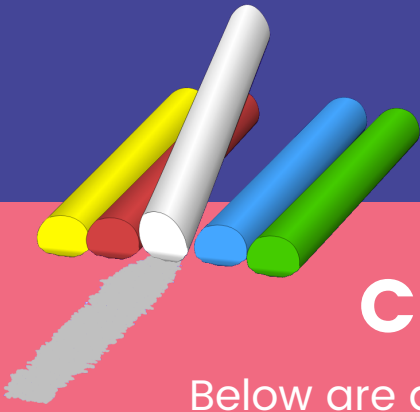


# Feel Good Families



## Create and Explore

Below are a few ideas to get creative as a family to help combat boredom and keep the kids entertained

- Woodland Trust self isolation activities visit [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)
- Visit [Puddingandpienotts Facebook](#) for weekly cookery recipe and challenge
- Visit Facebook group: '[Isolation: education and activities](#)' for a great selection of activities
- Jamie Oliver: Keep cooking and carry on [www.channel4.com](http://www.channel4.com)
- Lots of healthy recipes available at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- Visit [ARTventurers Mansfield, Southwell and Sutton in Ashfield Facebook page](#) for lots of craft ideas
- View a virtual zoo tour with tours available for Edinburgh Zoo, Cincinnati Zoo and Cherry Brook zoo to name a few



We'd love to see your creations. Please upload your photos to our Feel Good Families Facebook Page

