

Free online resources for young people

In case you're feeling bored, need a break from school work, or have run out of things to do during the holidays. Whatever time of day it is, you'll be able to find something to do online.



11am: Lots of activities at Wigan Virtual Youth Zone

Wigan Youth Zone release their weekly online activity timetable every Monday. Choose from Get Fit With Eric, discussions on subjects such as mental health and craft activities.

Twitter: [@WiganYouthZone](#)



1pm: Join the debate

Register your email address with Youth Focus North West to get invites to regular online debates with young people from across Greater Manchester.

Email: Zarah at z.ross@youthfocusnw.org.uk



3pm: Write a poem

Enter Wigan Pride's poetry competition and you could see your poem read out loud on the main Wigan Pride stage at their next event. The poem should be 12 lines or less and have the title, 'It's OK To Be Me.'

Website: www.wiganpride.com



5pm: Time to Sign

Join the Octagon Theatre online to learn a new word of sign language each day and share your progress with them and other young people.

Twitter: [@OctagonTheatre](#)



7pm: Meet a youth worker

Check Wigan Council's social media channels for young people, LINC2, for supportive messages from youth workers, info on how to survive this strange time and local opportunities and activities.

Facebook: facebook.com/LINCTwo
Twitter: [@LINC2Wigan](#)



12 noon: Get fit with Wigan Athletic Community Trust

Coaches from Wigan Athletic Community Trust issue a daily #StayAtHomeChallenge focusing on a different area of PE each day.

Twitter: [@LaticsCommunity](#)



2pm: Get crafty

Wigan STEAM have step by step video workshops featuring different arts and crafts activities for you to try at home. Work alongside artists to create something new.

Twitter: [@WiganSteam](#)



4pm: Visual arts

The Turnpike art gallery in Leigh is running a 'vision project' for all young people aged up to 17, an online project where you're invited to produce animations, sketches, tutorials or performances for other young people. Take a look at the examples online and then send them your own ideas.

Website: www.theturnpike.org.uk



6pm: Time Out

Take some time out and get some tips from NHS health professionals on how to look after your mental health.

Website: www.nhs.uk/one/you



8pm: Socialise (at home)

Go back to Wigan Virtual Youth Zone for their final hour of live music or quiz.

Twitter: [@WiganYouthZone](#)

Be Kind.