

Good afternoon,

To run alongside the work you are sending home for the children, a few of our presenters here at Instilling Inspiration have teamed up (from home of course) to make a mini daily video with an activity related to one of our school workshop brands each day.

The idea is that, even though we can't visit the children at school, we can still instil some inspiration with the children at their homes. We want to contribute at helping keep all of the young ones motivated with some nice simple activities they can do with their family throughout this period!

We are aiming to put up a video for one of our brands each day, starting this afternoon as part of an "Inspire at Home" series (a little more exciting than the 'stay at home' we keep hearing on the news!). The videos related to these brands:

1. Fit4Kids (fit4kids.co.uk) – **Health and Fitness**: Theme: *"Doing your Fit"*
2. Professor Bubbleworks (professorbubbleworks.co.uk) – **Science and STEM**: Theme *"Science Fun in the home"*
3. Mindful Minis (mindful-minis.co.uk) – **Mindfulness and Mental Health** – *"Mindful Minutes at Home"*
4. BrainBusters (brainbusters.co.uk) – **Maths Fun and Puzzles** – *"Riddle of the Day"*

We have been wiping the dust off our YouTube channel today and will be kickstarting this afternoon with our first video related to Fit4Kids – simply search "Instilling Inspiration" on YouTube, or click here: [Instilling Inspiration - YouTube Channel](#)

To help ensure as many teachers, parents (and most importantly children!) have a chance to see the videos and get involved with the activities; please can you share this with parents, colleagues, and friends and let them know to keep an eye on our channel each school day for a different themed mini activity.

We have also created an Inspire-at-Home Just Giving Page and will add a link to it on each video description - we feel this would be a great opportunity to raise money for The Children's Society charity, which helps vulnerable young people and makes sure no child feels alone through their various different outreach programs they organise with their volunteers.

It would be fantastic to get as many children inspired during this period! We hope you all enjoy our videos.

Thanks and best wishes,

Peter Putros

The Instilling Inspiration Team

*"Inspiring children one workshop at a time"*

Office: 0203 637 8224