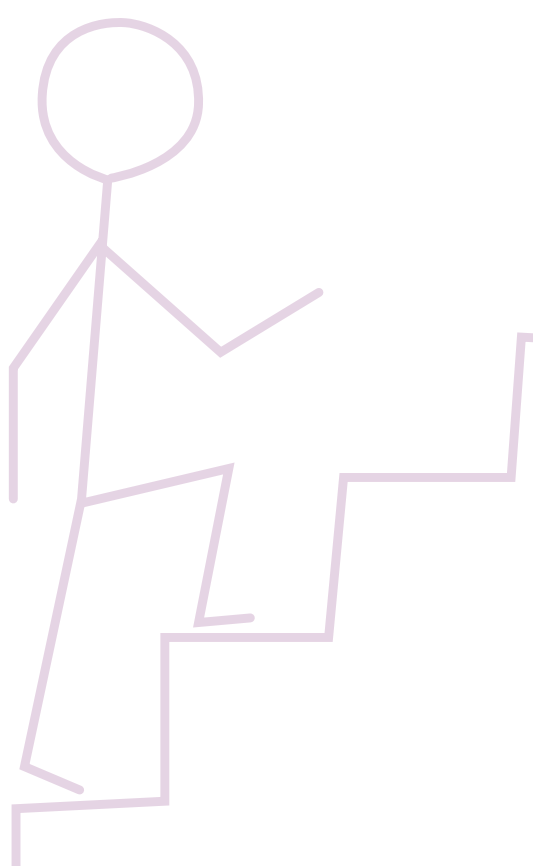


Just because you have to **STAY IN**

doesn't mean you can't **HAVE FUN!**

We've collected some of the best activities and resources available to keep you entertained and feeling positive.

## Stay Active



<p>Three 30-minute exercise classes a day, Monday-Friday, broadcast live from the <a href="#">Active Slough Facebook page</a>.</p> <p><a href="#">View the full timetable here.</a></p>	<p><b>Active Slough</b></p>
<p>Practice your football skills. <a href="#">Watch this</a> to get you started.</p>	
<p>Start your day with <a href="#">P.E with Joe</a> from Joe Wicks.</p>	<p><b>The Body Coach TV</b> 2.2M subscribers</p> <p>HOME VIDEOS PLAYLISTS</p>

## Stay Creative

<p>Weekly creative group sessions with <a href="#">Zoom</a></p> <ul style="list-style-type: none"> <li>Tuesdays - Beats + Lyrics</li> <li>Wednesdays - Songwriting and Composition</li> <li>Thursdays - Visual Arts</li> </ul> <p>Follow <a href="#">Beat Routes on Instagram</a> for more info.</p>	
<p>Check out Home Slough for fun creative activities. Follow on <a href="#">Instagram</a> to find out more.</p>	



## Stay Social

<p>Sough Young Carers continue support sessions through Zoom. Follow on <a href="#">Instagram</a> to find out more.</p>	
<p>Keep connected to your community with Aik Saath. Visit the <a href="#">website</a> or follow on <a href="#">Instagram</a> to find out more.</p>	<p>together as one</p>
<p>A range of fun activities every week. Check the <a href="#">website</a> for more info.</p>	<p>WORKING TOGETHER FOR YOUNG PEOPLE</p>

## Stay Positive

<p>The Mix is here to help you take on any challenge you're facing. Check the <a href="#">website</a> for more info.</p>	
<p>Mental health support and information for young people. Check the <a href="#">website</a> for more info.</p>	<p>fighting for young people's mental health</p>
<p>Online support and advice for Young people. Check the <a href="#">website</a> for more info.</p>	



## Stay Entertained

<p>Free stories to stream on your desktop, laptop, phone or tablet. Start listening <a href="#">here</a>.</p>	
<p>Take a virtual trip to the zoo with <a href="#">live webcams</a>.</p>	
<p>A whole list of free boredom-busting resources from <a href="#">chatter pack</a>.</p>	

