



LEARN STREET DANCE

Join New Groove Creative's street dance tutorial and learn 2 new dances! Director Ellie takes you through the dances step by step to ensure that you will be 'poppin n lockin' in no time at all!

CHECK IT OUT - [HTTPS://WWW.DROPBOX.COM/S/FKPHHLR9B1RBEB7/%27YEAH%27%20DANCE%20COMBO.MP4?DL=0](https://www.dropbox.com/s/fkphhLR9B1RBEB7/%27YEAH%27%20DANCE%20COMBO.MP4?DL=0)

[HTTPS://WWW.DROPBOX.COM/S/8SIK6BP299GYZRF/FRIEND%20LIKE%20ME%20.MP4?DL=0](https://www.dropbox.com/s/8SIK6BP299GYZRF/FRIEND%20LIKE%20ME%20.MP4?DL=0)

LEARN SIGN LANGUAGE

Mentoring volunteer Jade challenged herself to learn sign language and can now sign to 2 different songs! Check her first video out on our YouTube channel 'The Young Lives Foundation'.

Follow Jade's video or teach yourself sign language another way - then join her in signing to songs!

CHECK IT OUT - [HTTPS://YOUTU.BE/CVRYVXFZOE8](https://youtu.be/cvryvxfzoe8)

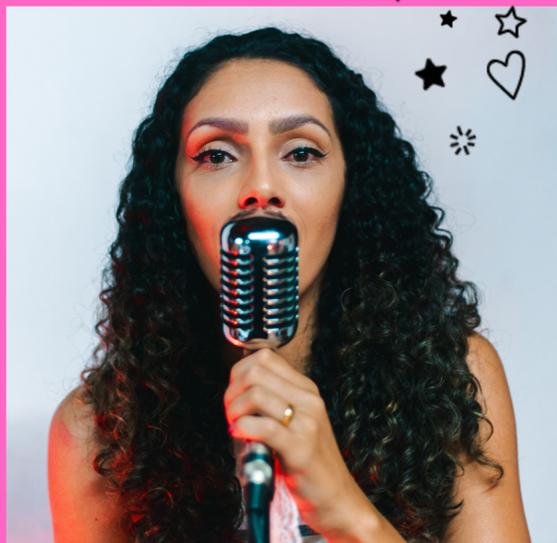


HOST A VIRTUAL EVENING

E-meet Friends and Family and host your very own virtual evening!

This could be in the form of a quiz night, a games night, a karaoke night or even all cooking the same meal and virtually eating together!

Share your virtual snaps with us by tagging us!



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DO A HOME WORKOUT

Join in with virtual home workouts to keep you fit and healthy whilst staying at home! Don't forget to take a rest day though! You can find these workouts anywhere on YouTube or even the NHS website.

A FIRM FAVOURITE OF THE NATION IS THE JO WICKS PE WORKOUTS!

YOU CAN CHECK OUT JO'S CHANNEL HERE:

[HTTPS://WWW.YOUTUBE.COM/USER/THEBODYCOACH1](https://www.youtube.com/user/thebodycoach1)

GARDEN FUN

For those with a garden how about having a special garden picnic? Get a rug and comfy cushions and eat your lunch outside (weather depending!).

You could also turn your garden into a beach for the day! Build sandcastles, make your own fort and if you close your eyes you may even be able to hear the sea!



EVEN MORE IDEAS!

Do some baking!

Make a time capsule!

Complete an online course!

We are all in this together!

Help to #StopTheSpread by staying at home.

www.ylf.org.uk

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