

LIVE SESSIONS FOR CHILDREN

Week commencing 20/04/20

Keep an eye on @mumtalkpodcast stories on IG for ad hoc activities and resources

	9am	9.30am	10am	10.30am	11am	11.30am	12pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	5pm	6pm	7pm
MONDAY	PE with @thebodycoach	Yoga for Kids @glowyoga_studio	Play-a-long with @play.horray	Sign Class with @ettiebettybaby	Animal themed songs with @pocodrom			Shake Up Dance with DDMIX (Darcey Bussell)	Art Club with @emma_scott		Dance with @captainfantastickids (5-8yrs)		Cooking with @captainfantastickids (5-11yrs)		Storytime with @captainfantastickids (5-11yrs)	A book a day @oliverjeffers
	Fitness with @captainfantastickids	Little Ones Ballet with @theballetcoach (ages 2-5)	Sing-a-long with @theminiusmakers	Musical story time with @beanstalkarts	10 minute Art Class with @bluebellgray				Maths with @captainfantastickids (5-8yrs)				Primary/Level 1 Ballet with @theballetcoach (ages 5-7)			
			Songs & exercise with @tumbletotshq		Elevesens with the world of David Walliams								The Adventure Class with @benfogle & Iona			
			Storytime & Draw-a-long with @nicolacolton1													
			Music Lesson with @myleeneklass													
			Toddler Group with @captainfantastickids (1-4yrs)													
TUESDAY	PE with @thebodycoach		Play-a-long with @play.horray	Sign Class with @ettiebettybaby	10 minute Art Class with @bluebellgray			Shake Up Dance with DDMIX (Darcey Bussell)	Art Club with @emma_scott		Storytelling Nonsense with @gavcross		Crafts with @captainfantastickids (5-11yrs)	Intermediate / Adult Ballet with @theballetcoach (ages 13+)	Storytime with @captainfantastickids (5-11yrs)	
	Fitness with @captainfantastickids		Sing-a-long with @theminiusmakers	Musical story time with @beanstalkarts	Elevesens with the world of David Walliams				Wellbeing with @captainfantastickids (5-8yrs)		Singing with @captainfantastickids (5-8yrs)		Mid Level Ballet with @theballetcoach (ages 8-12)			
			Songs & exercise with @tumbletotshq										The Adventure Class with @benfogle & Iona			
			Toddler Group with @captainfantastickids (1-4yrs)													
WEDNESDAY	PE with @thebodycoach	Wildlife with @backshall.steve	Play-a-long with @play.horray	Sign Class with @ettiebettybaby	10 minute Art Class with @bluebellgray		Cook along with @sr_nutrition	Shake Up Dance with DDMIX (Darcey Bussell)	Art Club with @emma_scott	Animal themed songs with @pocodrom	Music with @captainfantastickids (5-8yrs)		Cooking with @captainfantastickids (5-8yrs)		Storytime with @captainfantastickids (5-11yrs)	A book a day @oliverjeffers
	Fitness with @captainfantastickids	Little Ones Ballet with @theballetcoach (ages 2-5)	Sing-a-long with @theminiusmakers	Musical story time with @beanstalkarts	Elevesens with the world of David Walliams				History with @captainfantastickids (5-8yrs)				Primary/Level 1 Ballet with @theballetcoach (ages 5-7)		Story Time with @mamagstories	
			Songs & exercise with @tumbletotshq										The Adventure Class with @benfogle & Iona			
			Lullabies with @myleeneklass													
			Toddler Group with @captainfantastickids (1-4yrs)													
THURSDAY	PE with @thebodycoach		Play-a-long with @play.horray	Sign Class with @ettiebettybaby	10 minute Art Class with @bluebellgray	Mama & Baby Yoga with @glowyoga_studio		Shake Up Dance with DDMIX (Darcey Bussell)	Art Club with @emma_scott		Storytelling Nonsense with @gavcross		Crafts with @captainfantastickids (5-11yrs)	Intermediate / Adult Ballet with @theballetcoach (ages 13+)	Storytime with @captainfantastickids (5-11yrs)	
	Fitness with @captainfantastickids		Sing-a-long with @theminiusmakers	Musical story time with @beanstalkarts	Elevesens with the world of David Walliams				English with @captainfantastickids (5-8yrs)		Dance with @captainfantastickids (5-8yrs)		Mid Level Ballet with @theballetcoach (ages 8-12)			
			Songs & exercise with @tumbletotshq										The Adventure Class with @benfogle & Iona			
			Storytime & Draw-a-long with @nicolacolton1													
			Toddler Group with @captainfantastickids (1-4yrs)													
FRIDAY	PE with @thebodycoach	Little Ones Ballet with @theballetcoach (ages 2-5)	Play-a-long with @play.horray	Sign Class with @ettiebettybaby	10 minute Art Class with @bluebellgray			Shake Up Dance with DDMIX (Darcey Bussell)	Art Club with @emma_scott		Singing with @captainfantastickids (5-8yrs)		Cooking with @captainfantastickids (5-8yrs)		Storytime with @captainfantastickids (5-11yrs)	A book a day @oliverjeffers
	Fitness with @captainfantastickids		Sing-a-long with @theminiusmakers	Musical story time with @beanstalkarts	Elevesens with the world of David Walliams				Science with @captainfantastickids (5-8yrs)				Primary/Level 1 Ballet with @theballetcoach (ages 5-7)			
			Songs & exercise with @tumbletotshq										The Adventure Class with @benfogle & Iona			
			Music Lesson with @myleeneklass													
			Toddler Group with @captainfantastickids (1-4yrs)													
			Spreadsheet will be updated every few days & re-uploaded. DM @mumtalkpodcast to add in activities.													