

Well-being Wednesday: To listen to...



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These are all different music resources. Research shows that music helps you to express emotions and also releases dopamine (a feel good chemical) in your brain as you listen.

Music



Creative Songwriting For Beginners



Eve Horne
Singer | Songwriter | Producer
649 students

Mental Music

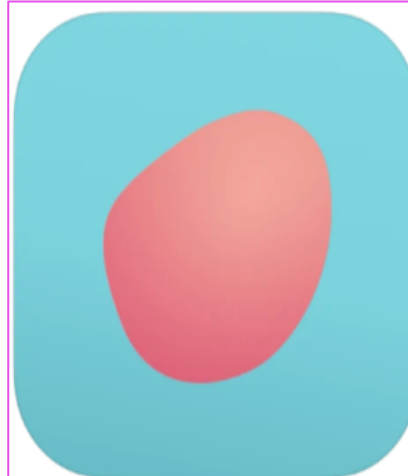
MentalMusic Latest tracks

47 TRACKS

72 followers [Follow](#)

- MentalMusic - S2E4: The Story So Far Part 1 - George's MentalMusic Memories ▶ 3.4K
- MentalMusic - S2E3: Sound Phenomena ▶ 2.3K
- MentalMusic - S2E2: Everyday Impacts ▶ 747

[Cookie policy](#)



Cove: music for mental health

4+

Express yourself with music

Humane Engineering

Designed for iPad

★★★★★ 4.7 • 240 Ratings

Free

[View in Mac App Store](#)

Well-being Wednesday: To read...

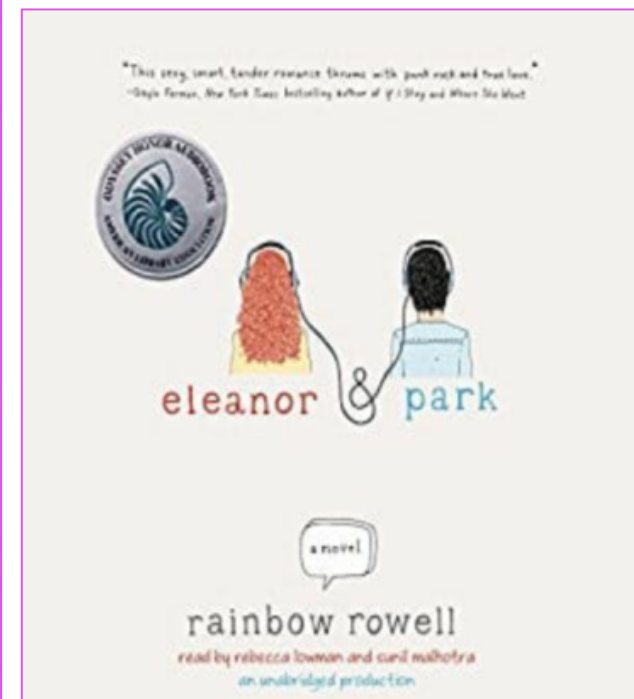
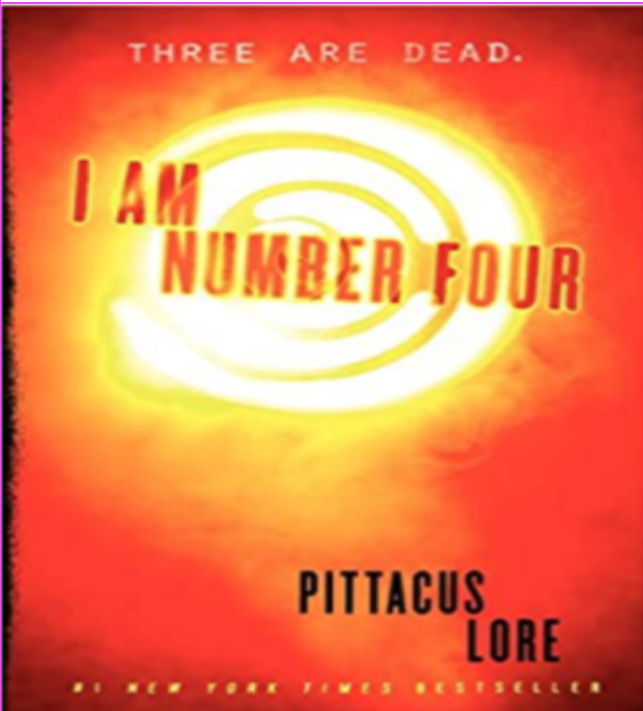
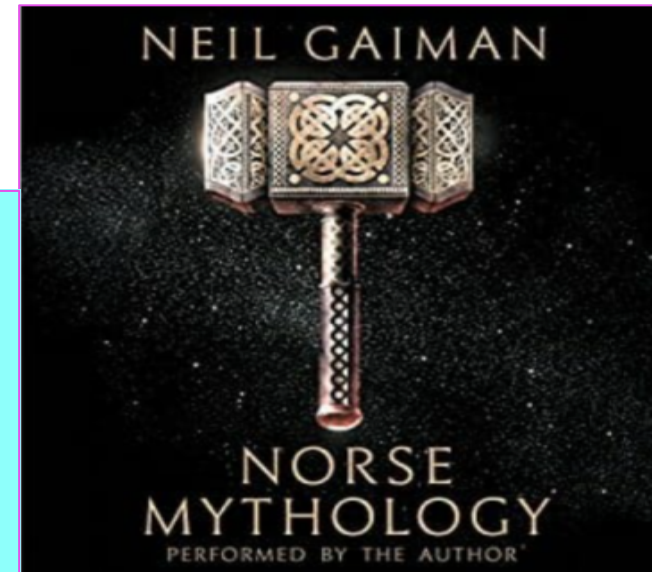
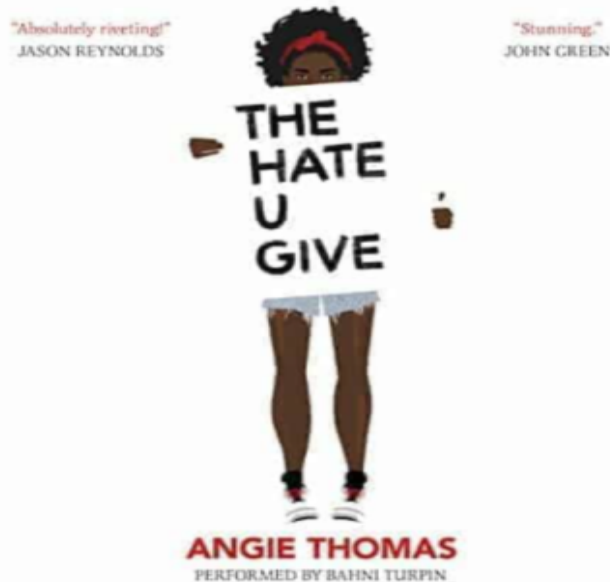


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Audiobooks: Teen Fiction

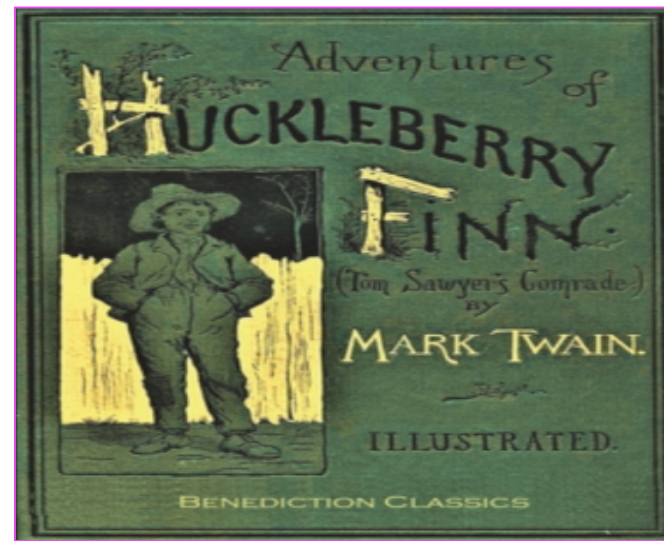
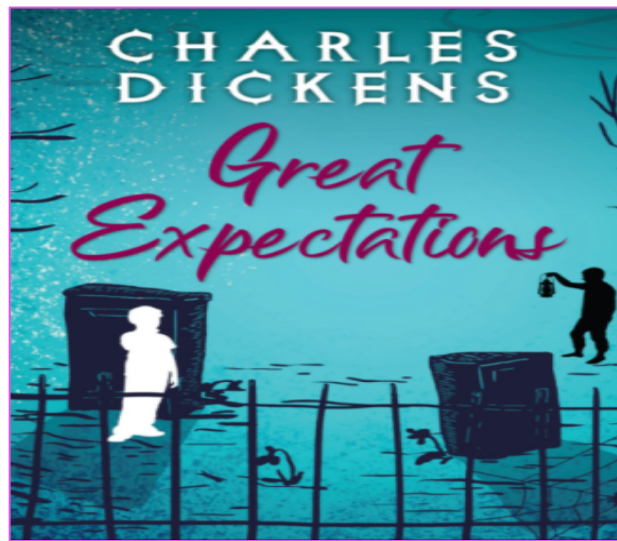
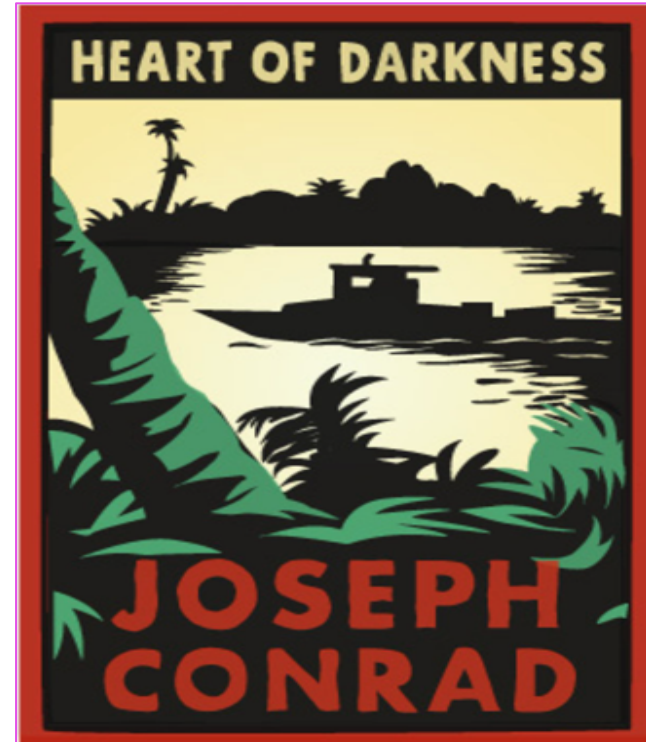
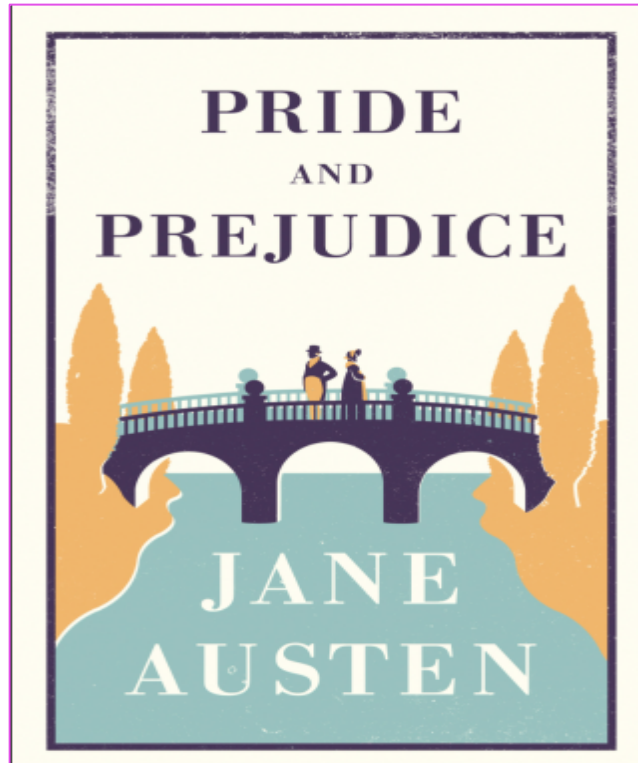


Well-being Wednesday: To read...



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Audiobooks: The Classics



Well-being Wednesday: Move...



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HIIT at home!



29

Exercise



Football skills



DOH SPORT



Learn the basic yoga stances

1/10

Go for a walk!

A good walk can do wonders for your mental well-being. Although many of us may not have gardens, we all have access to London's great parks and we are allowed out to exercise once a day. However, it is important to be aware of nature and our environment when outside, if we are to capitalise on the benefits of exercise and the outdoors. Being 'on our phones' stops us from appreciating and benefiting from all the outdoors has to offer us. The photo below is of Putney Heath – there are lots of almost rural spaces in London to enjoy.

Find a park, heath or woods near where you live and where it is safe to go to in daylight hours. See if you can find a bench to sit on and take in your surroundings. Take a list with you and try to tick off the following as you see, hear or watch them....

The sky: what colour is it? How fast are the clouds moving? Can you see the sun? Does it give any warmth? Do you see any birds or planes?

What can you hear? Can you hear birds chirping?

What green things can you see? Can you see trees? Any plants or flowers? What about hills or heath?

Is there a view? Are you high up? What is the skyline of? Can you see any of London's famous buildings? Can you see beyond London to the countryside?

Can you see any water? Are there any ponds or the river or streams? Can you see any wildlife on these?



DOH SPORT

Tadasana Means

It is the primary standing pose of yoga, teaching us how to stand tall, balanced, and composed.

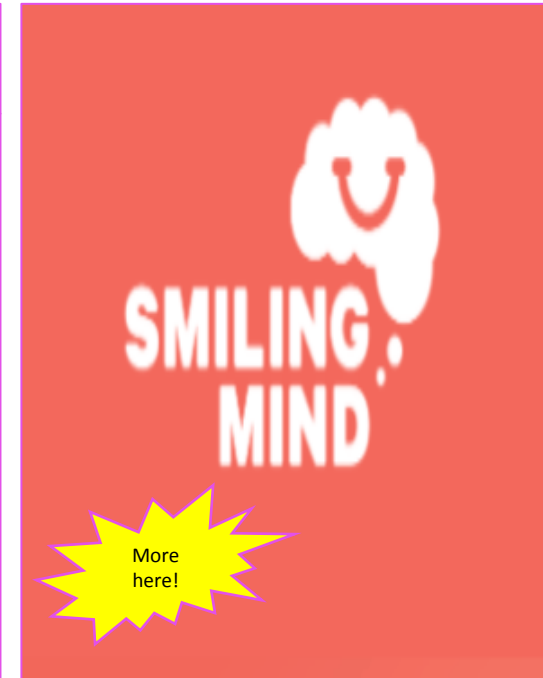
Well-being Wednesday: Meditate...



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Mindfulness



Well-being Wednesday: To do...

codecademy

Learn to code!

Find a free, interactive course designed by experts

Skills/hobbies



STAGE
ACADEMY

Act, sing, dance and succeed online

With fast moving, fun and professional performing arts training from home
- instant access pre-recorded classes!

Join a stage school!



Learn to touch type!



598 students

2h 38m

Learn Guitar: The Complete Beginners Guide

Marc Barnacle

Original



1,193 students

25m

New Easy Animation: Make Fun, Cute GIFs For Your Instagram

Scott Martin

Well-being Wednesday: To do...



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duolingo

Learn Korean!

Learn a language for free. Forever.

GET STARTED

I ALREADY HAVE AN ACCOUNT

SPANISH FRENCH GERMAN ITALIAN PORTUGUESE DUTCH JAPANESE

Skills



Digital Illustration for All: Discover, Cultivate and Share Your Unique Personal Style

Laci Jordan
Multidisciplinary Artist
14,848 students

Learn graphic design and digital illustration!



20,798 students

7h 18m

Learn Piano in 30 Days with 8+ Hours Piano Video Instruction, Most Piano Students On Skillshare!

Mark Piano De Heide



ENGLISH YOUTH BALLET
DANCE | PERFORMANCE | EXPERIENCE

Coronavirus Statement

Keep active during lockdown



BEATRIZ DE SOUSA
Improve your
Singing

BREATHING EXERCISES!

815 students

29m

IMPROVE YOUR SINGING | Breathing exercises!

SINGING COACH

Well-being Wednesday: Go...

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englishyouthballet [Follow](#)

210 posts 7,420 followers 215 following

English Youth Ballet

English Youth Ballet offers performance experience for dancers aged 8-18 in full length classical ballets alongside professional principal dancers.

www.englishyouthballet.co.uk



FabDD



Live Strea...



#boysdan...



Go to a museum – so many are now free. Click on the images to see the list of museums you can visit around the world!



Unearthed: Life Recorded in Fossils

The first evidence for life on Earth suggests it began around 3.5 billion years ago. Fossils at the Natural History Museum trace the evolution of life from small and humble beginnings through revolutions in shape, size and habitat right up to fossils that can still yield DNA.

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"I am struggling with poor mental health..."

www.youngminds.org.uk



Information about different mental health problems.

"I am struggling with panic attacks or OCD..."

www.nopanic.org.uk

**Helpline: 10am-10pm
08449674848**

Support for people suffering from panic attacks or OCD



"I want to talk to someone about things I am struggling with..."

www.kooth.com

Counsellors available until 10pm everyday.

Free, safe and anonymous online counselling



"My life is miserable...I can't keep bottling it up..."

Helpline: 0808 802 5858 or use the webchat: www.thecalmzone.net

For boys/men aged 15-35 who are struggling.

"There is help out there!"



"I need advice about sexual abuse or violence at home..."

Free 24 hour helpline: 0800 1111

NSPCC

"I need advice about helping a friend/family member with mental health issues..."

helpline: 0300 5000 927

Monday – Friday 9.30am – 4pm



www.rethink.org

"I need need help coping with my anxiety disorder..."

helpline: 0844 4775774

Monday – Friday 9.30am – 5.30pm

www.anxietyuk.org.uk

AnxietyUK



**HELP
WANTED**

"I feel at rock bottom and like I cannot carry on..."

Free 24 hour helpline: 116 123



"I want to find out more about mental health issues..."

Helpline: 030 0123 3393

Monday – Friday 9am – 6pm

www.mind.org.uk



"I want some advice and support on a range of things..."

Helpline: 08080 808 4994

or 1-2-1 Chat online

www.themix.org.uk

