

Things to do when you can't leave home

Staying at home doesn't need to mean staying on your sofa, to help keep your body and mind active we've put together a list of things you can do at home

Opera: If you've ever fancied immersing yourself into opera now is the time to do it. The **MET Opera** are streaming live nightly operas straight to your home for free.

Reading: If you want to reduce your screen time, audio-book service **Audible** has lots of free stories available, which can all be streamed from a laptop or smartphone. They're also giving away hundreds of kids' books while schools are closed, and you don't even need an account to listen to them.

Virtual globe-trotting: Physical travel may be off the cards for now, but you can still feed your wanderlust virtually. Some of the world's greatest museums offer free online tours, including the **British Museum**, **The Louvre**, **The Smithsonian** and **The Vatican**, while Look Up London allows you to take to the streets on a **virtual guided walk** through a selection of historic London locations with a Blue Badge Guide.

If you're yearning for the great outdoors, you can visit some of the world's most magnificent **national parks** through your computer with Google Arts and Culture

Learning new skills: If you've always wanted to learn a language or boost your business skills but never managed to get around to it, now is the perfect time. **Skillshare** has a huge range of courses and offers a 2-month free trial, while more specific apps like **Duolingo** allow you to spend just a few minutes a day learning a foreign language, in a fun game style. It's free and there's even an app for kids.

Hobbies: If you've finally decided to learn to play the guitar that's gathering dust in the corner, head to **Fender Play**, which is offering three months of free online lessons for the first 100,000 signups. Or maybe it's time for you to get started on your family tree **Ancestry** and **Genes Reunited** both have free trials, giving you access to billions of family records. For all those wannabe Great British Bakers, or Master Chefs you can find tons of free tutorials, recipes and tips online.

For families with kids: the **Twinkl Home Learning Hub** provides daily lessons and activity uploaded from qualified teachers to help you get involved with learning and create a new routine.

Relieving stress and staying active: Whether you're a regular gym bunny, or simply at risk of going stir crazy if you don't channel some energy into exercise, now may be the time to take an online fitness class. There are plenty of free options to help you stay in shape, including **The Body Coach TV**, fitness coach Joe Wicks's YouTube channel.

Les Mills has a free trial on more than 800 online workouts, or you could take advantage of a free trial of yoga, Pilates and meditation classes at **Glo**. The YouTube channel **Yoga With Adriene** is another source of free yoga videos for all levels.

To help you wind down at the end of the day, the mental health app **Headspace** has a selection of ambient "sleepcasts" designed to help you drift off to sleep. The app also has a range of **tailored meditation courses**, free for everyone, designed to support your mental health during the Coronavirus (COVID-19) outbreak.