

# Lockdown Activity Guide

**toddle** about  
Loving life with little ones

## Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new online pregnancy, baby and toddler classes and activities.

13<sup>TH</sup> -26<sup>TH</sup> JULY 2020

Click Day to see what's on



*Birthday*  
SHOUTOUT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ALWAYS ONLINE

Can You Help Us?



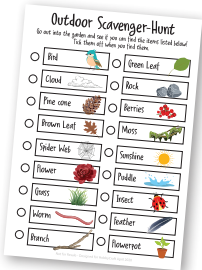
Win an Infantino Baby Carrier



Win a Rainbow Bracelet & Earrings



Activity Sheets



Follow us for daily updates!





# Birthday

## SHOUTOUT

### BIRTHDAY COMPETITION

Thank you to everyone who entered our Birthday Shoutout competition!

We would like to wish a very **HAPPY BIRTHDAY** to all the children here, who will be celebrating their birthday in the next 2 weeks. We hope you all have a fabulous, fun-filled day.

**Would you like us to give your little one a Big Birthday Shout Us?** [Click here to tell us.](#)



Hallie Watkins from  
Kenilworth, turning  
4 years old



Archie Whiteside from  
Bury St Edmunds,  
turning 2 years old



Elden Geddes from  
Wallingford, turning  
6 years old



Milo Betts from  
Rushden,  
turning 1 years old



Teddy Nobes from  
Abingdon, turning  
4 years old



Teddie MacHardie &  
Albie Machardie from  
Northamptonshire,  
turning 2 years old



Betsy Deery from  
Rugby,  
turning 10 years old



Harry Husband from  
Malvern, turning  
2 years old



Fynley Anderson from  
Northampton, turning  
1 years old



Maya Jayde Mortlock  
from Bury St Edmunds,  
turning 1 years old



Jacob from Ipswich,  
turning 3 years old



Elsie Craig from  
Warwick,  
turning 2 years old

# HAPPY BIRTHDAY TO YOU!



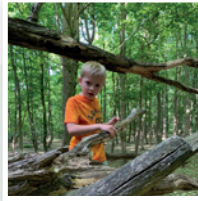
Birthday Shoutout Entries continued...



Baxter Beard from Kenilworth, turning 1 years old



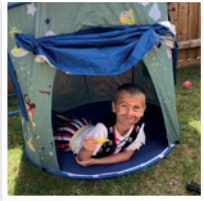
Beau Battley from Ipswich, turning 1 years old



Heath Cramond from Towcester, turning 8 years old



Marissa Joy from Rugby, turning 4 years old



Dylan Myles from Aylesbury, turning 6 years old



Jude Calvert from Northampton, turning 2 years old



Sonny Tongue from West Byfleet, turning 1 years old



Xavier Antill from Shoeburyness, turning 9 years old



Delilah from Ipswich, turning 2 years old



Maximillian from Ovington Sudbury, turning 2 years old

WOULD YOU LIKE US TO GIVE YOUR LITTLE ONE A  
**BIG BIRTHDAY SHOUT OUT?**

[Click Here to Send Us their Photo](#)

WE WILL FEATURE THEM IN THE ISSUE COVERING THEIR BIRTHDAY

# WITH A LITTLE HELP FROM YOUR FRIENDS

CAN YOU HELP US?



# You may have heard the sad news that the Hoop app is closing down in a few days' time.

Hoop is a very popular app, used by thousands of parents to find and book activities for their children - and many will now be feeling a little lost.

Fortunately Toddle About is a great alternative to Hoop for families with 0-5s!

Parents can find loads of different activities on the Toddle About website, and many of them can be booked via Toddle About too.

We just need a little help letting everyone know. *(This is where you come in!)*

We've put a post up on our Facebook page about this ([click here to see it](#)), and we would be REALLY grateful if you could share it with your friends.

## AS a THANK YOU...

**...everyone who comments on the post will be entered into a prize draw!**

5 people will win a pack of Bright Sparks Flash Cards, worth £7.99 each (you can see more about these here).

When you comment, you can put anything you want - some nice words about Toddle About would be lovely, or linking to a friend you think would like to know about us would be amazing too.

Between us, we can hopefully keep thousands of families happy and active!



[Click Here to Share the Facebook Post](#)

# Lockdown Activity Guide

toddle<sup>about</sup>

Loving life with little ones

## Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new online pregnancy, baby and toddler classes and activities.

Click the Name  
to find out more

### MONDAY

#### PARENTS & TOTS

##### [Southwold Library](#)

01502 722519. [www.facebook.com/southwoldlibrary](http://www.facebook.com/southwoldlibrary)

• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 13 Jul - 20 Jul.

#### MUSIC & SIGNING

##### [Boogie Babes Newmarket](#)

07769 883506.

[www.facebook.com/BoogieBabesNewmarket/](http://www.facebook.com/BoogieBabesNewmarket/)

• **Free Boogie Babes Live:** 10:00 - 10:45.

**Ages:** 1 - 5 yrs. **Cost:** Free (drop in). **Dates:** 13 Jul.

##### [Little Signers Club Suffolk](#)

07720 349424. [www.littlesignersclub.co.uk](http://www.littlesignersclub.co.uk)

• **Online 7 weeks Sing, Sign and Rhyme:** 10:00 - 10:40.

**Ages:** 5 mths - 3 yrs.

**Cost:** £6.14 per session

(booking essential).

**Dates:** 13 Jul - 20 Jul.

BOOK NOW

##### [Monkey Music Oxford](#)

01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)

• **Heigh-Ho:** 9:20 - 9:50, 10:00 - 10:30 & 15:10 - 15:40.

**Ages:** 1 - 2 yrs.

• **Jiggety-Jig:** 10:40 - 11:10 & 15:50 - 16:20. **Ages:** 2 - 3 yrs.

• **Rock'n'Roll:** 14:30 - 15:00. **Ages:** 3 mths - 1 yrs.

• **Ding-Dong:** 11:20 - 11:50. **Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (booking essential).

**Dates:** 13 Jul.

##### [Music Bugs Northampton](#)

07811 771480.

[www.facebook.com/groups/1712119012194411/](http://www.facebook.com/groups/1712119012194411/)

• **Music Bugs Online session:** 10:00 - 10:40.

**Ages:** 0 - 5 yrs. **Cost:** £3 per session (booking essential).

**Dates:** 13 Jul.

##### [Musical Minis @home](#)

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](http://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(booking essential).

**Dates:** 13 Jul - 20 Jul.

BOOK NOW

##### [Rhythm Time Cheshire](#)

01270 884583. [online.rhythmtime.net](http://online.rhythmtime.net)

• **Rhythm Time Cheshire (Online):** 9:00 - 9:30.

Fun, quality music and multi-sensory classes.

**Ages:** 0 - 6 yrs.

**Cost:** £5.25 per session

(booking essential).

**Dates:** 13 Jul & 20 Jul.

BOOK NOW

##### [Sing and Sign East Northants](#)

07585 557664. [www.singandsign.co.uk](http://www.singandsign.co.uk).

• **Home Stage 1 and Stage 2:** 10:00 - 10:30.

The original baby signing class.

**Ages:** 5 mths - 2 yrs 6 mths.

**Cost:** £4 per session (booking essential).

**Dates:** 13 Jul - 20 Jul.

### Are you running online classes or events?

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### Sing and Sign Ipswich

07445 263270. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign @Home:** 10:00 - 10:30.

**Ages:** 6 mths - 1 yrs 2 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### Sing and Sign Oxford

07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign @ Home:** 10:00 - 11:00.

**Ages:** 6 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul & 13 Jul - 20 Jul.

### Soundabout

01235 797474. [youtube.com/c/soundabout](https://youtube.com/c/soundabout)

• **Little Soundabout:** 14:00 - 14:45.

*Interactive music-making with SEN.*

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### TinyTalk

#### Bognor Regis & Surrounding Areas

[rachelhu@tinytalk.co.uk](mailto:rachelhu@tinytalk.co.uk). <http://tinytalk.co.uk/rachelhu>

• **TinyTalk Baby Signing**

**Times:** 11:45 - 12:45. **Ages:** 0 - 2 yrs. **Cost:** £5 per session

(*booking essential*). **Dates:** 13 Jul - 20 Jul.

**Times:** 13:00 - 14:00. **Ages:** 0 - 2 yrs. **Cost:** £4.50 per session

(*booking essential*). **Dates:** 13 Jul - 22 Jul.

## SENSORY & DEVELOPMENT

### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

**Ages:** 0 - 5 yrs.

**Cost:** £5 per week (*booking essential*).

• **Baby College Massage at**

**Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions including songs and movements.*

**Ages:** 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

### Baby Sensory

#### Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](http://www.babysensory.com/salisbury)

• **Baby Sensory @ Home:** 11:00 - 12:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### Baby Sensory Walsall

07999228959. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory @Home:** 10:00 - 11:00 & 19:43 - 20:43.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £5 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### Grow Together - Baby Massage and Yoga

07916 611066. [www.growtogetherbabies.com](http://www.growtogetherbabies.com)

• **Blooming Babies Summer Course:** 10:00 - 11:00.

*6 weeks of exciting classes, content and catch ups online!*

**Ages:** 0 - 1 yrs 6 mths.

• **Terrific Toddlers Summer Course:** 10:00 - 11:00.

*6 weeks of classes, content and catch ups!*

**Ages:** 1 yrs 6 mths - 4 yrs.

**Cost:** £30 per session (*booking essential*).

**Dates:** 20 Jul.

### Nanos Spanish

07940738221. [www.nanospanishclub.com](http://www.nanospanishclub.com)

**Times:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs.

**Cost:** £5 per session

(*booking essential*).

**Dates:** 13 Jul.

BOOK NOW

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### Tots Play in Rugby

07908 367264. [www.totsplay.co.uk](http://www.totsplay.co.uk)

• **Online baby development course:** 11:00 - 11:50.

**Ages:** 0 - 6 mths. **Cost:** £5.83 per session (*booking essential*).

**Dates:** 20 Jul.

## DANCE & DRAMA

### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

• **Amanda's Action Club (Zoom Sessions):** 15:45 - 16:15.

*Tailored dance, music and fitness sessions.*

**Ages:** 6 mths - 4 yrs 6 mths.

**Cost:** £7 per session

(*booking essential*). **Dates:** 13 Jul.

BOOK NOW

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### Boogie Beat Music & Movement - Northampton

07812494712. [www.boogiebeat.co.uk](http://www.boogiebeat.co.uk)

• **Boogie Beat Online:** 9:55 - 10:35.

*Let your child's imagination come alive with Boogie Beat!*

**Ages:** 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 13 Jul.

### diddi dance North Essex & South Suffolk

07722 605395.

[www.facebook.com/groups/512714662723104/](https://www.facebook.com/groups/512714662723104/)

• **diddi dance in da house:** 10:00 - 10:45.

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £4 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### diddi dance Oxford & Surrounding

07922668740. [www.facebook.com/diddidanceoxford](https://www.facebook.com/diddidanceoxford)

• **diddi dance in da house:** 10:00 - 10:45.

**Ages:** 1 - 7 yrs. **Cost:** £3 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house:** 10:00 - 10:45 & 14:00 - 14:45.

*£6 per week - includes classes every day of the week!*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house:** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session

(*booking essential*).

**Dates:** 13 Jul - 20 Jul.

BOOK NOW

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Dance Classes:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 13 Jul - 20 Jul.

### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

**Dates:** 13 Jul - 20 Jul.



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes:** 10:00 - 10:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](https://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 13 Jul - 20 Jul.

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Totally Drum & Bass:** 18:30 - 19:15.

• **Home Legs Bums and Tums with Matt:** 8:30 - 9:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 13 Jul - 20 Jul.

BOOK NOW

### Inner Peace Hatha Yoga

07941 279343. [www.innerpeaceyoga.co.uk](http://www.innerpeaceyoga.co.uk)

• **Gentle Hatha Yoga Classes:** 9:30 - 11:00.

*For different levels including beginners, improvers & mixed.*

**Ages:** 0 - 99 yrs. **Cost:** £10 per session (*drop in*).

**Dates:** 13 Jul - 20 Jul.

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### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session  
(*booking essential*).

**Dates:** 13 Jul - 20 Jul.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Barre Fit with Nina:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (*drop in*).

**Dates:** 13 Jul - 20 Jul.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

## PREGNANCY

### YogaBellies Ipswich & Colchester

07305 267820. [yogabellies.com](http://yogabellies.com)

- **YogaBellies for Pregnancy:** 19:00 - 20:15.

**Ages:** Pregnancy.

**Cost:** £9.60 per session (*booking essential*).

**Dates:** 13 Jul - 20 Jul.

## COMPETITION

Win

## RAINBOW BRACELET & KISS KISS EARRINGS, WORTH £50

Enter our free prize draw to win a Rainbow Bracelet and Kiss Kiss Earrings by Nothing New by Ruthie Ru.

Choose to live life in colour with Nothing New by Ruthie Ru's latest parent perfect jewellery collection - it's Kiss Kiss Earrings and Rainbow Bracelet.

Made from upcycled vinyl, this eco-conscious brand's designs are super cute, totally on trend and just a little bit practical - being durable enough to survive sticky fingers, while allowing any mummy to let her personality to shine through!

### HOW TO ENTER

Enter via Facebook at

[www.toddle.fun/RuthieRu](https://www.toddle.fun/RuthieRu)

Simply comment on the post to enter.

**Competition closes midnight Fri 24th July 2020.**

Enter at: [www.toddle.fun/RuthieRu](https://www.toddle.fun/RuthieRu)



To see their full range of fabulous vinyl designs visit: [www.nothingnewbyruthieru.co.uk](http://www.nothingnewbyruthieru.co.uk)

*Terms and Conditions apply, visit [bit.ly/tacompetitions](https://bit.ly/tacompetitions) for further details.*

**W**  
by RuthieRu

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Follow us for  
daily updates!



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# TUESDAY

## PARENTS & TOTS

### Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Jul - 21 Jul.

### Sunflowers Groups

[www.facebook.com/groups/2573126479597142/](https://www.facebook.com/groups/2573126479597142/)

- **Sunflowers Groups (The Comfort Trust):** 11:00 - 11:30.

**Cost:** Free (*booking essential*). **Dates:** 14 Jul - 21 Jul.

### The Spring Charity

01604 245767. [www.facebook.com/TheSpringCharity/](https://www.facebook.com/TheSpringCharity/)

- **Just Karen's Stay IN and Play Group:** 10:00 - 10:30.

**Cost:** Free (*booking essential*). **Dates:** 14 Jul.

## MUSIC & SIGNING

### Monkey Music

#### Aylesbury & High Wycombe

HP13 7BY. 01494 819138. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Heigh Ho:** 9:35 - 10:05. **Ages:** 1 - 2 yrs.
- **Jiggety Jig:** 10:20 - 10:50. **Ages:** 2 - 3 yrs.
- **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

**Cost:** £5 per session

(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

### Monkey Music Oxford

01235 519806. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Jiggety-Jig:** 10:40 - 11:10. **Ages:** 2 - 3 yrs.
- **Rock'n'Roll:** 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.
- **Ding-Dong:** 9:15 - 9:45. **Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 14 Jul.

### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

### Raise Your Voice

07540113340. [www.ryvchoir.co.uk](https://www.ryvchoir.co.uk)

- **Raise Your Voice online:** 19:00 - 20:00.

**Ages:** Pregnancy - 18 yrs.

**Cost:** £6 per session

(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

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### Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

07469 186042. [www.rhythmtime.net](https://www.rhythmtime.net)

- **Online Toddler Class:** 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- **Online Pre-school Class:** 10:15 - 10:45. **Ages:** 3 - 4 yrs.
- **Online Baby Class:** 11:00 - 11:30. **Ages:** 1 mths - 1 yrs.
- **Online Young baby class £4 per week:** 11:45 - 12:15.

**Ages:** 0 - 5 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 14 Jul.

WEBSITE

### Rock-a-Bye Choir for mums online

[emily@emilyschoirs.co.uk](mailto:emily@emilyschoirs.co.uk). [www.emilyschoirs.co.uk](https://www.emilyschoirs.co.uk)

**Times:** 11:00 - 11:50. **Ages:** Pregnancy - 4 yrs.

**Cost:** £4 per session (*drop in*). **Dates:** 14 Jul - 21 Jul.

### St Augustine's Church

01473 723960.

<https://staugustinesipswich.org.uk/kidschurchonline/>

- **Music and Rhyme:** 10:00 - 10:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Jul - 21 Jul.

### TinyTalk Waveney & Mid-Suffolk

07419 322204.

[www.facebook.com/tinytalkwaveneymidsuffolk](https://www.facebook.com/tinytalkwaveneymidsuffolk)

- **Toddler Signing E-Class:** 9:30 - 10:30.

**Ages:** 1 yrs 6 mths - 4 yrs.

**Cost:** £4 per session (*booking essential*).

**Dates:** 14 Jul - 21 Jul.

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### SENSORY & DEVELOPMENT

#### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

**Ages:** 0 - 5 yrs. **Cost:** £5 per week (booking essential).

- **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(booking essential).

BOOK NOW

#### Baby Sensory Gateshead

07710161671. [www.babysensory.com](http://www.babysensory.com)

- **Baby Sensory @ Home:** 10:00 - 10:45.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (booking essential). **Dates:** 14 Jul - 21 Jul.

#### Baby Sensory Grantham

07786741766. [www.babysensory.com](http://www.babysensory.com)

- **Baby Sensory @ Home:** 10:30 - 11:30.

**Ages:** 0 - 1 yrs 1 mths. **Dates:** 14 Jul.

- **Hello Baby Massage @ Home:** 15:00 - 16:00.

**Ages:** 0 - 3 mths. **Dates:** 14 Jul - 21 Jul.

**Cost:** £4 per session (booking essential).

#### Baby Sensory Guildford

07407655816. [www.babysensory.co.uk](http://www.babysensory.co.uk)

- **Baby Sensory Online:** 13:30 - 14:30.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £6.25 per session (booking essential).

**Dates:** 14 Jul - 21 Jul.

#### Baby Sensory Northampton

07512 469881. [www.babysensory.com](http://www.babysensory.com)

- **Baby sensory @Home:** 10:30 - 11:10 & 16:00 - 16:40.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (booking essential).

**Dates:** 14 Jul - 21 Jul.

#### Baby Sensory Stirling

07766317766. [www.babysensory.com](http://www.babysensory.com)

- **Baby Sensory:** 10:00 - 10:40, 11:00 - 11:40 & 12:45 - 13:25.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (drop in).

**Dates:** 14 Jul - 21 Jul.

#### Baby Sensory Wanstead & Hackney

07506020039. [www.babysensory.com](http://www.babysensory.com)

- **@Home 3 weeks mini term:** 10:30 - 11:15.

SPECIAL OFFER: 3 weeks for £15! **Ages:** 0 - 1 yrs 1 mths.

**Cost:** £5 per session (booking essential).

**Dates:** 14 Jul - 14 Jul.

#### Babylove groups

07903674253. [www.babylovegroups@gmail.com](mailto:www.babylovegroups@gmail.com)

- **Babylove Tinies:** 11:15 - 11:55. **Ages:** 0 - 7 mths.
- **Tweenies Class:** 12:15 - 12:55. **Ages:** 7 mths - 1 yrs 6 mths.
- **Toddlers Class:** 13:15 - 13:55. **Ages:** 1 yrs 6 mths - 4 yrs.

**Cost:** Free (drop in).

**Dates:** 14 Jul.

#### Dandy Development

07890 241301. [www.fb.com/DandyDevelopment](http://www.fb.com/DandyDevelopment)

- **FREE online classes FOR ALL!** 10:30 - 11:00.

Join a 'demo' version of Dandy

**Cost:** Free (drop in).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

#### Loving Hands Baby

##### Massage & Yoga

07850425136. [lovinghandsbabymassage.wordpress.com](http://lovinghandsbabymassage.wordpress.com)

- **Loving Hands Baby Massage Online:** 10:00 - 10:40.

**Ages:** 1 mths - 1 yrs.

**Cost:** £4 per session

(booking essential).

**Dates:** 14 Jul - 21 Jul.

#### North London

##### Baby Massage and Baby Yoga

07958 705282. [www.babymassageandbabyyoga.co.uk](http://www.babymassageandbabyyoga.co.uk)

- **Virtual 5 week Baby Massage Course:** 10:00 - 11:00.

Online 5 Week Baby Massage Course

- **Virtual 5 week Baby Yoga Course:** 11:15 - 12:15.

Online 5 Week Baby Yoga Course

**Cost:** £12 per session

(booking essential).

**Dates:** 14 Jul.

BOOK NOW

#### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs.

**Cost:** £1 per session (booking essential).

**Dates:** 14 Jul - 21 Jul.

#### Toddler Sense Milton Keynes

07972798017. [www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)

- **Toddler Sense @home:** 10:30 - 11:30.

**Ages:** 1 yrs 1 mths - 5 yrs.

**Cost:** £4 per session (booking essential).

**Dates:** 14 Jul - 21 Jul.

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Follow us for daily updates!



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### CREATIVE

#### Mini Professors Oxford South

07754016612. [www.miniprofessors.com](http://www.miniprofessors.com)

• **Mini Professors @home:** 11:15 - 11:55 & 14:00 - 14:40.

Only £20 for a 5 week block

**Ages:** 2 - 7 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 14 Jul.

### DANCE & DRAMA

#### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

• **Amanda's Action Club (Facebook Live):** 10:30 - 11:00.

**Ages:** 6 mths - 4 yrs 6 mths.

**Cost:** £2.50 per session  
(*booking essential*).

**Dates:** 14 Jul - 16 Jul.

BOOK NOW

#### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!:** 10:00 - 10:45 & 14:00 - 14:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 14 Jul - 21 Jul.

#### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!:** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session  
(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

#### Funky Monkeys

01494 912729. [www.funkymonkeysLtd.co.uk](http://www.funkymonkeysLtd.co.uk)

• **Funky Monkeys - Online Classes!:** 10:00 - 10:40.

**Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 14 Jul.

#### LoveBallet Dance Company

07921 853773. [www.loveballet.co.uk](http://www.loveballet.co.uk)

• **Online Baby Ballet:** 16:00 - 16:30.

A creative, imaginative, fun filled class

**Ages:** 1 yrs 6 mths - 3 yrs.

• **Intro to Ballet:** 16:30 - 17:15. **Ages:** 5 - 7 yrs.

• **Pre-Primary Ballet:** 17:15 - 18:00.

A fun introduction to ballet

**Ages:** 3 - 5 yrs.

**Cost:** £3 per session (*booking essential*).

**Dates:** 14 Jul.

#### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Dance Classes:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Jul - 21 Jul.

#### Tappy Toes

01279 718216. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs.

**Cost:** £4.50 per session (*drop in*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW



#### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes:** 11:00 - 11:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 14 Jul - 21 Jul.

WEBSITE

BOOK NOW

### PHYSICAL FUN

#### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](http://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 14 Jul - 21 Jul.

### HEALTH & WELLNESS

#### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Home Cardio & Combat with Matt:** 6:30 - 7:15.

**Ages:** 0 - 99 yrs. **Cost:** £3 per session (*drop in*).

• **Home Keep Fit (Over 50s) With Matt:** 10:00 - 10:40.

**Ages:** 50 - 99 yrs.

• **Home Legs Bums and Tums with Matt:** 18:30 - 19:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Fit with Mum

www.fitwithmum.com

- **Fit with Mum Online:** 10:00 - 11:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session  
(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

### Inner Peace Hatha Yoga

07941 279343. www.innerpeaceyoga.co.uk

- **Improvers Hatha Yoga Class:** 12:00 - 13:30.

*Includes chair yoga.*

**Cost:** Free (*drop in*). **Dates:** 14 Jul - 21 Jul.

### Lisa Valentine Yoga

07957 215495. www.lisavalentineyoga.co.uk

- **Mums n Bubs/Wrigglers:** 10:45 - 11:35.

**Cost:** £6.25 per session (*booking essential*).

**Dates:** 14 Jul - 21 Jul.

- **Pre-Natal Yoga Flow (Middleton Cheney):** 18:15 - 19:15.

**Ages:** Pregnancy.

**Cost:** £4.50 per session  
(*booking essential*).

**Dates:** 14 Jul - 23 Jul.

BOOK NOW

### Soo Yoga

01604 621004. www.sooyoga.com

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session  
(*booking essential*).

**Dates:** 14 Jul - 21 Jul.

BOOK NOW

### YogaWalks and Bowen Therapy

07950 573719. www.facebook.com/YogaWalks

- **Live online Yoga with Lizzy in your home:** 8:00 - 8:20.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 14 Jul.

## PREGNANCY

### The Daisy Foundation : Towcester, Brackley, Buckingham & Milton Keynes

07581 559856.

www.thedaisyfoundation.com/teacher/vicki-wilkinson/

- **Daisy Birthing Weekly Antenatal Class:** 19:30 - 21:00.

**Ages:** Pregnancy.

**Cost:** £72 per session (*booking essential*). **Dates:** 21 Jul.

## Looking for something specific?

Search at [www.toddleabout.co.uk](https://www.toddleabout.co.uk)

- it's easy!



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# WEDNESDAY

## MUSIC & SIGNING

### Monkey Music Aylesbury & High

#### Wycombe

01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)

• **Heigh Ho:** 9:35 - 10:05.

**Ages:** 1 - 2 yrs. **Dates:** 15 Jul - 22 Jul.

• **Jiggety Jig:** 10:25 - 10:55. **Ages:** 2 - 3 yrs.

• **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

**Cost:** £5 per session

(*booking essential*).

**Dates:** 15 Jul.

BOOK NOW

### Monkey Music Bicester,

#### Kidlington and Witney

01865 428420.

<https://www.wapi.monkeymusic.co.uk/Classes/63/>

• **Jiggety-Jig:** 9:40 - 10:10. **Ages:** 2 - 4 yrs.

• **Heigh-Ho:** 10:20 - 10:50. **Ages:** 1 - 2 yrs.

• **Rock'n'Roll:** 11:00 - 11:30. **Ages:** 3 mths - 1 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 15 Jul.

### Monkey Music Oxford

01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)

• **Heigh-Ho:** 11:10 - 11:40 & 15:10 - 15:40. **Ages:** 1 - 2 yrs.

• **Jiggety-Jig:** 10:30 - 11:00 & 11:50 - 12:20. **Ages:** 2 - 3 yrs.

• **Rock'n'Roll:** 12:30 - 13:00. **Ages:** 3 mths - 1 yrs.

• **Ding-Dong:** 9:40 - 10:10. **Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 15 Jul.

### Music Bugs Northampton

07811 771480.

[www.facebook.com/groups/1712119012194411/](https://www.facebook.com/groups/1712119012194411/)

• **Music Bugs Online session:** 22:00 - 22:40.

**Ages:** 0 - 5 yrs. **Cost:** £3 per session (*booking essential*).

**Dates:** 15 Jul.

### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](http://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

### St Augustine's Church

01473 723960. [www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk)

• **Happy Hippos:** 9:30 - 11:30.

*Downloadable Toddler Group activity sheet*

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 15

Jul - 22 Jul.

### The Maple Tree Centre

01865236700. [www.mapletree.org.uk](http://www.mapletree.org.uk)

• **Virtual baby group:** 10:00 - 11:00 & 12:00 - 13:00.

**Ages:** Pregnancy. **Cost:** Free (*booking essential*).

**Dates:** 15 Jul.

### TinyTalk Waveney & Mid-Suffolk

07419 322204.

[www.facebook.com/tinytalkwaveneymidsuffolk](https://www.facebook.com/tinytalkwaveneymidsuffolk)

• **Toddler Signing E-Class:** 10:00 - 11:00.

**Ages:** 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 13:30 - 14:30.

**Ages:** 0 - 1 yrs 6 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

## SENSORY & DEVELOPMENT

### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

**Ages:** 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

• **Baby College Massage at Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions including songs and movements.*

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(*booking essential*).

BOOK NOW

### Baby Sensory Darlington

07855653375. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory @ Home:** 10:00 - 11:00 & 13:00 - 14:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

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### Baby Sensory Guildford

07407655816. [www.babysensory.co.uk](http://www.babysensory.co.uk)

• **Baby Sensory Online:** 10:45 - 11:45.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £6.25 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### Baby Sensory

#### Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](http://www.babysensory.com/salisbury)

• **Baby Sensory @ Home:** 10:00 - 11:00 & 13:00 - 14:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

### Baby Sensory Southwark

[www.babysensory.com](http://www.babysensory.com)

**Times:** 12:00 - 12:45. **Ages:** 0 - 1 yrs 1 mths.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### Baby Sensory Stirling

07766317766. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory Classes:** 10:00 - 10:40 & 11:00 - 11:40.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

**Dates:** 15 Jul - 22 Jul.

### Loving Hands Baby Massage & Yoga

07850425136. [lovinghandsbabymassage.wordpress.com](http://lovinghandsbabymassage.wordpress.com)

• **Loving Hands Baby Massage Online:** 11:00 - 11:04.

**Ages:** 1 mths - 1 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### Toddler Sense Milton Keynes

07972798017. [www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)

• **Toddler Sense @home:** 10:00 - 11:00.

**Ages:** 1 yrs 1 mths - 5 yrs.

**Cost:** £4 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

## DANCE & DRAMA

### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

• **Amanda's Action Club (Zoom Sessions):** 10:00 - 10:30.

*Tailored dance, music and fitness sessions.*

**Ages:** 6 mths - 4 yrs 6 mths.

**Cost:** £7 per session

(*booking essential*).

**Dates:** 15 Jul.

BOOK NOW

### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!** 10:00 - 10:45 & 14:00 - 14:45.

*£6 per week - includes classes every day of the week!*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session

(*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

### Synergy Dance

07713254260. [www.synergy-dance-online.teachable.com](http://www.synergy-dance-online.teachable.com)

• **Synergy Dance at Home:** 12:00 - 12:30.

*Online Dance & Yoga classes, can be accessed at any time*

**Ages:** 4 - 80 yrs. **Cost:** £0.99 per session (*drop in*).

**Dates:** 15 Jul - 22 Jul.

### Tappy Toes Colchester

07308788008. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Colchester Online:** 10:00 - 10:30.

*Fun, energetic and interactive toddler dance classes*

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

**Dates:** 15 Jul - 22 Jul.

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### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](https://www.facebook.com/tumbletotshq)

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 15 Jul - 22 Jul.

### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

- **Children's Yoga Online:** 18:00 - 19:00.

*Children's and family yoga online each week*

**Ages:** 4 - 18 yrs.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Home Cardio & Combat with Matt:** 18:30 - 19:15.

- **Home Get Waisted/Abs With Matt:** 6:30 - 7:15.

- **Home Kettlebells Live With Matt:** 19:30 - 20:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

### Inner Peace Hatha Yoga

07941 279343. [www.innerpeaceyoga.co.uk](http://www.innerpeaceyoga.co.uk)

- **Beginner Hatha Yoga Class:** 10:30 - 11:30.

*Feel stronger, calmer, better more of the time with yoga*

**Ages:** 0 - 99 yrs. **Cost:** £10 per session (*drop in*).

**Dates:** 15 Jul.

### Lisa Valentine Yoga

07957 215495. [www.lisavalentinyoga.co.uk](http://www.lisavalentinyoga.co.uk)

- **Subscription to monthly online class's:** 10:00 - 10:00.

**Cost:** £9.38 per session

(*booking essential*).

**Dates:** 15 Jul.

BOOK NOW

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 9:30 - 10:15.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 15 Jul - 22 Jul.

BOOK NOW

### Suffolk Woman's

#### Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Yoga for All incl Pregnancy Yoga:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*drop in*).

**Dates:** 15 Jul - 22 Jul.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](https://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy in your home:** 8:00 - 8:50.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 15 Jul.

## PREGNANCY

### Bump2Baby Reality

07960 323 874. [www.facebook.com/bump2babyreality/](https://www.facebook.com/bump2babyreality/)

- **Virtual Coffee Morning:** 11:00 - 12:00.

**Ages:** Pregnancy - 1 yrs.

**Cost:** Free (*booking essential*). **Dates:** 15 Jul.

### YogaBellies Ipswich & Colchester

07305 267820. [www.yogabellies.com](http://www.yogabellies.com)

- **Luna by YogaBellies**

(**Yoga for All Women**): 19:30 - 20:45.

**Ages:** 18 - 99 yrs.

**Cost:** £8.25 per session (*booking essential*).

**Dates:** 15 Jul - 22 Jul.

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## THURSDAY

### PARENTS & TOTS

#### Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Jul.

#### The Spring Charity

01604 245767. [www.facebook.com/TheSpringCharity/](https://www.facebook.com/TheSpringCharity/)

- **Just Karen's Stay IN and Play Group:** 10:00 - 10:30.

**Cost:** Free (*booking essential*). **Dates:** 16 Jul.

### MUSIC & SIGNING

#### Little Signers Club Suffolk

07720 349424. [www.littlesignersclub.co.uk](https://www.littlesignersclub.co.uk)

- **Online 12 weeks Baby Signing Basics:** 10:00 - 10:40 & 12:00 - 12:40.

**Ages:** 3 mths - 3 yrs.

**Cost:** £8.25 per session

(*booking essential*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

#### Monkey Music Oxford

01235 519806. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Monkey Music Heigh-Ho:** 9:40 - 10:10. **Ages:** 1 - 2 yrs.
- **Monkey Music Jiggety-Jig:** 10:20 - 10:50. **Ages:** 2 - 3 yrs.
- **Monkey Music Ding-Dong:** 11:40 - 12:10. **Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 16 Jul.

#### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

#### Raise Your Voice

07540113340. [www.ryvchoir.co.uk](https://www.ryvchoir.co.uk)

- **Raise Your Voice online:** 14:00 - 15:00.

**Ages:** Pregnancy - 18 yrs.

**Cost:** £6 per session

(*booking essential*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

#### The Maple Tree Centre

01865236700. [www.mapletree.org.uk](https://www.mapletree.org.uk)

- **Interactive Storytime & singing sessions:** 11:00 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 16 Jul.

#### TinyTalk Waveney & Mid-Suffolk

07419 322204.

[www.facebook.com/tinytalkwaveneymidsuffolk](https://www.facebook.com/tinytalkwaveneymidsuffolk)

- **Baby Signing E-Class:** 9:15 - 10:15.

**Ages:** 0 - 1 yrs 6 mths.

**Cost:** £4 per session (*booking essential*).

**Dates:** 16 Jul - 23 Jul.

### SENSORY & DEVELOPMENT

#### Baby College at Home

01865 421879. [www.babycollege.co.uk](https://www.babycollege.co.uk)

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

**Ages:** 0 - 5 yrs. **Cost:** £5 per week (*booking essential*).

- **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(*booking essential*).

BOOK NOW

#### Baby Sensory Grantham

07786741766. [www.babysensory.com](https://www.babysensory.com)

- **Baby Sensory @ Home:** 11:00 - 12:00 & 12:30 - 13:30.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*). **Dates:** 16 Jul.

#### Baby Sensory Ludlow

07729 284661. [www.babysensory.com](https://www.babysensory.com)

**Times:** 10:30 - 11:30.

**Ages:** Pregnancy - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*). **Dates:** 16 Jul.

#### Baby Sensory

#### Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](https://www.babysensory.com/salisbury)

- **Baby Sensory @ Home:** 10:00 - 11:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

### Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddler.fun/lockdownlisting](https://toddler.fun/lockdownlisting)

# YOU'LL NEVER BE STUCK

# for something to do

# AT HOME AGAIN...



By Tim Freed, Founder of Toddle About

Here at Toddle About, we want to do as much as we can to help families through this tough time. And that's not just families with little ones – but families with children of ALL ages.

That's why we've created *Family Life at Home*

Overnight, families have been thrown into home schooling their children, and many of them are struggling. Teaching at home can be hard at the best of times - believe me, I know! We've been home educating our children for the last 7 years, and it's not always a walk in the park.

Fortunately, one upside of the COVID-19 crisis is that there has been an explosion of resources that we can tap into as parents to help us.

Want to start learning martial arts in your living room? Take a virtual tour of the Natural History Museum? Get help with a maths problem? Ask Steve Backshall a question about animals?

It's ALL possible... and much more besides. In fact, it's overwhelming.

That's where Family Life at Home comes in – it's a central hub that brings together all the different resources that are available, and makes it easy to find what you need to educate and also entertain your children at home.

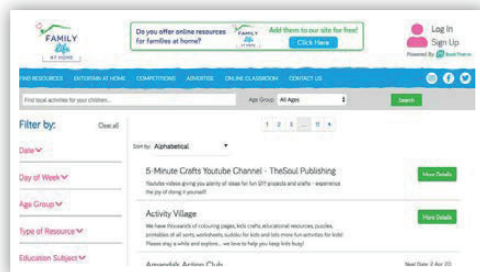
Try it now at [www.familylifeathome.co.uk](http://www.familylifeathome.co.uk)



## It's Really Easy to Use

Pick your child's age, then filter the options available by various criteria, such as the kind of resource you're looking for, education topic or type of activity. You can even select today's date to see all the live stream sessions that are running today.

We hope you find it useful!



Try it now at [www.familylifeathome.co.uk](http://www.familylifeathome.co.uk)

If you know someone who offers online resources for families, tell them they can add them to our site for free!

## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Baby Sensory Stirling

07766317766. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory Classes:** 10:00 - 10:40 & 11:00 - 11:40.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

**Dates:** 16 Jul - 23 Jul.

### Dandy Development

07890 241301. [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk)

• **Online baby sign course:** 10:30 - 11:05.

**Ages:** 4 mths - 3 yrs.

**Cost:** £1.50 per session  
(*booking essential*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 16 Jul - 23 Jul.

## CREATIVE

### Mini Professors North Leeds Limited

07779302442. [www.miniprofessors.com](http://www.miniprofessors.com)

• **Mini Professors Classes:** 8:30 - 9:10.

*Fun and educational classes with songs, experiments & story*

**Ages:** 3 - 7 yrs. **Cost:** £4.75 per session (*booking essential*).

**Dates:** 16 Jul.

## DANCE & DRAMA

### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

• **Amanda's Action Club (Zoom Sessions):** 9:45 - 10:15.

*Tailored dance, music and fitness sessions.*

**Ages:** 6 mths - 4 yrs 6 mths.

**Cost:** £7 per session  
(*booking essential*).

**Dates:** 16 Jul.

BOOK NOW

### Boogie Beat Music & Movement - Northampton

07812494712. [www.boogiebeat.co.uk](http://www.boogiebeat.co.uk)

• **Boogie Beat Online:** 13:00 - 13:40.

**Ages:** 1 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 16 Jul.

### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da House:** 10:00 - 10:45.

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 16 Jul - 23 Jul.

### Funky Monkeys

01494 912729. [www.funkymonkeysLtd.co.uk](http://www.funkymonkeysLtd.co.uk)

• **Funky Monkeys - Online Classes:** 10:00 - 10:40.

**Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 16 Jul.

### LoveBallet Dance Company

07921 853773. [www.loveballet.co.uk](http://www.loveballet.co.uk)

• **Online Funky Dance:** 16:00 - 16:30.

*Learn the latest moves to your favourite pop songs*

**Ages:** 3 - 6 yrs. **Cost:** £3 per session (*booking essential*).

**Dates:** 16 Jul.

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Dance Classes:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Jul - 23 Jul.

### Tappy Toes

01279 718216. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs.

**Cost:** £4.50 per session (*drop in*).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 16 Jul - 23 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](https://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 16 Jul - 23 Jul.

## Are you running online classes or events?

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### HEALTH & WELLNESS

#### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Home Full Body HIIT With Matt:** 8:30 - 9:15.
- **Home Rockbox With Louise:** 18:30 - 19:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session  
(booking essential).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

#### Inner Peace Hatha Yoga

07941 279343. [www.innerpeaceyoga.co.uk](http://www.innerpeaceyoga.co.uk)

- **Mixed Level Hatha Yoga Class:** 12:00 - 13:30.

Feel stronger, calmer, better more of the time with yoga

**Ages:** 0 - 99 yrs. **Cost:** £10 per session (drop in). **Dates:** 16 Jul.

#### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

Enjoy yoga with Kristina Rihanoff - all ability levels

**Cost:** £0.50 per session  
(booking essential).

**Dates:** 16 Jul - 23 Jul.

BOOK NOW

#### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Core Focus with Nina:** 20:00 - 21:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (drop in).

**Dates:** 16 Jul - 23 Jul.

#### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (booking essential).

**Dates:** 16 Jul.

### PREGNANCY

#### The Daisy Foundation : Towcester, Brackley, Buckingham & Milton Keynes

07581 559856.

[www.thedaisyfoundation.com/teacher/vicki-wilkinson/](http://www.thedaisyfoundation.com/teacher/vicki-wilkinson/)

- **Daisy Baby Wrigglers (Baby Yoga):** 10:30 - 11:30.

**Ages:** 5 - 10 mths.

- **Daisy Baby Tummies (Baby Massage):** 11:45 - 12:45.

**Ages:** 0 - 5 mths.

**Cost:** £30 per session (booking essential).

**Dates:** 23 Jul.

### COMPETITION

Win

## INFANTINO DENIM FLIP ADVANCED 4-IN-1 BABY CARRIER

Enter your name into our free prize draw to win an Infantino Denim Flip Advanced 4-in-1 Baby Carrier.

Infantino, the brand creating smartly designed products for happy parenting, is thrilled to introduce the Denim Flip, the most stylish way to carry your little one on outdoor adventures this year.

The Flip Advanced is one of Infantino's best-selling carriers, so it's no surprise they are launching a new design for the summer. The new classic black denim is sure to be a firm favourite amongst fashion conscious parents who love to carry their little ones.

Ticking all of the boxes when it comes to style and functionality, the Denim Flip Advanced carrier supports four different carrying positions, including an ergonomic facing-in seat for optimal baby hip positioning.

*Terms and Conditions apply, visit [bit.ly/tacompitions](http://bit.ly/tacompitions) for further details.*



With the addition of the adjustable width, it allows you to carry your baby in the inward facing position with a narrow or wide seat, keeping them closer, for longer.

Enter at: [www.toddle.fun/babycarrier](https://www.toddle.fun/babycarrier)

Competition closes midnight Sun 26th July 2020.

infantino

For more information visit [uk.infantino.com](http://uk.infantino.com)

Subscribe to the Lockdown Guide for FREE  
Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

## FRIDAY

## PARENTS &amp; TOTS

Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.
- Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 24 Jul.

Wild Tots & Wild Babies

[www.facebook.com/KnettishallHeath/](https://www.facebook.com/KnettishallHeath/)

- **Wild Learning with Lauren:** 10:00 - 10:05.
- Ages:** 1 yrs 6 mths - 11 yrs. **Cost:** Free (*booking essential*).  
**Dates:** 17 Jul - 24 Jul.

## MUSIC &amp; SIGNING

Boogie Babes Newmarket

07769 883506.

[www.facebook.com/BoogieBabesNewmarket/](https://www.facebook.com/BoogieBabesNewmarket/)

- **Free Boogie Babes Live:** 10:00 - 10:45.
- Ages:** 1 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jul.

Little Sign Tots

<https://www.facebook.com/Littlesigntots/>

- **Little Sign Tots online:** 11:00 - 11:30.
- Baby signing with songs, stories and props*  
**Ages:** 0 - 10 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jul.

Monkey Music Aylesbury & HighWycombe

01494 819138. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Heigh Ho:** 9:35 - 10:05.
- **Ages:** 1 - 2 yrs. **Dates:** 17 Jul - 24 Jul.
- **Jiggety Jig:** 10:25 - 10:55. **Ages:** 2 - 3 yrs.
- **Rock n Roll:** 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 17 Jul.

BOOK NOW

Monkey MusicBicester, Kidlington and Witney

01865 428420.

<https://www.wapi.monkeymusic.co.uk/Classes/63/>

- **Heigh Ho:** 10:00 - 10:30. **Ages:** 1 - 2 yrs.
- **Jiggety Jig:** 10:40 - 11:10. **Ages:** 2 - 4 yrs.
- **Rock 'n' Roll:** 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 17 Jul.

Monkey Music Oxford

01235 519806. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Heigh Ho:** 10:00 - 10:30. **Ages:** 1 - 2 yrs.
- **Jiggety Jig:** 10:40 - 11:10. **Ages:** 2 - 3 yrs.
- **Rock'n'Roll:** 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.
- **Ding-Dong:** 13:30 - 14:00. **Ages:** 3 - 4 yrs.

**Cost:** £7.50 per session (*booking essential*).

**Dates:** 17 Jul.

Music Bees

07456 257588. [www.musicbeesuk.com](https://www.musicbeesuk.com)

- **Music Bees Goes Live!** 10:30 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jul - 24 Jul.

Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 17 Jul - 24 Jul.

BOOK NOW

Rhythm Time Leamington Spa, Warwick, Kenilworth, Stratford upon-Avon

07469 186042. [www.rhythmtime.net](https://www.rhythmtime.net)

- **Online Toddler Class:** 10:15 - 10:45. **Ages:** 1 - 2 yrs.
- **Online Pre-school Class:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.
- **Online Baby Class:** 11:00 - 11:30. **Ages:** 1 mths - 1 yrs.

**Cost:** £4 per session (*booking essential*).

**Dates:** 17 Jul.

WEBSITE

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### SENSORY & DEVELOPMENT

#### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

**Ages:** 0 - 5 yrs. **Cost:** £5 per week (booking essential).

- **Baby College Massage at Home:** Multiple Live Sessions
- Full body baby massage in 4 sessions including songs and movements.

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(booking essential)

BOOK NOW

#### Baby Sensory Stirling

07766317766. [www.babysensory.com](http://www.babysensory.com)

- **Baby Sensory Stirling Classes:** 9:45 - 10:25.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (drop in).

**Dates:** 17 Jul - 24 Jul.

#### Baby Sensory Wanstead & Hackney

07506020039. [www.babysensory.com](http://www.babysensory.com)

- **@Home 3 weeks mini term:** 15:00 - 15:30.

SPECIAL OFFER: 3 weeks for £15!

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £3 per session (booking essential).

**Dates:** 17 Jul - 24 Jul.

#### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (booking essential).

**Dates:** 17 Jul - 24 Jul.

### CREATIVE

#### Mini Professors Oxford South

07754016612. [www.miniprofessors.com](http://www.miniprofessors.com)

- **Mini Professors @home:** 10:15 - 10:55 & 14:00 - 14:40.

Only £20 for a 5 week block

**Ages:** 2 - 7 yrs.

**Cost:** £4 per session (booking essential).

**Dates:** 17 Jul.

### DANCE & DRAMA

#### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

- **Amanda's Action Club (Zoom Sessions):** 10:30 - 11:00.

Tailored dance, music and fitness sessions.

**Ages:** 6 mths - 4 yrs 6 mths.

**Cost:** £7 per session

(booking essential).

**Dates:** 17 Jul.

BOOK NOW

#### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

- **diddi dance in da house!** 10:00 - 10:45 & 14:00 - 14:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** £6 per session (booking essential).

**Dates:** 17 Jul - 24 Jul.

#### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

- **diddi dance in da house!** 10:00 - 10:45.

**Ages:** 1 - 5 yrs. **Cost:** £1 per

session (booking essential).

**Dates:** 17 Jul - 24 Jul.

BOOK NOW

#### Funky Monkeys

01494 912729. [www.funkymonkeysld.co.uk](http://www.funkymonkeysld.co.uk)

- **Sign & Rhyme Online Classes!** 10:45 - 11:15.

Interactive music sessions with themes and baby signing

**Ages:** 3 mths - 3 yrs. **Cost:** £5 per session (booking essential).

**Dates:** 17 Jul.

#### LoveBallet Dance Company

07921 853773. [www.loveballet.co.uk](http://www.loveballet.co.uk)

- **Little Tappers:** 16:00 - 16:30.

A fun & creative intro to tap dance **Ages:** 3 - 5 yrs.

- **Online Pre-Primary Tap:** 16:30 - 17:15.

A fun introduction to tap dancing **Ages:** 3 - 5 yrs.

- **Cheerleading:** 16:30 - 17:15.

Learn cheerleading tricks, stunts and routines **Ages:** 6 - 16 yrs.

- **Online Street Dance:** 17:15 - 18:00.

Learn breakdancing, tricks & moves to the latest tunes

**Ages:** 4 - 8 yrs.

**Cost:** £3 per session (booking essential).

**Dates:** 17 Jul.

#### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

- **Free Online Dance Classes:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs.

**Cost:** Free (drop in).

**Dates:** 17 Jul - 24 Jul.

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Stagecoach Theatre Arts School

#### Buckinghamshire

01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk)

- **Stagecoach at Home LIVE - Early Years:** 16:30 - 17:15.

*Singing, dancing and acting classes every week!*

**Ages:** 4 - 6 yrs. **Cost:** £7 per session (*booking essential*).

**Dates:** 17 Jul - 24 Jul.

#### Tappy Toes Colchester

07308788008. [www.tappytoes.com](http://www.tappytoes.com)

- **Tappy Toes Colchester Online:** 10:00 - 10:30.

*Fun, energetic and interactive toddler dance classes*

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*booking essential*).

**Dates:** 17 Jul - 24 Jul.

#### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

- **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

**Dates:** 17 Jul - 24 Jul.



#### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 17 Jul - 24 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](http://www.facebook.com/tumbletotshq)

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 17 Jul - 24 Jul.

### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

- **Children's Yoga Online:** 18:00 - 18:30.

*Children's and family yoga online each week*

**Ages:** 4 - 18 yrs.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 17 Jul - 24 Jul.

BOOK NOW

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Home Keep Fit (Over 50s) With Matt:** 10:00 - 10:40.

**Ages:** 50 - 99 yrs.

- **Tins For Toning:** 6:30 - 7:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 17 Jul - 24 Jul.

BOOK NOW

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 18:30 - 19:15.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:00 - 11:00.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 17 Jul - 24 Jul.

BOOK NOW

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](https://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy:** 8:00 - 8:50.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 17 Jul.

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# SATURDAY

## MUSIC & SIGNING

### Piano Penguins

Online, Online, Online, Online. [pianopenguins.square.site](https://pianopenguins.square.site)

- **Piano Penguins Online:** 10:30 - 11:00.

*Live streamed music class played on piano, violin & ukulele*

**Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

### Raise Your Voice

07540113340. [www.ryvchoir.co.uk](https://www.ryvchoir.co.uk)

- **Raise Your Voice online:** 10:30 - 11:30.

**Ages:** Pregnancy - 18 yrs.

**Cost:** £6 per session

(*booking essential*).

**Dates:** 18 Jul - 25 Jul.

BOOK NOW

## SENSORY & DEVELOPMENT

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 18 Jul.

## CREATIVE

### Mini Professors Cambridge North

07745 973392. [www.miniprofessors.com](https://www.miniprofessors.com)

- **Mini Professors @Home:** 10:00 - 10:50 & 11:15 - 12:05.

**Ages:** 2 - 8 yrs.

**Cost:** £3.75 per session

(*booking essential*).

**Dates:** 18 Jul.

BOOK NOW

### Mini Professors North Leeds Limited

07779302442. [www.miniprofessors.com](https://www.miniprofessors.com)

- **Mini Professors Classes:** 9:30 - 10:10.

*Fun and educational classes with songs, experiments & story*

**Ages:** 3 - 7 yrs.

**Cost:** £4.75 per session (*booking essential*).

**Dates:** 18 Jul.

## DANCE & DRAMA

### diddi dance SE London

07973982790. [www.diddidance.com](https://www.diddidance.com)

- **diddi dance in da house!:** 10:00 - 10:45.

*£6 per week - includes classes every day of the week!*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](https://www.diddidance.com)

- **diddi dance in da house!:** 9:30 - 10:15.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session

(*booking essential*).

**Dates:** 18 Jul - 25 Jul.

BOOK NOW

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

- **Free Online Dance Classes:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jul - 25 Jul.

### Stagecoach Theatre Arts School

#### Buckinghamshire

01494 533203. [www.stagecoach.co.uk](https://www.stagecoach.co.uk)

- **Stagecoach at Home LIVE - Early Years:** 9:30 - 10:15.

*Singing, dancing and acting classes every week!*

**Ages:** 4 - 6 yrs.

- **Stagecoach at Home LIVE - Main Stages:** 10:00 - 12:00.

**Ages:** 6 - 16 yrs.

- **Stagecoach at Home LIVE - Further Stages:** 11:15 - 13:15.

**Ages:** 15 - 18 yrs.

**Cost:** £7 per session (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

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### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Rugbytots Ltd - LIVE! Online!

[www.rugbytots.co.uk/online-classes](http://www.rugbytots.co.uk/online-classes)

- **Rugbytots LIVE Online Classes:** 10:00 - 10:30.

**Ages:** 0 - 3 yrs.

- **Rugbytots LIVE Online Classes:** 11:00 - 11:30.

**Ages:** 3 - 7 yrs.

**Cost:** £3.50 per session (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

- **Children's Yoga Online:** 10:30 - 11:30.

*Children's and family yoga online each week*

**Ages:** 4 - 18 yrs.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 18 Jul - 25 Jul.

BOOK NOW

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Home Cardio & Combat with Matt:** 9:30 - 10:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session (*drop in*).

**Dates:** 18 Jul - 25 Jul.

BOOK NOW

### GoFest Active

07843 482182. [www.gofest.co.uk](http://www.gofest.co.uk)

- **GoFest Active Virtual Workout:** 11:00 - 11:25.

**Ages:** 4 - 85 yrs. **Cost:** Free (*booking essential*).

**Dates:** 18 Jul - 25 Jul.

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben**

**Cohen:** 10:00 - 10:30.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 18 Jul - 25 Jul.

BOOK NOW

### Suffolk Woman's

#### Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Barre Fit with Nina:** 9:00 - 10:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (*drop in*).

**Dates:** 18 Jul - 25 Jul.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy:** 9:45 - 10:30.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 18 Jul.

## PREGNANCY

### NCT

0300 330 0700. [www.nct.org.uk](http://www.nct.org.uk)

- **National Childbirth Trust (NCT):** 12:00 - 12:19.

*Live online antenatal courses.*

**Ages:** Pregnancy.

**Cost:** £15 per session (*booking essential*).

**Dates:** 25 Jul.

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# SUNDAY

## MUSIC & SIGNING

### Piano Penguins

[pianopenguins.square.site](https://pianopenguins.square.site)

- **Piano Penguins Online:** 10:30 - 11:00.

Live streamed music class played on piano, violin & ukulele

**Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 19 Jul - 26 Jul.

## SENSORY & DEVELOPMENT

### Baby Sensory Grantham

07786741766. [www.babysensory.com](https://www.babysensory.com)

- **Baby Sensory @ Home:** 11:00 - 12:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*). **Dates:** 19 Jul.

### Grow Together - Baby Massage and Yoga

07916 611066. [www.growtogetherbabies.com](https://www.growtogetherbabies.com)

- **Tummy Time - A Position For Play**

**Workshop:** 10:00 - 10:45.

**Ages:** 0 - 6 mths. **Cost:** £6 per session (*booking essential*).

**Dates:** 26 Jul.

## CREATIVE

### Mini Professors Cambridge North

07745 973392. [www.miniprofessors.com](https://www.miniprofessors.com)

- **Mini Professors @Home:** 10:00 - 10:50.

**Ages:** 2 - 8 yrs.

**Cost:** £3.75 per session (*booking essential*).

**Dates:** 19 Jul.

BOOK NOW

## DANCE & DRAMA

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](https://www.diddidance.com)

- **diddi dance in da house!** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session (*booking essential*).

**Dates:** 19 Jul - 26 Jul.

BOOK NOW



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](https://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs.

**Cost:** £5 per session (*booking essential*).

**Dates:** 19 Jul - 26 Jul.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Rugbytots Ltd - LIVE! Online!

[www.rugbytots.co.uk/online-classes](https://www.rugbytots.co.uk/online-classes)

- **Rugbytots LIVE:** 10:00 - 10:30. **Ages:** 0 - 3 yrs.

- **Rugbytots LIVE:** 11:00 - 11:30. **Ages:** 3 - 7 yrs.

**Cost:** £3.50 per session (*booking essential*).

**Dates:** 19 Jul - 26 Jul.

## HEALTH & WELLNESS

### Soo Yoga

01604 621004. [www.sooyoga.com](https://www.sooyoga.com)

- **Online Yoga with Kristina**

**Rihanoff:** 10:00 - 11:00.

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 19 Jul - 26 Jul.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. [www.swwcuk.com](https://www.swwcuk.com)

- **Holistic Core Restore® Rel-Ease class:** 20:00 - 20:45.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 19 Jul.

## PREGNANCY

### The Daisy Founda

[www.thedaisyfoundation.com/teacher/vicki-wilkinson/](https://www.thedaisyfoundation.com/teacher/vicki-wilkinson/)

- **Active Birth Workshop for Mum & Birth Partner :**

9:00 - 9:04.

**Ages:** Pregnancy. **Cost:** £80 per session (*booking essential*).

**Dates:** 19 Jul.

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Always  
Online

toddle<sup>about</sup>  
Loving life with little ones

Just want to dip in to classes at a time that suits you?  
Discover pre-recorded sessions, for you to access any time.

### British Motor Museum

*The British Motor Museum has organised a range of 'stay at home' activities for all the family to enjoy. From puzzles and crafts, science experiments and more!*

**Ages:** All ages

**Cost:** Free - donations welcome

**Email:** [enquiries@britishmotormuseum.co.uk](mailto:enquiries@britishmotormuseum.co.uk)

[www.britishmotormuseum.co.uk/whats-on/tag/family](http://www.britishmotormuseum.co.uk/whats-on/tag/family)

### Calypso Kids

*Join our free online group and access recorded music sessions where everyday items become drums, maracas and pom poms!*

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07890 399162

**Email:** [hello@calypsokids.co.uk](mailto:hello@calypsokids.co.uk)

[www.facebook.com/groups/266075601089033/](https://www.facebook.com/groups/266075601089033/)

### diddi dance Shrewsbury

*Online fun and funky preschool dance classes for energetic little movers. Sessions encourage a love of movement to last a lifetime through dancing games, learning songs and changing dance themes.*

**Ages:** 1½-4½ years

**Cost:** £3/week

**Phone:** 07967 430 682

**Email:** [charlotte.burgess@diddidance.com](mailto:charlotte.burgess@diddidance.com)

[diddidance.com](http://diddidance.com)

[www.diddidance.com/diddi-dance-shrewsbury/](http://www.diddidance.com/diddi-dance-shrewsbury/)

BOOK NOW

### June's Chatterbox Tunes

*Watch some pre-recorded music sessions with singing, signs, puppets, instruments, guitar and props, and also a storytime lullaby songs video.*

**Ages:** 2 months to 4 years

**Cost:** FREE

**Phone:** 07851 353396.

**Email:** [jl.chatterbox@gmail.com](mailto:jl.chatterbox@gmail.com)

[www.facebook.com/JUNESCHATTERBOXTUNES](https://www.facebook.com/JUNESCHATTERBOXTUNES)

### Leiston Library

*Leiston Library has a weekly Baby Bounce video on our Facebook page, songs and rhymes for under 5s. Also links to craft activities for little hands.*

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 01728 831252

**Email:** [gayla.rowling@suffolklibraries.co.uk](mailto:gayla.rowling@suffolklibraries.co.uk)

[Leiston Library Facebook page](#)

### Lizzie Edwards Yoga

*Postnatal yoga for you to access anytime, anywhere. Relax and feel good with yoga classes, technique videos and meditations, plus classes for you and baby to do together.*

**Ages:** 6-8 weeks post birth onwards

**Cost:** £15 per month

**Phone:** 07796 954527

**Email:** [lizzieedwardsyoga@gmail.com](mailto:lizzieedwardsyoga@gmail.com)

[Http://Patreon.com/lizzieedwardsyoga](http://Patreon.com/lizzieedwardsyoga)

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Follow us for  
daily updates!



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### Magical World of Stories

*Stories, songs and either activities and ideas to help your little one learn through play or step by step guides to complete a crafting activity. All based around a theme.*

**Ages:** 4 months - 6 years

**Cost:** £14 for 7 week term

**Email:** [Jennifer.herbert@virginmedia.com](mailto:Jennifer.herbert@virginmedia.com)

[www.facebook.com/MagicalWorldofStories](https://www.facebook.com/MagicalWorldofStories)

### Melody Music

*A 30min weekly, pre recorded music and sensory class for under 5s*

**Ages:** 0 - 5 years

**Cost:** £8 a month

**Email:** [stephanie@melodymusic.me.uk](mailto:stephanie@melodymusic.me.uk)

[www.facebook.com/](https://www.facebook.com/melodymusicforbabiesandtoddlers/)

[melodymusicforbabiesandtoddlers/](https://www.facebook.com/melodymusicforbabiesandtoddlers/)

### Mini First Aid Suffolk

*Learn valuable first aid skills in the comfort of your own home with the fantastic ONLINE version of the 2-hour baby & child first aid class, with an option to attend a top-up session for hands-on practice at a later date.*

**Ages:** 18-99 years

**Cost:** Free

**Phone:** 01473 723960.

**Email:** [julierdaniels@btinternet.com](mailto:julierdaniels@btinternet.com)

[www.staugustinesipswich.org.uk](https://www.staugustinesipswich.org.uk)

### MiniJam

*Join MiniJam's jazz, funk & latin nursery rhyme remixes alongside DIY instruments to get creative with at home. Tasks & tricks to keep your little one engaged.*

**Ages:** 0-5 years

**Cost:** £3 per video + Free track downloads

**Phone:** 07723 510320

**Email:** [hello@minijam.uk](mailto:hello@minijam.uk)

[www.minijam.uk](https://www.minijam.uk)

BOOK NOW

### Musical Bumps South Leicestershire

*Musical fun and learning. Sessions are booked in blocks. You have access to all age specific classes & a bank of 100+ bite size songs to use at your convenience.*

**Ages:** 0 - 4 years

**Cost:** £4 each

**Phone:** 07516 473668

**Email:** [anna.thomas@musicalbumps.com](mailto:anna.thomas@musicalbumps.com)

[www.musicalbumps.com](https://www.musicalbumps.com)

### Nature Makers

*Access to our private Facebook group with 4 lessons recorded in multiple short videos covering topics of weather, rainbows, spring and worms using nature art & stories to learn.*

**Ages:** 1 - 6 years

**Cost:** £12 per month (4 classes)

**Email:** [faye@nature-makers.co.uk](mailto:faye@nature-makers.co.uk)

[www.nature-makers.co.uk](https://www.nature-makers.co.uk)

### Rhythm Time (Cheshire)

*Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: Easter, Numbers, Garden and Farm.*

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07871 450140.

**Email:** [info@singsongstories.co.uk](mailto:info@singsongstories.co.uk)

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UCwOx7a0x5Ln4lpNGA7Rku6g)

[UCwOx7a0x5Ln4lpNGA7Rku6g](https://www.youtube.com/channel/UCwOx7a0x5Ln4lpNGA7Rku6g)

BOOK NOW

### Ride On Time

*Weekly ride-on videos including singing & dancing - lots of fun!*

**Ages:** 1 - 5 years

**Cost:** Free

**Phone:** 07789 887636.

**Email:** [info@rideontimehire.com](mailto:info@rideontimehire.com)

[www.facebook.com/rideontimehire/](https://www.facebook.com/rideontimehire/)

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### Shake Rattle and Boogie

Online boogie classes providing dance and music sessions for babies, toddlers and pre-schoolers.

**Ages:** 0-4 years

**Cost:** £4 per session - discounts for block bookings

**Phone:** 07984 158281

**Email:** [info@shakerattleandboogie.com](mailto:info@shakerattleandboogie.com)

[www.shakerattleandboogie.com](http://www.shakerattleandboogie.com)

### Sing and Sign Coventry and Kenilworth

A ten week online course, accessible when and as many times in the week as you want. Zoom sessions to check in and Whatsapp groups to keep in touch.

**Ages:** 0 - 2 years

**Cost:** £40 for a ten week course

**Phone:** 07920 066652.

**Email:** [singandsigncoventry@sky.com](mailto:singandsigncoventry@sky.com)

[www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth](http://www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth)

### SingSongStories

Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: Easter, Numbers, Garden and Farm.

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07871 450140.

**Email:** [info@singsongstories.co.uk](mailto:info@singsongstories.co.uk)

[View on Youtube](#)

### St Augustine's Church

Enjoy a weekly activity sheet on St Augustine's website. Each week there is a different theme with lots of activity suggestions and songs to sing.

**Ages:** 4 mths - 5 years

**Cost:** Free

[www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk)

### Suffolk Libraries

Access singing sessions, crafts, storytimes and various activities for children on the Suffolk Libraries website. All videos are also being uploaded to Youtube.

**Ages:** 0-5 years

**Cost:** Free

**Email:** [hannah.foulstone@suffolklibraries.co.uk](mailto:hannah.foulstone@suffolklibraries.co.uk)

[www.youtube.com/user/SuffolkLibraries](http://www.youtube.com/user/SuffolkLibraries)

### Suffolk Wildlife Trust

Every Friday morning there is a new video uploaded with an activity your child can do in your back garden! The activities are simple & require only household items.

**Ages:** 1yr 6 mths - 11 yrs

**Cost:** Free

**Email:** [lauren.mack@suffolkwildlifetrust.org](mailto:lauren.mack@suffolkwildlifetrust.org)

[www.facebook.com/KnettishallHeath](http://www.facebook.com/KnettishallHeath)

### Sunnymead Minnows

Search Sunnymead Minnows for regular posts featuring activities, nature, songtime and storytime.

**Ages:** 0-5 years

**Cost:** Free

[www.facebook.com/SunnymeadMinnows](http://www.facebook.com/SunnymeadMinnows)

### Synergy Dance at Home

Professional online dance & yoga sessions to allow children, teens and families to keep up their activities at home, open to all. Includes courses for Special Needs, the visually impaired and the elderly.

**Ages:** 4 years +

**Cost:** £7 for a course (less than £1 per class)

**Phone:** 07713 254260.

**Email:** [rachael.swann@gmail.com](mailto:rachael.swann@gmail.com)

[www.synergy-dance-online.teachable.com/](http://www.synergy-dance-online.teachable.com/)

### Tadpole Tunes

Weekly videos uploaded to the Facebook page - [Tadpole Tunes IP31 IP32 IP30](#). Mini Tadpole Tunes sessions for you to enjoy at home in June and July!

**Ages:** 9 months to 4 years

**Cost:** Free

**Email:** [angela@tadpoletunes.co.uk](mailto:angela@tadpoletunes.co.uk)

[www.tadpoletunes.co.uk](http://www.tadpoletunes.co.uk)

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### Teddies Music Club

Sessions include real, live music, led by two musicians. Painted props drawing demos with every session (these two are also artists!) with an original picture to download and colour in afterwards.

**Ages:** 0 - 4 years

**Cost:** £1.99 per month for unlimited access

**Phone:** 01628 671146.

**Email:** zitanewcome@hotmail.com

[www.teddiesmusicclub.co.uk](http://www.teddiesmusicclub.co.uk)

### Toddler Sense Milton Keynes

Every Toddler Sense session is jam-packed with activities and fun adventures to help your toddler burn off excess energy and develop vital physical, communication, social and intellectual skills.

**Ages:** 13 months to 5 years

**Cost:** £4 per week or £14 for 4 weeks

**Phone:** 07972 798017

**Email:** miltonkeynes@toddlersense.co.uk

[www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)

### Tumble Tots Basingstoke

A new video is released every Monday, Wednesday and Friday at 2.30pm. Also available on YouTube.

**Ages:** Walking to school age

**Cost:** Free

**Phone:** 07368 500820.

**Email:** basingstoke@tumbletots.com

[www.tumbletots.com/basingstoke](http://www.tumbletots.com/basingstoke)

### Tumble Tots Epsom

Enjoy these Tumble Tots at Home videos. They have lots of songs, body identification rhymes and co-ordination activities to help keep active in body and mind, while having fun.

**Ages:** 0-5 yrs

**Cost:** Free

**Phone:** 07539 468002.

**Email:** epsom@tumbletots.com

[www.facebook.com/tumbletotsepsom/](http://www.facebook.com/tumbletotsepsom/)

### Wriggle Dance Theatre

2 series of 'Wriggle at Home' videos, and fun bite-sized creative dance sessions.

**Ages:** 2-5yr olds and their grown-ups

**Cost:** Free

**Phone:** 07771 888157

**Email:** lucy@wriggledancetheatre.co.uk

[www.wriggledancetheatre.co.uk](http://www.wriggledancetheatre.co.uk) and

[www.youtube.com/channel/UCZBFEdB5emF5otLvwmlh-wq](https://www.youtube.com/channel/UCZBFEdB5emF5otLvwmlh-wq)

### YogaPebbles

Fun online weekly children's yoga, grown ups join in too! Your child will learn to move, stretch, breathe into their body and learn valuable mindfulness techniques to help cope with change.

**Ages:** 4 - 18 years

**Cost:** £12 per month

**Phone:** 07905 624353

**Email:** lisayogapebbles@gmail.com

[www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)



### Tot Bop

Tot Bop dance classes available weekly. Fun, funky and imaginative dance classes, for each age and stage:

Tiny Tots: 1-2½ yrs; Baby Boppers: 2½-3½ yrs; Funky

Monkeys: 3½-5 yrs; Groovy Movers: 5-9 yrs; Tot Bop

Tap: 4/5-9 yrs.

**Ages:** 1 - 9 years

**Cost:** £30 for 6 sessions

**Phone:** 01525 237474.

**Email:** rachelkenning79@gmail.com

[www.totbop.co.uk/online-members-area/](http://www.totbop.co.uk/online-members-area/)

WEBSITE

BOOK NOW

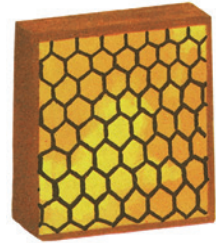
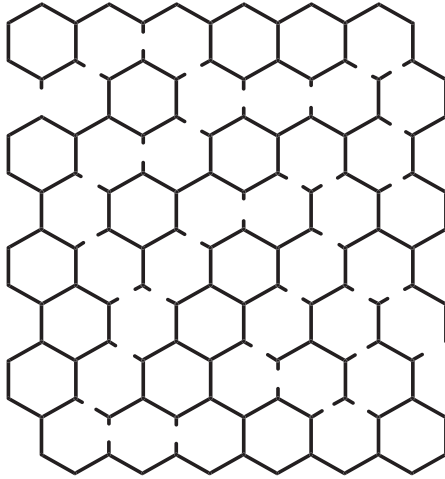
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## Do you offer pre-recorded classes or events?

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# Back to the hive

Can you help this bee get back to the honeycomb through the maze?



honeycomb

# Food in nature

Can you name the natural food sources on the top row and the foods on the bottom row? Then draw a line to show which are connected. One has been done for you.



maize



cooking oil

Extracted with kind permission from  
**The Nature Activity Book, by Alain Grée. [Buy Now](#)**



# Up in the air

Can you find these air and space transport-related words in the puzzle?

p i l o t m w a z m o c  
m t z x h o p s a t q r  
r b n r e t a t s m u b  
o j m o l o r r t a g a  
c n w c i r a o r p l l  
k g f k c b c n a h i l  
e m v e o i h a i w d o  
t o u t p k u u n o e o  
s a t k t e t t u s r n  
p l a n e l e u t i l d  
r p k o r m s p a c e s  
m o o n b u g g y d h b



helicopter

balloon

plane

rocket

space

moon buggy

astronaut

pilot

glider

parachute



# Sailing boat pairs

Find the matching pairs. Which is the odd one out?






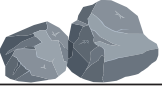



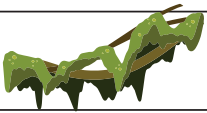
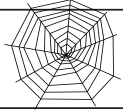
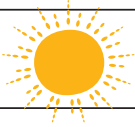





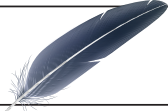


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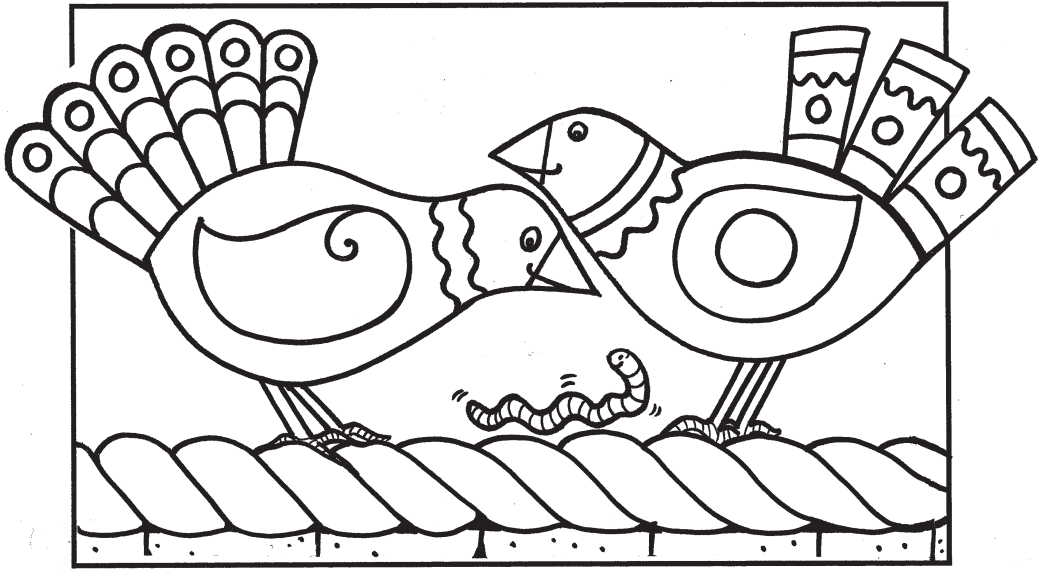
# Outdoor Scavenger-Hunt

Go out into the garden and see if you can find the items listed below!  
Tick them off when you find them.

- |                       |            |   |                       |            |  |
|-----------------------|------------|---|-----------------------|------------|--|
| <input type="radio"/> | Bird       |    | <input type="radio"/> | Green Leaf |    |
| <input type="radio"/> | Cloud      |    | <input type="radio"/> | Rock       |    |
| <input type="radio"/> | Pine cone  |    | <input type="radio"/> | Berries    |    |
| <input type="radio"/> | Brown Leaf |    | <input type="radio"/> | Moss       |    |
| <input type="radio"/> | Spider Web |    | <input type="radio"/> | Sunshine   |    |
| <input type="radio"/> | Flower     |   | <input type="radio"/> | Puddle     |   |
| <input type="radio"/> | Grass      |  | <input type="radio"/> | Insect     |  |
| <input type="radio"/> | Worm       |  | <input type="radio"/> | Feather    |  |
| <input type="radio"/> | Branch     |  | <input type="radio"/> | Flowerpot  |  |

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