**Early Years Activities**

Keeping young children active, interested and busy while at home can be difficult. Here are some helpful ideas for children under five. You do not need to register with any of these sites. Please also see the [wellbeing advice](https://new.brighton-hove.gov.uk/supporting-your-wellbeing) for parents and carers on the Brighton and Hove City Council coronavirus information pages and the ‘grown-ups’ section on [Cbeebies](https://www.bbc.co.uk/cbeebies/grownups).

**Keep active**

[NHS Change 4 Life](https://www.nhs.uk/change4life): fun, physical ideas for children at home to ensure they are staying active, including [Disney 10 Minute Shakeups](https://www.nhs.uk/10-minute-shake-up/shake-ups).

[Boogie Beebies](https://www.bbc.co.uk/programmes/b006mvsc): join in the dancing with CBeebies presenters.

Brighton and Hove Healthy Lifestyles team on [Twitter](https://twitter.com/BHhealthylife) and [Facebook](https://www.facebook.com/BHhealthylife/): activities for all ages.

**Learn together**

[Hungry Little Minds](https://hungrylittleminds.campaign.gov.uk/) and  [BBC Tiny Happy People](https://www.bbc.co.uk/tiny-happy-people): fun activities for babies and young children.

[Book Trust’s Home Time](https://www.booktrust.org.uk/books-and-reading/have-some-fun/): free online books, videos, games, quizzes and art.

The [Literacy Trust Family Zone](https://literacytrust.org.uk/family-zone/): practical ideas and links to other websites and apps, including [CBeebies Storytime](https://www.bbc.co.uk/cbeebies/grownups/cbeebies-storytime-app).

Daily [story time](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=14&cad=rja&uact=8&ved=2ahUKEwiKyZn03rfoAhXGSsAKHUHaAw0QFjANegQIBRAB&url=https%3A%2F%2Fwww.facebook.com%2FBrightonandHoveCityLibraries%2F&usg=AOvVaw3CPGbR3X34l15-sgIqWm7g) from Brighton and Hove City Libraries.

[Audible](https://stories.audible.com/start-listen): and [The Children’s Poetry Archive](https://childrens.poetryarchive.org/): listen to free children’s audiobooks and poems.

[Numberblocks](https://www.bbc.co.uk/cbeebies/grownups/help-your-child-with-maths): fun activities linked to everyday life and play with a focus on numeracy.