

# Keeping yourself entertained: information for families

---

While you're in hospital or at home, it can be difficult to find enough to do. The Patient Experience team has collected together this list of suggestions for activities online to keep you occupied and entertained.

Don't forget to check social media for our Play, School and GOSH Arts suggestions for activities too! If you have any other suggestions, please send them through to the Pals team at [pals@gosh.nhs.uk](mailto:pals@gosh.nhs.uk)

Please note: we are not recommending any of these organisations by including them in this list. There is plenty more out there to keep you entertained.

## London

Get to know London a bit better by visiting the Londonist YouTube™ channel at <https://www.youtube.com/user/Londonistvids>

## Audiobooks for children

Whether or not you're a child, there are plenty of audiobooks available to listen to free of charge.

### Audible

<https://stories.audible.com/>

### Audiobook Treasury

<https://www.audiobooktreasury.com/free-audiobooks/childrens/>

### Harry Potter at home

<https://www.wizardingworld.com/collections/harry-potter-at-home>

## David Walliams

<https://www.worldofdavidwalliams.com/>

## Museums and activities

Lots of museum and art galleries have 'virtual tours' on their websites, here is a selection from around the world.

### Google Arts and Culture

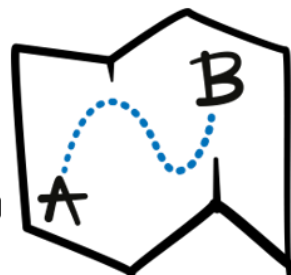
Google have worked with museums all over the world to bring together an arts and culture hub at <https://artsandculture.google.com/>

### Natural History Museum, London

Discover their collections  
<https://www.nhm.ac.uk/discover.html>

### British Museum, London

Collection highlights and stories  
<https://www.britishmuseum.org/collection>



## National Gallery, London

Virtual tour

<https://www.nationalgallery.org.uk/visiting/virtual-tours>

## Zoos and animal parks

Even though zoos and animal parks are closed, the zoo keepers are still looking after all the animals.

### London Zoo

Have a look at their videos online at

<https://www.zsl.org/videos/zoo-news-and-events/zsl-video-channel> or on their YouTube™ channel.

## Theatres

Just because theatres are currently closed, you can still watch a play.

### National Theatre

The National Theatre is showing some of its greatest hits, to be streamed online on YouTube™ on Thursdays at 7pm and then available for seven days.

### Royal Opera House

The Royal Opera House in Covent Garden is giving a free programme on online broadcasts on YouTube™ featuring opera and ballet.

### Wind in the Willows

Staged at the London Palladium in 2017, the film of the musical is freely available at <https://www.willowsmusical.com/>

## Landmarks

Travel the world without going anywhere by visiting these landmarks virtually.

### Macchu Pichu, Peru

<https://www.youvisit.com/tour/machupicchu>

## Pyramids of Giza, Egypt

<https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/pyramids-of-giza/>

### Eiffel Tower, Paris

<https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/eiffel-tower/>

### Angkor Wat, Thailand

<https://www.google.com/maps/about/behind-the-scenes/streetview/treks/angkor/>

### Taj Mahal, India

<https://www.airpano.com/360photo/Taj-Mahal-India/>

### Stonehenge, Wiltshire

<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>

### Petra, Jordan

<https://www.google.com/maps/about/behind-the-scenes/streetview/treks/petra/#streetview>

### Colosseum, Rome

<https://www.airpano.com/360photo/Italy-Rome-Colosseum/>

## Keeping active

Even if you're stuck indoors, there are still ways you can keep active and fit.

### PE with Joe

Although aimed at children, adults can join in as well. Search for PE with Joe on YouTube™ every weekday morning from 9am.

### NHS Fitness Studio

<https://www.nhs.uk/Conditions/nhs-fitness-studio/>

