

Duke of Edinburgh Award – lockdown activities

Physical

- Complete the couch to 5k, or many of the other [NHS fitness sessions](#)
- Do an online yoga course with Yoga Buddies. For more information please email yogabuddiesonline@gmail.com
- Do an hour's YouTube fitness video each week (you can try Bootcamps, Pilates, dance routines and more)
- If you've got a garden, do some circuit training
- Get out on your bike in your local area – use an app to track your routes to upload as evidence on DofE
- WiiFit games
- Completing different walks in your local area
- Sport skills (i.e. practising skills to develop in your favourite sport)
- Yoga (you could also use YouTube tutorials)
- Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge)

Skills

- You can do a [John Muir Award](#) to discover nature from home
- You can do a STEM based project and do a [CREST Award](#)
- Take part in online quizzes and learn about new subjects with [Quizlet](#)
- Do an free online [money management course](#) with the Open University
- Complete an online course with [U:Bee](#)
- Complete a MOOC (Massive Open Online Course) in an area that interests you
- Complete [ICC Educate's](#) online Awesome Exporting course
- Complete weekly [Adventures At Home](#) with Girl Guiding
- Explore [The Great Indoors](#) with weekly activities from the Scouts
- Take part in online music lessons with [Waltham Forest Music Tuition](#)
- Join the [virtual youth orchestra](#) if you already play an instrument
- Learn to play an instrument – use YouTube or other online videos to help you
- Complete an online typing course with [Spark 4 Kids](#), [Type It](#) or [Qwerty Kids](#)
- Learn how to code with [Ignite Hubs](#) or [Spark 4 Kids](#)
- Do a free web based CISCO Course in [Internet of Things](#), [Linux Unhatched](#) or [Cyber Security](#)
- Learn to build a website
- Brush up on your driving skills with GA Driving Education's [home-based course](#)
- Try Growing Minds' online [wellbeing and mindfulness course](#)
- Sharpen your photography skills with Sharp Shots Photo Club's [online course](#)
- Learn to cook in your own kitchen with a brilliant remote cookery course from one of our Approved Activity Providers:
 - [Be in the Kitchen](#)
 - [Blackberry Cottage](#)
 - [Egg and Soldiers](#)
 - [Flora's Kitchen](#)
 - [Kiddy Cook](#)
 - [Lorna Wing Cookery](#)
 - [Sassy Stirrers](#)
 - [The Organic Cookery School](#)
- Make your own bath bombs and soaps with [Soakster](#)

- Learn [sign language](#)
- Learn first aid with [St John Ambulance](#)
- Learn to knit, sew or crochet
- Make birthday / greeting cards – learning to do decoupage or print screen
- Learn some DIY skills – help out with any jobs at home
- Learn to garden – set up a vegetable or herb plot at home
- Create an app to help with online learning for primary students
- Learn to conjure / do magic tricks
- Research your family: set up a family tree online and use resources to find out more about them – call your family to chat about their memories and family stories – ask them to send copies of birth and death certificates to help you in your research – how far can you go back?
- Reading: write and share a book review of each one you read
- Painting, drawing or model making
- Table-top gaming
- Film making or vlogging
- Put up a birdfeeder and learn about the birds coming to your garden
- Meditation – [Headspace app](#)

Volunteering

- You can take part in a [John Muir Award](#) and help to conserve nature from home
- Volunteer for [Kissing It Better](#) and remote support elderly people who are in isolation
- Take part in a digital personal safety campaign with [Resolve It](#)
- St John Ambulance – [12 week fundraising plan](#)
- Try some ideas from Leonard Cheshire’s [guide to 12-week volunteering from home](#)
- Create a fundraising plan for the [British Heart Foundation](#)
- Become an [Energy Envoy](#) with the National Energy Foundation
- [Virtual volunteering](#)
- [Missing maps project](#)
- Participate in research of all kinds, from classifying galaxies to counting penguins to transcribing manuscripts with [Zooniverse](#)
- If you are a Young Carer, your caring responsibilities can count for your volunteering. The Assessor should be a professional who is supporting you with your caring role, ideally from a Young Carers Project or Social Work/Youth Work departments. Young Carers should also be encouraged to contact their nearest [Young Carers Project](#)
- Prepare some sessions for future Beaver, Cub, Rainbow, Brownie or youth group meeting for once they resume
- Prepare some resources to be used by the younger members of your youth group to be sent home to parents online to help them during isolation
- Prepare some meal parcels, go shopping or walk the dog of people who are affected by coronavirus
- Skype / FaceTime / WhatsApp call to the elderly neighbour to keep them from being isolated
- Maintain social media pages / websites for a local group or charity