



Gateway Award

Have fun and try something new

The Gateway Award

Activity ideas and resources

Hobbies- activities



Singing and music making



Jigsaw puzzles and board games



Gardening and vegetable growing



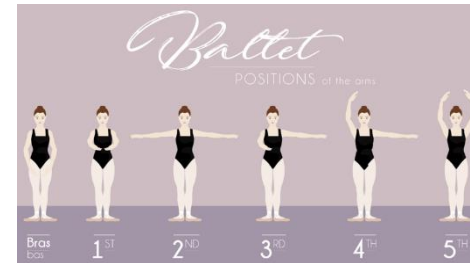
Arts and crafts



Writing stories and poetry



Music appreciation and dance



Photography, filming making and animation

Hobbies- resources

Arts and Crafts

Websites

- www.pinterest.co.uk
- <https://craftsbyamanda.com/category/craft-tutorials/adult-crafts/>
- <https://diyprojects.com/diy-crafts-for-adults/>

YouTube

- [Craft Factory-
https://www.youtube.com/channel/UCZMdZUMkE25gaayQ4Lluww/playlists](https://www.youtube.com/channel/UCZMdZUMkE25gaayQ4Lluww/playlists)
- [5 Minute Crafts-
https://www.youtube.com/channel/UC57XAJJ04TY8gNxOWf-Sy0Q](https://www.youtube.com/channel/UC57XAJJ04TY8gNxOWf-Sy0Q)
- [Marble run-
https://www.youtube.com/watch?v=uO21ivbLxsc](https://www.youtube.com/watch?v=uO21ivbLxsc)

Gardening

Websites

- <https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/Activities>
- http://www.bbc.co.uk/gardening/gardening_with_children/

Music and dance

Websites

- <https://dancesyndrome.co.uk/online-dance-sessions/>

YouTube

- [Dance Syndrome-
https://www.youtube.com/channel/UC7HCxumGLOPXF-Jodw0gkjlw](https://www.youtube.com/channel/UC7HCxumGLOPXF-Jodw0gkjlw)
- [Choir-
https://www.youtube.com/channel/UC278IKj0R4JBFb18Waw-tWA](https://www.youtube.com/channel/UC278IKj0R4JBFb18Waw-tWA)

Fitness- activities



Yoga and Pilates



Online exercise videos



Dance



Going for a walk, bike ride or run in your local area



Sports you can do in your garden

Fitness- resources

Dance

Websites

- <https://dancesyndrome.co.uk/online-dance-sessions/>

YouTube

- [Dance Syndrome- https://www.youtube.com/user/sueblackwellDS/videos](https://www.youtube.com/user/sueblackwellDS/videos)
- [Ballet- https://www.youtube.com/watch?v=b3bawTEPLtA](https://www.youtube.com/watch?v=b3bawTEPLtA)

Yoga

Websites

- <https://www.wheelpower.org.uk/resources/adaptiveyoga>

Home workouts

Websites with links to videos

- [This Girl Can- https://www.thisgirlcan.co.uk/activities/home-exercise/](https://www.thisgirlcan.co.uk/activities/home-exercise/)
- [Special Olympics- https://bit.ly/2vuRR0e](https://bit.ly/2vuRR0e)
- [One You- https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)
- [Parasport- https://parasport.org.uk/home-workout-kris](https://parasport.org.uk/home-workout-kris)
- [NHS- https://www.nhs.uk/live-well/exercise/10-minute-workouts/](https://www.nhs.uk/live-well/exercise/10-minute-workouts/)
- [NHS- https://www.nhs.uk/live-well/exercise/gym-free-workouts/](https://www.nhs.uk/live-well/exercise/gym-free-workouts/)

Lifestyle- activities



Learning about different cultures



Learning about First Aid



Healthy eating and cooking



Keeping safe around the home

Managing money and planning a budget



Lifestyle- resources

First Aid

How to videos

- [St Johns-
https://www.youtube.com/results?search_query=st+johns+ambulance+first+aid+video](https://www.youtube.com/results?search_query=st+johns+ambulance+first+aid+video)
- [Red Cross-https://www.redcross.org.uk/first-aid?gclid=EAIaIQobChMI2aCGwJ246AIVibHtCh1Mwg48EAAAYASAAEgIMFvD_BwE](https://www.redcross.org.uk/first-aid?gclid=EAIaIQobChMI2aCGwJ246AIVibHtCh1Mwg48EAAAYASAAEgIMFvD_BwE)

Money and budgeting

Websites

- <http://www.moneyadvicetrustblog.org/2018/05/30/making-money-easier-new-resources-for-people-with-learning-disabilities/>
- <http://www.essexlocaloffer.org.uk/money-skills-young-people-learning-difficulties/>

Healthy eating and cooking

Websites

- www.nhs.uk/change4life/pages/change-for-life.aspx
- www.nhs.uk/live-well/eat-well/

YouTube

- <https://www.youtube.com/user/BBCFood/videos>

Safety in the home

Websites

- <https://www.independentage.org/information/housing-options/how-to-stay-safe-at-home>

Volunteering- activities



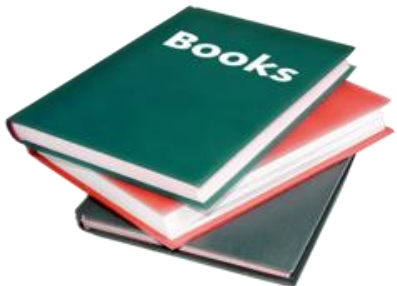
Plan and organise fundraising for a local charity



Pick up some shopping for a vulnerable neighbour.



Remember to follow Government advice about social distancing and handwashing.



Sort through clothing, books and unwanted items at home. Donate this to your local charity shop when it reopens.



Make cards, crafts or write letters that can be sent to people experiencing isolation.

Volunteering- resources

Websites

- <https://do-it.org/opportunities/search>
- <https://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer/volunteering-coronavirus>
- <https://www.zooniverse.org/projects>
- <https://covidmutualaid.org/>

Challenge



It may be difficult to complete your Gateway Award Challenge at the moment.

You may wish to take this time to plan your challenge idea. For example:

- Plan an event
- Write and plan a show to perform
- Plan a visit or trip to somewhere new

You could create plans and posters about your idea.

Challenge- resources

Here are some different types of challenge that you may like to try:

Egg drop challenge- build something that will protect an egg when dropped from a height.

Use household objects to build quirky machines or marble runs

<https://www.youtube.com/watch?v=Av07QiqmsoA>

<https://www.youtube.com/user/TheSprice17/videos>

Have a go at doing different science experiments

<https://www.youtube.com/watch?v=UMcWCOOyTAg>

Host a quiz on a video call platform such as Zoom.

We would love to see all different types of challenges that people can do at home

Please do share them on Your Network online by visiting this link [here](#)