

Online Activity Ideas



You can find exercise videos on the internet.



You can watch these on your computer or your phone.



You can watch animals at the zoo on the internet.



You can watch look round museums on the internet

Online Activity Ideas



You can do some cooking.



CookABILITY | Accessible

There are videos online to help.



You can watch theatre and ballet shows on the internet.



You can find some sensory activities to do online

If you would like more information about online resources we can send you or your carer some links.