

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.

11TH NOV-31ST DEC 2020

Click Day
to see what's on



Colouring Sheet



Activity Sheets



Let's Get
Active!



Win a Balance Bike



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ALWAYS ONLINE



LET'S GET ACTIVE!

BY DR LALA MANNERS



In the current climate, it is more important than ever that all children have a wide range of opportunities every day to move freely and be physically active.

Being active supports healthy bone growth, sleeping patterns and eating habits. It also ensures the heart and lungs are working well and that children gain the levels of **strength, balance, coordination and agility** that make being physically active enjoyable and essential. If children can join in, keep up and contribute to physical activities their **communication and language skills** are supported, wider friendship groups are created and their **emotional wellbeing** is properly sustained.

Expensive kit or equipment isn't necessary; you will already have lots of possibilities easily available at home that may be sourced. All you really need is a **positive mindset** and a firm belief that being active in some way – every day – can be a productive and fun shared experience.

Getting Active Indoors

Use **furniture and different areas at home** to encourage children to climb, scramble, jump, carry, push, pull and construct.

For example, **stairs** provide a range of opportunities to support overall strength, balance and coordination.

For smaller children, you could place a toy on a stair that would be a challenge to reach. Encourage children to climb to the toy and slide back down the stairs afterwards.



For older children, you could explore different ways of safely going up and down stairs.

Can they try taking two stairs at a time, going up on their tiptoes, climbing on their knees, or climbing sideways?

Tea-towels and blankets could be used to encourage activity too. Try placing a tea-towel on a non-carpeted floor and ask children to put both feet on it.

Can they shuffle forwards and backwards, keeping both feet on the towel? You could see if they can shuffle themselves around a piece of furniture.

Smaller children could be invited to place their hands on the tea-towel and push their hands forwards as they move around the floor, taking the weight of their body on their hands.

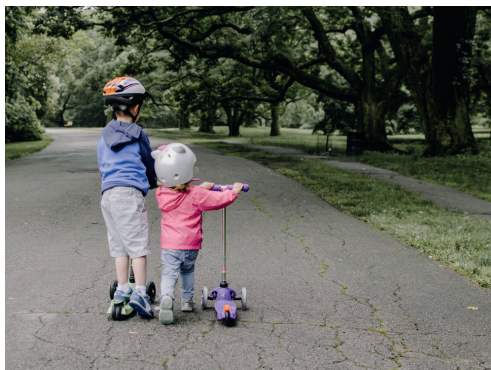
Getting Active Outdoors

Try to make any travel as active as possible: encourage children to **scooter, bike or walk**.

Walking can be boring for children, so you could offer some **walking and running challenges**. For example, see if children can walk on their tiptoes or heels, walk backwards and sideways, or complete a sequence of big steps and jumps.

Look at the area around you. If there are paving slabs, invite children to take big steps or walk on the lines between them. Or if there are lampposts around, invite children to run between them. You could also encourage them to make up their own challenges and try to include some interesting words to describe movements or body vocabulary.

When it comes to getting children active, you **don't need to think big**. Instead, think of small 'marginal gains': those little tweaks you can make to routines and habits that, when added together, can make quite a difference to children's enjoyment and level of physical activity.

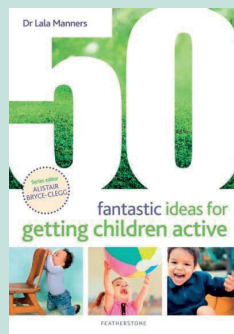


About Dr Lala Manners

Author Dr Lala Manners is an experienced practitioner, researcher, educator, author and trainer in the field of Early Years physical development and movement studies. Lala is the founder of www.activematters.org, a learning hub for parents and practitioners.

50 Fantastic Ideas for Getting Children Active is filled with simple and accessible ideas to make physical activity an enjoyable and meaningful part of daily life for young children.

Published on 17th September 2020 by Bloomsbury Publishing, 9781472971852, £10.99



Birthday

SHOUTOUT

WIN A

BALANCE BIKE

WORTH
£125

Enter your name into our **BIRTHDAY SHOUT OUT** competition to win a Bikloon Vintage Metal Balance Bike & let us wish your little one a Happy Birthday!

THE PRIZE: A BIKLOON VINTAGE METAL BALANCE BIKE

For little explorers who just can't wait to see the big, wide world, this vintage-themed balance bike is the perfect way to begin their journey of adventure.

Developing balance skills and coordination, the bike can be used as your little one grows and will build their confidence without stabilisers – making the shift to a pedal bike really easy.

Fitted with **inflatable tyres** that absorb any harsh bumps along the way, the **adjustable seat** can be adjusted in line with their growth spurts, from 40 to 46cm.



ENTER NOW: www.toddle.club/birthday



HOW TO ENTER:

Simply send us a picture of your child with the date of their birthday, and we will pop their picture in the relevant magazine to wish them a happy birthday!

We will also put every birthday boy or girl's name in a hat to **win a Vintage Metal Balance Bike**, worth £125.

Submit your photo by Sunday 13th December.

*T&C's apply - all online at www.toddleabout.co.uk/birthday.
The winner will be decided by Toddle About.*

Lockdown Activity Guide

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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

MONDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

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

Dates: 16 Nov - 28 Dec.

Stratford District Children & Family

Centres

www.barnardos.org.uk

• **Story Time Online:** 10:00 - 10:15.

New videos are uploaded every weekday.

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

Dates: 16 Nov - 14 Dec.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers (3+ years):** 9:30 - 10:00.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs.

Cost: £4.40 per session (booking essential).

Dates: 16 Nov - 30 Nov.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign & Rhyme:** 9:45 - 10:15 & 10:45 - 11:15.

Pre-recorded. Available to watch anytime. Quote 'Toddle About' for a free taster session.

Ages: 5 mths - 2 yrs 5 mths.

Cost: £6.60 per session (booking essential).

Dates: 16 Nov - 7 Dec.

Music Bugs Northampton

07811 771480.

www.facebook.com/groups/1712119012194411/

• **Music Bugs Online session:** 9:15 - 9:45.

Ages: 0 - 5 yrs.

Cost: £3.50 per session (booking essential).

Dates: 16 Nov - 7 Dec.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk

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 Nov - 14 Dec.

BOOK NOW

Are you running online classes or events?

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Rhythm Time Cheshire

01270 884583. rhythmtime.net

• **Rhythm Time Cheshire (Online):** 21:24 - 21:54.

Fun, quality music and multi-sensory classes.

Ages: 0 - 6 yrs.

Cost: £6.59 per session

(booking essential).

Dates: 16 Nov - 30 Nov.

BOOK NOW

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

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

Dates: 16 Nov - 14 Dec.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

• **Sing and Sign BABES @ Home:** 14:00 - 14:35.

Ages: 0 - 6 mths.

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

Dates: 16 Nov - 30 Nov.

Teddies Music Club

01628 671146. <https://bookwhen.com/teddiesmusicclub>

• **Teddies Online Live!** 10:00 - 10:45.

Ages: 0 - 5 yrs.

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

Dates: 16 Nov - 30 Nov.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Baby Signing E-Class:** 9:45 - 10:45.

Ages: 0 - 1 yrs 6 mths.

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

Dates: 16 Nov - 14 Dec.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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

Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

• **Tots Frenchtastic Class:** 9:30 - 10:00.

Ages: 0 - 4 yrs.

• **Infant French Club (4 - 8 years):** 15:50 - 16:20.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

• **Junior French Club:** 16:30 - 17:00.

Ages: 8 - 11 yrs.

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

Dates: 16 Nov - 14 Dec.

Lingotot Rugby

07581 324482. www.lingotot.com

• **Lingotot French After School Club:** 16:30 - 17:00.

Ages: 3 - 11 yrs.

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

Dates: 16 Nov - 14 Dec.

Phonics with Robot Reg Stroud and

Cirencester

0800 6122 306. soundsrightphonicsclasses.co.uk

• **Pre-School Phonics:** 13:30 - 14:15.

Ages: 2 - 4 yrs.

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

Dates: 16 Nov - 30 Nov.

DANCE & DRAMA

Bespoke Ballroom

01604 621004. www.sooyoga.com

• **Ballroom/Latin Kids Improvers:** 16:30 - 17:15.

Quote 'Toddle About' for 10% discount

Ages: 6 - 12 yrs.

• **Ballroom/Latin Kids Beginners:** 17:15 - 18:00.

Ages: 6 - 12 yrs.

Cost: £8 per session

(booking essential).

Dates: 16 Nov - 14 Dec.

BOOK NOW

Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

• **Tot Bop Dance Classes (Online):** 9:00 - 9:45.

Available to watch at any time.

Ages: 1 - 9 yrs.

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

Dates: 16 Nov - 28 Dec.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

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

Ages: 50 - 99 yrs. **Cost:** £3 per session (*drop in*).

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

Ages: 0 - 99 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 16 Nov - 28 Dec.

BOOK NOW

Inner Peace Hatha Yoga

07941 279343. 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: 16 Nov - 30 Nov.

Lisa Valentine Yoga

07957 215495. www.lisavalentineyoga.co.uk

• **Subscription to monthly online**

class's: 10:00 - 10:01.

Cost: £20 per session

(*booking essential*).

Dates: 30 Nov.

BOOK NOW

RW Pilates

07734 682019. www.rwpilates1.com

• **Pilates Class (ONLINE):** 18:30 - 19:30.

Cost: £4.17 per session

(*booking essential*).

Dates: 16 Nov - 14 Dec.

BOOK NOW

Soo Yoga

01604 621004. www.sooyoga.com

• **Postnatal Yoga with Babies:** 10:30 - 11:30.

Quote 'Toddle About' for 10% discount

Ages: 1 - 6 mths. **Cost:** £6 per session (*drop in*).

• **Reiki & Restore Restorative Yoga:** 17:45 - 18:45.

• **Beginners Yoga Adults & Teens:** 18:15 - 19:15.

Ages: 14 - 99 yrs.

Cost: £8 per session (*drop in*).

Dates: 16 Nov - 14 Dec.

BOOK NOW

PREGNANCY

Lizzie Edwards yoga

www.lizzie-edwards.com

• **Pregnancy yoga:** 18:00 - 19:00.

Ages: Pregnancy.

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

Dates: 16 Nov - 30 Nov.

Looking for something specific?

Search at www.toddleabout.co.uk

it's easy!



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Get it sent straight to your inbox at toddle.fun/lockdownguide

TUESDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

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

Dates: 17 Nov - 29 Dec.

Stratford District Children & Family Centres

www.barnardos.org.uk

• **Family Learning Online:** 10:00 - 10:15.

New videos are uploaded every weekday.

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

Dates: 17 Nov - 15 Dec.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers (crawlers to ready for school) :** 10:00 - 10:30.

Making music fun!

Ages: 1 yrs 1 mths - 5 yrs.

• **Mini Music Makers (2 months to too wriggly) :** 10:45 - 11:15.

Ages: 2 mths - 1 yrs.

Cost: £4.85 per session (booking essential).

Dates: 17 Nov - 1 Dec.

Boogie Babes Newmarket

07769 883506. www.boogiebabes.biz/newmarket

• **Boogie Babes Zoom Sessions:** 10:00 - 11:00.

Ages: 1 - 5 yrs.

Cost: £5 per session (booking essential).

Dates: 17 Nov - 1 Dec.

Flutterby Music

07724466064. www.flutterbymusic.co.uk

• **Family Music class:** 10:00 - 10:40.

Ages: 0 - 4 yrs 11 mths.

Cost: £5 per session (booking essential).

Dates: 17 Nov - 8 Dec.

June Chatterbox Tunes

07851 353396. www.facebook.com.

• **Music Movement Sensory classes:** 11:00 - 11:30.

Music Movement Sensory Zoom online class

Ages: 3 mths - 4 yrs.

Cost: £4 per session (drop in).

Dates: 17 Nov - 1 Dec.

BOOK NOW

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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 Nov - 15 Dec.

BOOK NOW

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 17 Nov - 15 Dec.

St Augustine's Church

01473 723960.

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

• **Music and Rhyme:** 10:00 - 10:45.

Ages: 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 17 Nov - 15 Dec.

Tadpole Tunes

07800 545085. www.tadpoletunes.co.uk

• **Tadpole Tunes Online:** 9:30 - 9:55.

Ages: 9 mths - 4 yrs.

Cost: £2.50 per session (booking essential).

Dates: 17 Nov - 15 Dec.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Baby Signing E-Class:** 11:00 - 12:00.

Ages: 0 - 1 yrs 6 mths.

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

Ages: 1 yrs 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 17 Nov - 15 Dec.

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SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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 Bury St Edmunds

07725 477980. www.babysensory.com

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

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session (booking essential).

Dates: 17 Nov - 15 Dec.

French Frogglers

www.frenchfrogglers.com

• **French Frogglers:** 11:00 - 11:30

& 13:00 - 13:30.

Fun Online French Classes

Ages: 0 - 5 yrs.

Cost: £5 per session

(booking essential).

Dates: 17 Nov - 1 Dec.

BOOK NOW

Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

• **Tots Frenchtastic Class:** 11:00 - 11:30.

Ages: 0 - 4 yrs.

• **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

Cost: £5 per session (booking essential).

Dates: 17 Nov - 15 Dec.

Lingo Lions

www.lingolions.co.uk

• **Age 0-4 Spanish :** 15:00 - 15:30.

Ages: 0 - 4 yrs.

Cost: £6 per session (booking essential).

Dates: 17 Nov - 15 Dec.

Nanos Spanish

07940738221. www.nanospanishclub.com

Times: 9:20 - 9:50.

Ages: 1 - 5 yrs.

Cost: £6.50 per session (drop in).

Dates: 17 Nov - 1 Dec.

BOOK NOW

North London Baby

Massage and Baby Yoga

07958 705282. www.babymassageandandyoga.co.uk

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

Online 5 Week Baby Massage Course

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

Online 5 Week Baby Yoga Course

Cost: £12 per session

(booking essential).

Dates: 17 Nov - 1 Dec.

BOOK NOW

Phonics with Robot Reg Stroud and

Cirencester

0800 6122 306. www.soundsrightphonicsclasses.co.uk

• **Pre-School Phonics:** 10:30 - 11:15.

Ages: 2 - 4 yrs. **Cost:** £5 per session (booking essential).

Dates: 17 Nov - 1 Dec.

DANCE & DRAMA

Feather Steps Dance Academy

www.featherstepsdanceacademy.co.uk

• **Online TINY TOTS DANCE Class:** 11:30 - 12:00.

Ages: 2 - 4 yrs.

Cost: £3 per session (booking essential).

Dates: 17 Nov - 1 Dec.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

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

Ages: 50 - 99 yrs. **Cost:** £3 per session (booking essential).

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

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

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

Ages: 0 - 99 yrs. **Cost:** £3 per session (booking essential).

Dates: 17 Nov - 29 Dec.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Fit with Mum

www.fitwithmum.com

- **Fit with Mum Online:** 18:30 - 19:30.

Ages: 0 - 99 yrs.

Cost: £5 per session
(booking essential).

Dates: 17 Nov - 24 Nov.

BOOK NOW

Jeneration Fitness

07779809299. www.jenerationfitness.co.uk

- **Online HIIT Class:** 9:15 - 10:00.
- **Online Post Natal Class; Back To Fit:** 10:15 - 11:00.

Cost: £3 per session
(booking essential).

Dates: 17 Nov - 15 Dec.

BOOK NOW

YogaBellies Ipswich & Colchester

07305 267820. www.yogabellies.com

- **Luna by YogaBellies:** 20:00 - 21:00.

Cost: £8.75 per session (booking essential).

Dates: 17 Nov - 8 Dec.

- **YogaBellies for Pregnancy:** 18:30 - 19:45.

Ages: Pregnancy.

Cost: £9.60 per session (booking essential).

Dates: 17 Nov - 1 Dec.

FREE Printable Activity Sheets

Download free activity sheets for your little one to enjoy at home from the NEW Printables section on the Toddle About website.

toddle.fun/printables

We have loads of activities to choose from. All designed to help your child learn whilst having fun.

Dig in and see what we have for you!



In collaboration with: Love Writing Co, Hazel Fisher Creations, Hobbycraft, Teddies Music Club and more.

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WEDNESDAY

PARENTS & TOTS

Stratford District Children & Family Centres

Centres

www.barnardos.org.uk

• **Baby Time Online:** 10:00 - 10:15.

New videos are uploaded every weekday.

Ages: 0 - 1 yrs.

Cost: Free (drop in).

Dates: 11 Nov - 16 Dec.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers (2 years - 3 years):** 10:00 - 10:30.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 2 - 3 yrs.

Cost: £4.40 per session (booking essential).

• **Mini Music Makers (6 - 12 months):** 10:45 - 11:15.

Ages: 6 mths - 1 yrs.

Cost: £3.90 per session (booking essential).

Dates: 11 Nov - 2 Dec.

Boogie Babes Newmarket

07769 883506. www.boogiebabes.biz/newmarket

• **Boogie Babes Zoom Sessions:** 10:00 - 11:00.

Ages: 1 - 5 yrs.

Cost: £5 per session (booking essential).

Dates: 11 Nov - 2 Dec.

Cha Char Chimps CIC

www.cccchimps.com

• **Cha Char Chimps with Sasha:** 10:00 - 10:30.

Cost: £9 per session

(booking essential).

Dates: 11 Nov.

Flutterby Music

07724466064. www.flutterbymusic.co.uk

• **Singing Mamas Choir (online):** 10:00 - 11:30.

Cost: £3.50 per session (booking essential).

Dates: 11 Nov - 9 Dec.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign and Rhyme:** 10:00 - 10:35.

Pre-recorded. Available to watch anytime. Quote 'Toddle About' for a free taster session.

Ages: 5 mths - 3 yrs.

Cost: £6.16 per session (booking essential).

Dates: 11 Nov - 9 Dec.

• **Online 12 weeks Baby Signing Basics**

Pre-recorded. Available to watch anytime. Quote 'Toddle About' for a free taster session.

Times: 11:00 - 11:45.

Ages: 3 mths - 3 yrs. **Dates:** 11 Nov - 25 Nov.

Times: 14:00 - 14:45.

Ages: 3 mths - 3 yrs. **Dates:** 11 Nov - 16 Dec.

Cost: £8.25 per session (booking essential).

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk

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: 11 Nov - 16 Dec.

BOOK NOW

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 11 Nov - 16 Dec.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Baby Signing E-Class:** 13:00 - 14:00.

Ages: 0 - 1 yrs 6 mths. **Dates:** 11 Nov - 9 Dec.

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

Ages: 1 yrs 6 mths - 4 yrs. **Dates:** 11 Nov - 16 Dec.

Cost: £4 per session (booking essential).

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

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

Ages: 0 - 1 yrs.

Cost: £5 per week

(booking essential).

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Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

Cost: £5 per session (booking essential).

Dates: 11 Nov - 16 Dec.

Little Wonders Baby Massage

www.facebook.com/littlewondersbabymassage

• **Tummy Time Workshop :** 11:00 - 12:00.

2 week online tummy time workshop.

Ages: 0 - 6 mths. **Cost:** £10 per session (booking essential).

North London Baby Massage and Baby

Yoga

07958 705282. www.babymassageandyoga.co.uk

• **Starting Solids Weaning**

Workshop : 10:00 - 12:00.

Cost: £20 per session

(booking essential). **Dates:** 11 Nov.

BOOK NOW

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colchester-and-surrounding-areas>

• **Virtual Phonics Pre School Sessions:** 10:00 - 10:40 & 13:15 - 13:55.

Quote 'Toddle About' for 20% off a trial block of 3 sessions

Ages: 2 yrs 6 mths - 6 yrs.

Cost: £6 per session (booking essential).

Dates: 11 Nov - 25 Nov.

Phonics with Robot Reg Stroud and Cirencester

0800 6122 306. soundsrightphonicsclasses.co.uk

• **Pre-School Phonics:** 13:30 - 14:15.

Ages: 2 - 4 yrs. **Cost:** £5 per session (booking essential).

Dates: 11 Nov - 2 Dec.

DANCE & DRAMA

Bespoke Ballroom

01604 621004. www.sooyoga.com

• **Ballroom/Latin Kids Improvers:** 16:30 - 17:15.

Quote 'Toddle About' for 10% discount

Ages: 6 - 12 yrs.

Cost: £8 per session

(booking essential).

Dates: 11 Nov - 16 Dec.

BOOK NOW

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

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

Ages: 0 - 99 yrs.

Cost: £3 per session

(booking essential).

Dates: 11 Nov - 30 Dec.

BOOK NOW

Inner Peace Hatha Yoga

07941 279343. 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: 11 Nov - 2 Dec.

Soo Yoga

01604 621004. www.sooyoga.com

• **Chakra Yoga and Meditation:** 17:45 - 18:45.

Quote 'Toddle About' for 10%

discount

Cost: £8 per session (drop in).

Dates: 11 Nov - 16 Dec.

BOOK NOW

YogaBellies Ipswich & Colchester

07305 267820. www.yogabellies.com

• **Luna by YogaBellies:** 20:00 - 21:00.

Cost: £8.75 per session (booking essential).

Dates: 11 Nov - 9 Dec.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

THURSDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

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

Dates: 12 Nov - 24 Dec.

Stratford District Children & Family Centres

www.barnardos.org.uk

- **Toddler Time Online:** 10:00 - 10:15.

Ages: 1 - 3 yrs. **Cost:** Free (drop in).

Dates: 12 Nov - 17 Dec.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

- **Mini Music Makers (1.5 years - 2.5 years):** 9:45 - 10:15.

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

Cost: £4.40 per session (booking essential).

Dates: 12 Nov - 3 Dec.

Boogie Babes Newmarket

07769 883506. www.boogiebabes.biz/newmarket

- **Boogie Babes Zoom Sessions:** 10:00 - 11:00.

Ages: 1 - 5 yrs.

Cost: £5 per session (booking essential).

Dates: 12 Nov - 3 Dec.

Monkey Music Oxford

01235 519806. www.monkeymusic.co.uk

- **Monkey Music Heigh-Ho:** 9:40 - 10:10.

Award-winning preschool music classes. Live Streamed.

Ages: 1 - 2 yrs.

- **Monkey Music Jiggety-Jig:** 10:20 - 10:50.

Ages: 2 - 3 yrs.

- **Monkey Music Rock'n'Roll:** 11:00 - 11:30.

Ages: 3 mths - 1 yrs.

- **Monkey Music Ding-Dong:** 11:40 - 12:10.

Ages: 3 - 4 yrs.

Cost: £8 per session (booking essential).

Dates: 12 Nov - 17 Dec.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 12 Nov - 17 Dec.

BOOK NOW

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 12 Nov - 17 Dec.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

- **Sing and Sign BABES @ Home:** 10:45 - 11:20 & 12:00 - 12:35.

Ages: 0 - 6 mths.

Cost: £6 per session (booking essential).

Dates: 12 Nov - 3 Dec.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

- **Toddler Signing E-Class:** 10:30 - 11:30.

Ages: 1 yrs 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 12 Nov - 17 Dec.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Baby College Derby

www.babycollege.co.uk

• **Baby College Massage** : 11:00 - 12:00.

Baby College Massage

Ages: 0 - 9 mths.

Cost: £5 per session
(booking essential).

Dates: 12 Nov - 26 Nov.

BOOK NOW

Dandy Development

07890 241301. www.dandydevelopment.co.uk

• **FREE Dandy (NO NEED TO BOOK!)**: 10:45 - 11:00.

Join a 'demo' version of Dandy:

www.fb.com/DandyDevelopment

Cost: Free (booking essential). **Dates:** 12 Nov - 26 Nov.

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club (4 - 8 years)**: 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs. **Cost:** £5 per session (booking essential).

Dates: 12 Nov - 17 Dec.

Lingotot Rugby

07581 324482. www.lingotot.com

• **Lingotot Spanish After School Club**: 16:30 - 17:00.

Fun for all ages.

Ages: 3 - 11 yrs. **Cost:** £5 per session (booking essential).

Dates: 12 Nov - 17 Dec.

Little Wonders Baby Massage

Online, Online, Online, Online, Online.

• **Baby Massage** : 11:00 - 12:00.

4 week online baby massage course.

Ages: 1 - 7 mths. **Cost:** £10 per session (booking essential).

Dates: 12 Nov - 3 Dec.

Loving Hands Baby Massage & Yoga

07850425136. lovinghandsbabymassage.wordpress.com

• **Loving Hands Baby Yoga Online** : 10:30 - 11:10.

Fun engaging baby yoga classes to learn stretch and grow.

Ages: 4 mths - 1 yrs.

Cost: £4.17 per session (booking essential). **Dates:** 3 Dec.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colchester-and-surrounding-areas>

• **Virtual Phonics Pre School Sessions**: 10:00 - 10:40.

Quote 'Toddle About' for 20% off a trial block of 3 sessions

Ages: 2 yrs 6 mths - 6 yrs.

Cost: £6 per session (booking essential).

Dates: 12 Nov - 26 Nov.

DANCE & DRAMA

Bespoke Ballroom

01604 621004. www.sooyoga.com

• **Tots Ballroom & Ballet**: 16:45 - 17:15.

Quote 'Toddle About' for 10% discount

Ages: 3 - 5 yrs.

Cost: £5.50 per session
(booking essential).

Dates: 12 Nov - 17 Dec.

BOOK NOW

Feather Steps Dance Academy

www.featherstepsdanceacademy.co.uk

• **Online TINY TOTS DANCE Class**: 11:30 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £3 per session (booking essential).

Dates: 12 Nov - 3 Dec.

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. 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: 12 Nov - 24 Dec.

BOOK NOW

Inner Peace Hatha Yoga

07941 279343. 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: 12 Nov - 3 Dec.

Lizzie Edwards yoga

www.lizzie-edwards.com

• **Postnatal yoga**: 19:45 - 20:45.

Ages: 0 - 3 yrs. **Cost:** £7 per session (booking essential).

Dates: 12 Nov - 3 Dec.

RW Pilates

07734 682019. www.rwpilates1.com

• **Pilates Class (ONLINE)**: 20:00 - 21:00.

Cost: £4.17 per session
(booking essential).

Dates: 12 Nov - 17 Dec.

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Soo Yoga

01604 621004. www.sooyoga.com

• **Baby Massage:** 10:00 - 10:45.

5-week courses inc. hot drinks afterwards

Ages: 1 - 9 mths.

• **Baby Yoga:** 11:00 - 11:45.

Quote 'Toddle About' for 10% discount

Ages: 3 mths - 1 yrs 6 mths.

Cost: £9 per session (booking essential).

• **Pregnancy Yoga:** 19:00 - 20:00.

From 12 weeks of pregnancy

Ages: Pregnancy.

Cost: £8 per session (drop in).

Dates: 12 Nov - 17 Dec.

BOOK NOW

PREGNANCY

Bossing your birth - Hypnobirthing Milton Keynes, Towcester, Buckingham

07725109245. www.bossingyourbirth.com

• **FREE online Hypnobirthing Taster:** 19:00 - 20:00.

Ages: Pregnancy.

Cost: Free (booking essential).

Dates: 12 Nov.

FRIDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

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

Dates: 13 Nov - 11 Dec.

Stratford District Children & Family

Centres

www.barnardos.org.uk

• **Weekly Updates Online:** 10:00 - 10:15.

A different theme weekly. New videos uploaded every weekday.

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

Dates: 13 Nov - 18 Dec.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers (3 years plus):** 10:00 - 10:30.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs.

Cost: £4.40 per session (booking essential).

Dates: 13 Nov - 4 Dec.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk.

• **Online 6 weeks Sing, Sign & Rhyme:** 10:00 - 10:35 & 11:00 - 11:35.

Pre-recorded. Available to watch anytime. Quote 'Toddle About' for a free taster session.

Ages: 5 mths - 2 yrs 7 mths.

Cost: £6.60 per session (booking essential).

Dates: 13 Nov - 4 Dec.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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 Nov - 18 Dec.

BOOK NOW

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

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

Dates: 13 Nov - 18 Dec.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

• **Sing and Sign BABES @ Home:** 11:00 - 11:35 & 12:00 - 12:35.

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

Dates: 13 Nov - 4 Dec.

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Tadpole Tunes

07800 545085. www.tadpoletunes.co.uk

- **Tadpole Tunes Online:** 9:30 - 10:00.

Ages: 9 mths - 4 yrs.

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

Dates: 13 Nov - 18 Dec.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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 College Oxford

01865 421879. www.babycollege.co.uk

- **Baby College at Home Subscription:** 19:30 - 19:27.

Ages: 0 - 5 yrs.

Cost: £5 per session

(*booking essential*).

Dates: 13 Nov.

BOOK NOW

French Frogglers

www.frenchfrogglers.com

- **French Frogglers:** 11:00 - 11:30 & 13:00 - 13:30.

Fun Online French Classes

Ages: 0 - 5 yrs.

Cost: £5 per session

(*booking essential*).

Dates: 13 Nov - 4 Dec.

BOOK NOW

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

- **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

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

Dates: 13 Nov - 18 Dec.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colchester-and-surrounding-areas>

- **Virtual Phonics Pre School Sessions:** 13:15 - 13:55.

Quote 'Toddle About' for 20% off a trial block of 3 sessions

Ages: 2 yrs 6 mths - 6 yrs.

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

Dates: 13 Nov - 27 Nov.

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.uk

- **Space to Create:** 19:30 - 21:30.

Ages: 18 - 99 yrs.

Cost: £16 per session

(*booking essential*).

Dates: 20 Nov & 11 Dec.

BOOK NOW

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

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

Ages: 0 - 99 yrs.

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

Ages: 50 - 99 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 13 Nov - 25 Dec.

BOOK NOW

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

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

Cost: £7.50 per session

(*booking essential*).

Dates: 13 Nov - 27 Nov.

BOOK NOW

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SATURDAY

PARENTS & TOTS

Milton Keynes Preparatory School & Nursery

01908 642111. www.mkprep.co.uk

• **Virtual Open Morning:** 9:30 - 9:45.

Ages: 4 yrs. **Cost:** Free (booking essential).

Dates: 28 Nov.

MUSIC & SIGNING

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign & Rhyme:** 10:00 - 10:30.

Pre-recorded. Available to watch anytime. Quote 'Toddle About' for a free taster session.

Ages: 5 mths - 2 yrs 7 mths.

Cost: £6.60 per session (booking essential).

Dates: 13 Nov - 4 Dec.

Musicland Oxford

07979 813252. www.facebook.com/MusiclandOxford/

• **Scutterbugs ONLINE:** 11:30 - 11:50.

Ages: 2 - 5 yrs. **Cost:** £4 per session (booking essential).

Dates: 14 Nov - 28 Nov.

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

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

Dates: 14 Nov - 12 Dec.

SENSORY & DEVELOPMENT

Lingotot Rugby

07581 324482. www.lingotot.com

• **Lingotot Spanish:** 10:30 - 11:00.

Ages: 3 - 6 yrs. **Cost:** £5 per session (drop in).

• **Lingotot French (Reception & KS1):** 11:00 - 11:30.

Ages: 4 - 7 yrs.

• **Lingotot Spanish (KS1 & KS2):** 11:30 - 12:00.

Ages: 5 - 11 yrs.

• **Lingotot French (Key Stage 2):** 12:00 - 12:30.

Ages: 7 - 11 yrs.

Cost: £5 per session (booking essential).

Dates: 14 Nov - 19 Dec.

CREATIVE

Mini Professors Cambridge North

07745 973392. www.miniprofessors.com

• **Mini Professors @Home:** 10:00 - 10:50.

Ages: 2 - 8 yrs.

Cost: £5.50 per session

(booking essential).

Dates: 14 Nov - 12 Dec.

BOOK NOW

Mini Professors Oxford South

07754016612. www.miniprofessors.com

• **Mini Professors @home:** 10:15 - 10:55.

Only £24 for a 6 week block

Ages: 2 yrs - 6 yrs 11 mths.

Cost: £4 per session (booking essential). **Dates:** 5 Dec.

DANCE & DRAMA

Bespoke Ballroom

01604 621004. www.sooyoga.com

• **Baby Ballet:** 9:15 - 9:45.

Quote 'Toddle About' for 10% discount

Ages: 1 yrs 6 mths - 3 yrs.

Cost: £5.50 per session

(booking essential).

Dates: 14 Nov - 12 Dec.

• **Street Dance & Acro:** 9:30 - 10:45.

Ages: 6 - 16 yrs. **Cost:** £11 per session (booking essential).

• **Mini Drama Acting & Singing:** 9:45 - 10:15.

Quote 'Toddle About' for 10% discount

Ages: 3 - 5 yrs. **Cost:** £5.50 per session (booking essential).

• **Musical Theatre & Singing:** 10:15 - 11:00.

Ages: 6 - 14 yrs. **Cost:** £8 per session (booking essential).

• **Mini Movers Freestyle & Street:** 10:15 - 10:45.

Ages: 3 - 5 yrs. **Cost:** £5.50 per session (booking essential).

Dates: 14 Nov - 19 Dec.

BOOK NOW

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com.

• **Home Cardio & Combat with Matt:** 8:00 - 8:45.

Ages: 0 - 99 yrs.

Cost: £3 per session (drop in).

Dates: 14 Nov - 26 Dec.

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SUNDAY

MUSIC & SIGNING

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

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

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

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

Dates: 15 Nov - 13 Dec.

SENSORY & DEVELOPMENT

Phonics with Robot Reg South

Warrington

08006122306. www.robotreg.co.uk

• **Phonics with Robot Reg Online Minis:** 9:30 - 10:00.

Ages: 1 yrs - 2 yrs 6 mths.

• **Phonics with Robot Reg Online Preschool:** 10:30 - 11:15.

Ages: 2 yrs 6 mths - 4 yrs 11 mths.

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

Dates: 15 Nov - 22 Nov & 30 Nov.

CREATIVE

Mini Professors Cambridge North

07745 973392. www.miniprofessors.com.

• **Mini Professors @Home:** 10:00 - 10:50.

Ages: 2 - 8 yrs.

Cost: £5.50 per session

(*booking essential*).

Dates: 15 Nov - 13 Dec.

BOOK NOW

DANCE & DRAMA

Bespoke Ballroom

01604 621004. www.sooyoga.com

• **Street Dance & Acro:** 10:45 - 12:15.

Ages: 6 - 16 yrs.

Cost: £11 per session

(*booking essential*).

Dates: 15 Nov - 13 Dec.

BOOK NOW

HEALTH & WELLNESS

ATP Health and Fitness Norwich

07824 995689. www.healthandfitness.uk.com

• **Home Rockbox With Louise:** 9:30 - 10:15.

Ages: 0 - 99 yrs.

Cost: £3 per session

(*booking essential*).

Dates: 15 Nov - 27 Dec.

BOOK NOW

Soo Yoga

01604 621004. www.sooyoga.com

• **Kids Yoga:** 10:00 - 11:00.

Quote 'Toddle About' for 10% discount

Ages: 4 - 11 yrs.

Cost: £8 per session (*drop in*).

Dates: 15 Nov - 20 Dec.

BOOK NOW

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Always Online

toddle^{about}

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.

All Saints Church Kesgrave

Zoom Messy Church at Home and online Coffee & Chat

Ages: 0 - 5 years

Cost: Free

Tel: 01473 623388

www.asksesgrave.org/childrenswork

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

www.britishmotormuseum.co.uk/whats-on/tag/family

Daisy First Aid Milton Keynes

Online Parent First Aid Class. An engaging and interactive 2 hour e-learning course that will teach how to deal with emergencies, accidents and illnesses.

Ages: Adults

Cost: £20

Phone: 07491 909713

Email: mk@daisyfirstaid.com

www.daisyfirstaid.com/milton-keynes

BOOK NOW

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: £5 per week

Phone: 07967 430 682

Email: charlotte.burgess@diddidance.com

www.diddidance.com/diddi-dance-shrewsbury/

Ladybirds Online

Free activities posted on our website every Wednesday.

Ages: 0 - 5 years

Cost: Free

Phone: 07999 866419

Email: admin@layhamplaygroup.co.uk

www.layhamplaygroup.co.uk

Leiston Library

Leiston Library has a weekly Baby Bounce video on their 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

[Leiston Library Facebook page](#)

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

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: Choose what you pay (from £5 per month)

Phone: 07796 954527

Email: lizziedwardsyoga@gmail.com

Http://Patreon.com/lizziedwardsyoga

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: £5 per week

Email: Jennifer.herbent@virginmedia.com

www.facebook.com/MagicalWorldofStories

Mini First Aid Suffolk

Our online class covers first aid techniques suitable for newborn babies through to primary school aged children.

Ages: Parents

Cost: £20 per person

Phone: 07706 068980

Email: naomi@minifirstaid.co.uk

https://suffolk.minifirstaid.co.uk/classes/online/23

Email: Becki@nature-makers.co.uk

www.nature-makers.co.uk/lichfield-and-walsall

Play and Learn at Home

An online selection of music, sport, art, cookery etc driven by a facebook group. Play and Learn at Home.

Ages: 0 - 5 years

Cost: Free

Phone: 07875 874854.

Email: hap@mkps.co.uk

www.playandlearnathome.com

Nature Makers

Nature Makers Online classes will be available to download each week on Fridays during the 4 week lockdown as we journey through the season learning about nature and the environment through art and craft. Each week looks at a different nature theme that we'll use to inspire art and craft, and finishes with a related story or poem.

Ages: 1 - 6 years

Cost: £5 per week or 4 weeks for £15.

Phone: 07837 635569

BOOK NOW

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

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

www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth

St Augustine's Church

Enjoy a weekly trail sheet spotting things in your neighbourhood or at the park whilst you are out walking. Email to be sent the trail sheet each week.

Ages: 4 mths - 5 years

Cost: Free

Tel: 01473 723960

Email: kidschurchonline@staugustinesipswich.org.uk

www.staugustinesipswich.org.uk

Do you offer pre-recorded classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/prerecordedlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

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

www.youtube.com/user/SuffolkLibraries

Sunnymead Minnows

Search Sunnymead Minnows for regular posts featuring activities, nature, songtime and storytime.

Ages: 0-5 years

Cost: Free

www.facebook.com/SunnymeadMinnows

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

Toddle Talk

Friendly pre-recorded online baby signing classes teaching you and your baby / toddler (5 months - 3 years old) how to sign. We use fun and familiar songs and nursery rhymes, sensory props, musical instruments and a story to keep your little one interested.

Ages: 5 mths - 3 years

Cost: £12 for 6 sessions

Phone: 07748 914370

Email: info@Babysenses.co.uk

www.toddletalk.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: £3.50 per week or £14 for 4 weeks.

Phone: 07972 798017

Email: miltonkeynes@toddlersense.co.uk

www.toddlersense.com/milton-keynes/

Tot Bop

Tot Bop dance classes available weekly. Fun, funky and imaginative dance classes, for each age and stage: Tiny Tots: age 1-2.5; Baby Boppers: age 2.5-3.5; Funky Monkeys: age 3.5-5; Groovy Movers: age 5-9; Tot Bop Tap: age 4-9. Have a sneaky peak at classes here: <https://www.youtube.com/watch?v=5-RK0V15POo>

Ages: 1 - 9 years

Cost: £30 for 6 sessions, £18 for 3 sessions

Phone: 01525 237474.

Email: rachelkenning79@gmail.com

<https://totbop.co.uk/online-dance-class-booking/>

BOOK NOW

Tumble Tots

A new video is released every Monday, Wednesday and Fridays at 10am.

Ages: Walking to school age

Cost: Free

www.facebook.com/TumbleTotsHQ/

Warwickshire Libraries

Short Rhyme Time videos of favourite rhymes and songs sung by Library Staff.

Ages: 0 - 2 years

Cost: Free

Email: libraryevents@warwickshire.gov.uk

www.facebook.com/warwickshirelibraries/

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Wordplay at Gainsborough

Join our Wordplay group where we will be posting craft activities and messy play ideas for under 5s.

Ages: 0 - 5 years

Cost: Free

Phone: 01473 927270

Email: help@suffolklibraries.co.uk

www.facebook.com/gainsboroughlibrary

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 and

www.youtube.com/channel/UCZBFEdB5emF5otLvwmlLh-kw

Looking for something specific?

Search at www.toddleabout.co.uk - it's easy!



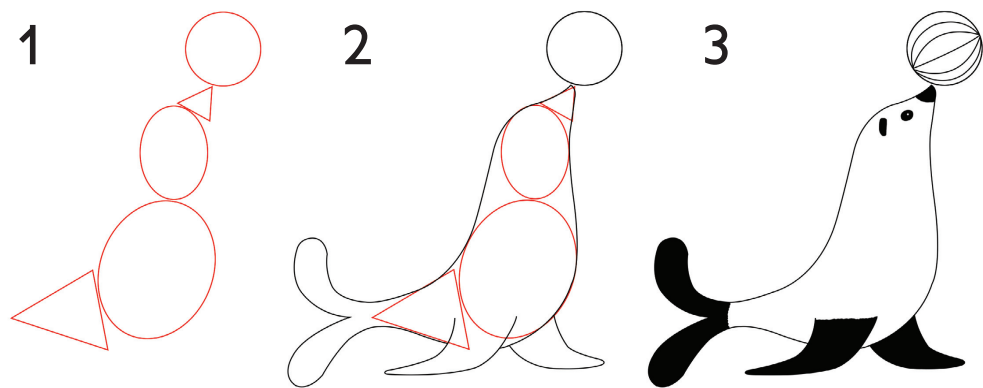
Do you offer pre-recorded classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/prerecordedlisting



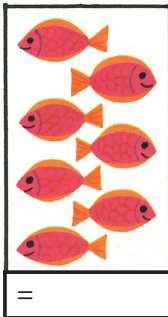
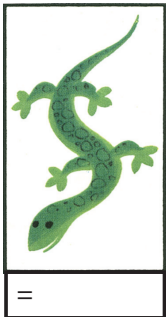
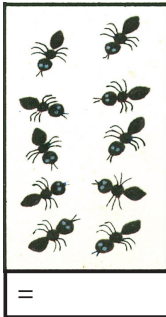
Seal surprise

Follow these steps to draw a seal and then colour him in.



Animal counting

How many animals are in each box? How many animals are there altogether?



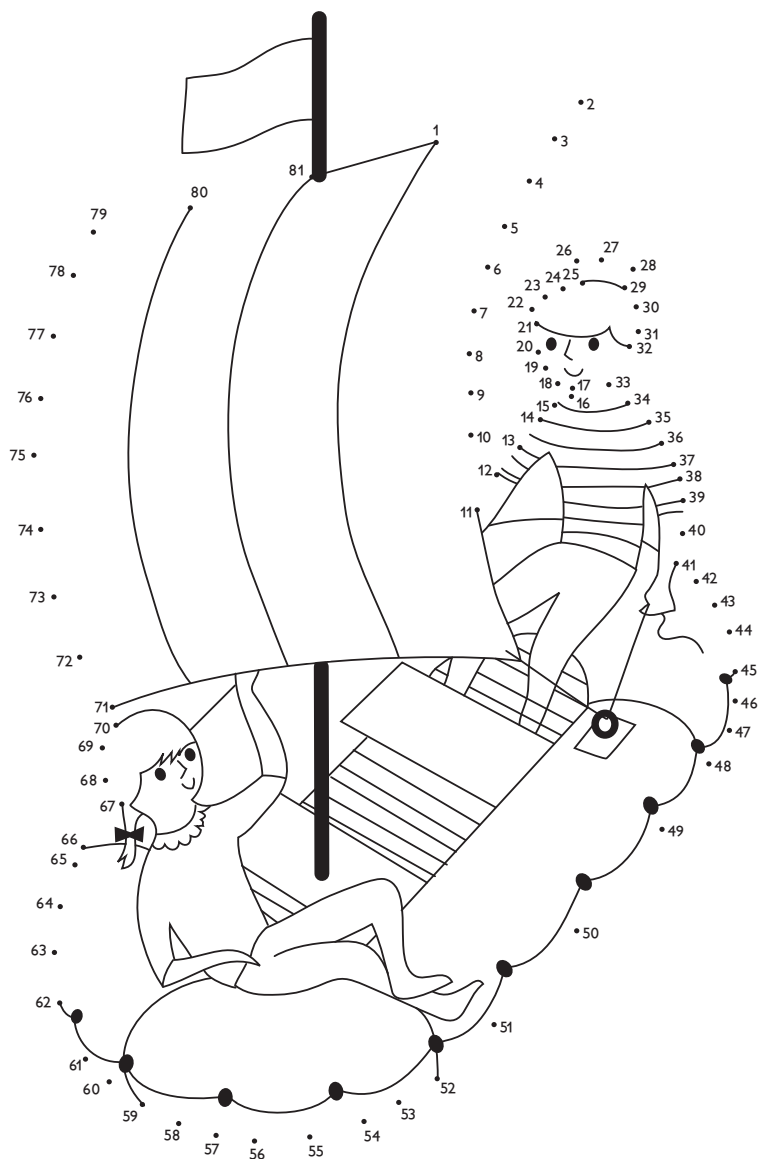
Extracted with kind permission from [Animal Activity Book](#), by Alain Grée.

[Buy Now](#)



Dotty dinghy

Join the dots to show a sailing dinghy on the water and then colour it in.

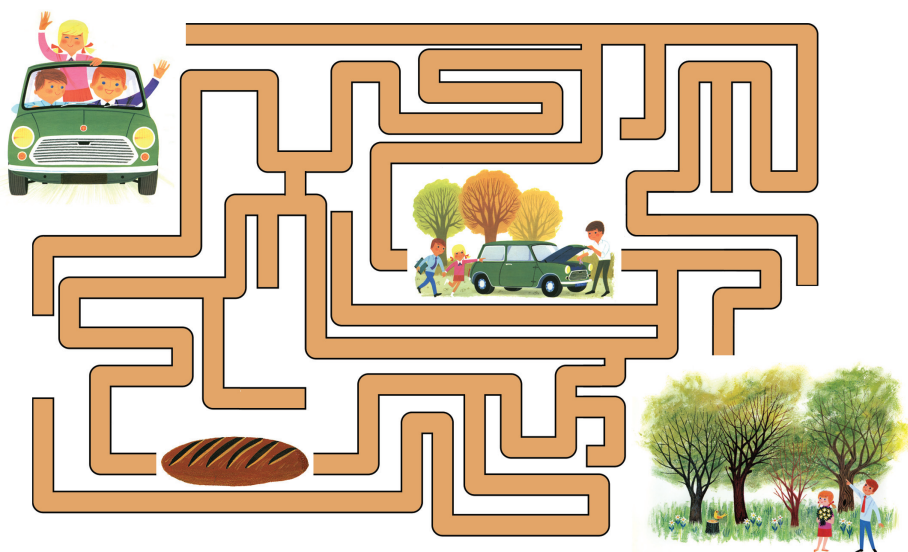


Extracted with kind permission from [Holiday Activity Book, by Alain Grée.](#)

[Buy Now](#)

Sunny day out

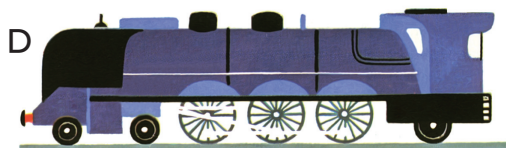
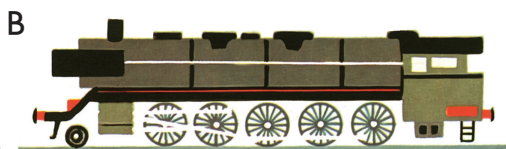
Polly, Jack and Ben are going out for a picnic. Help them find their way to the shady picnic spot. Remember to pick up bread on the way, and try not to break down!



Wheel deal

Count how many wheels you can see on each of these engines.

Which engine has the most wheels?



Extracted with kind permission from [Transport Activity Book, by Alain Grée.](#)

[Buy Now](#)

Discover what's on for little ones online

Just enter your child's age, and away you go!



Check out the **NEW** Toddle About website today

www.toddleabout.co.uk