

AFFORDABLE THINGS TO DO ONLINE



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Learn a new language

Duolingo

<https://www.duolingo.com>

A free, quick and easy way to learn over 30 languages. It has interactive challenges, leader boards, stories and more, all for free

Languages online

<https://www.languagesonline.org.uk>

Free worksheets and interactive games for lots of languages.

Open culture

<https://www.openculture.com/freelanguagelessons>

A huge database full of podcasts, websites and more to help with your language studies.

British Sign

<https://www.british-sign.co.uk>

Free online resources to help you learn sign language, as well as a paid online course.

BSL dictionary

<https://www.britishsignlanguage.com>

An online dictionary full of hundreds of BSL words for you to learn.

Say Something In

<https://www.saysoomethingin.com>

Lots of free podcasts to listen to, which helps you learn new languages at a high intensity.

HELLO

HOLA

HALLO

BONJOUR

CIAO

Academic Study

Openlearn

<https://www.open.edu/openlearn>

The Open University's free platform with over 900 free modules, ranging from law to nature and the environment.

Khan Academy

<https://www.khanacademy.org/>

Free online courses for STEM subjects, economics and history (based off the US education system).



Future Learn

<https://www.futurelearn.com/>

Online courses and modules created by top universities. Some earn you academic accreditation.

Seneca Learning

<https://www.senecalearning.com/>

Free interactive learning between KS2 to A- Level. Why not try a different subject to what you're studying in school?

Elevate

<https://www.elevateapp.com/>

A free app (but has a paid version) that helps to train your brain and improve skills like speaking, listening and maths.

Bitesize

<https://www.bbc.co.uk/bitesize>

While bitesize is predominantly used to assist studying, there are currently lots of tips for learning at home and things to do at home.

Learn a new skill

UNITAR

<https://www.unitar.org>

Courses offered by the United Nations in areas of global interest such as peacebuilding, conflict, peace and security.

Kodu

<https://www.kodugamelab.com/>

A free game that lets you create games on the PC via a simple visual programming language

Alice

<https://www.alice.org/>

A block-based programming environment that makes it easy to create animations, build interactive narratives, or program simple games in 3D.

Yousician

<https://yousician.com/>

A fun way to learn the guitar, piano, bass, ukulele or singing. The free version has a limit on how many lessons you can do each day.

Scratch

<https://scratch.mit.edu/>

A website where you can program your own interactive stories, games, and animations and share your creations in the online community.

Alison

<https://alison.com/>

Employment type courses where you can gain skills in all sorts of areas like law, humanities and other employable skills

Online games

Games for the brain

<https://www.gamesforthebrain.com/>

Play never ending quiz, memory & brain games to train your thinking.

Games

<https://www.games.co.uk/>

A website where you can play free games online including football games, io games, shooting games, and many more crazy games

Cool math games

<https://coolmathgames.com>

An online gaming site that focuses on thinking, strategy and logic webgames.



Friv

<https://friv.com>

A free gaming site that offers a wide variety of games to play including puzzles, car games and dress up games.

Bored button

<https://www.boredbutton.com/>

A website with hundreds of in built games, press the button and see which one comes up!

Youtube

<https://www.youtube.com/>

Lots of fitness videos created by trained professionals. Search the type of workout you want, and loads appear on screen.

Star martial arts

<https://starmartialarts.co.uk/index.php/online-training>

Virtual martial arts classes led by an instructor. Give a small monthly donation to join.

NHS fitness studio

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

24 instructor led videos including aerobics exercise, strength and resistance, Pilates and yoga.

Do yoga with me

<https://www.doyogawithme.com/>

lots of free yoga videos. They are currently offering 2 months free for those in quarantine.

Own your goals

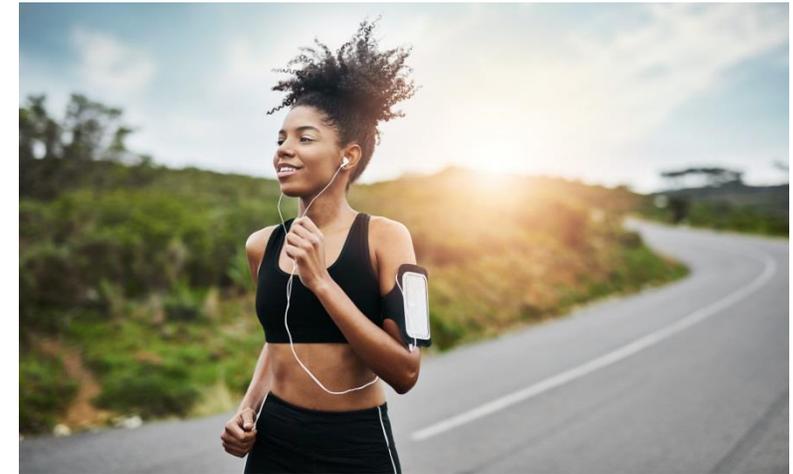
<https://ownyourgoalsdavina.com/>

A free 30 day trial which offers access to a variety of different exercises for varying abilities.

The body coach

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Joe Wicks is doing live workouts every weekday at 9am during the quarantine.



Fitness and Health

Kooth

<https://www.kooth.com/>
An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Childline

<https://www.childline.org.uk/>
A charity offering advice, guidance and support to all young people; no matter how you're feeling.

Mindfulness for teens

<http://mindfulnessforteens.com/>
Information about mindfulness and guided meditations.

Young Minds

<https://youngminds.org.uk/>
The UK's leading charity fighting for children and young people's mental health, with lots of free online resources and blog posts.

Time to change

<https://www.time-to-change.org.uk/>
A growing movement working to change stigma around mental health problems.



Mental Health and Wellbeing