

We wanted to let you know about the launch of Sustrans Outside In, a free resource to help parents who are looking after their children at home. Walking, cycling and scooting are great ways to keep active and healthy in body and mind. During this time where we are mostly required to stay at home, these activities become harder to do.

Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.

Parents can access resources by registering for our free parent newsletter. Over four weeks, they'll receive weekly videos, themed activities, games and challenges designed by our experienced school officers.

If you think these resources would be useful to your home schooled students, please let parents know about it.

Share the registration link with parents and carers:

<https://www.sustrans.org.uk/campaigns/outside-in/>

To find out more visit

www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/

If you have any questions, get in touch at education@sustrans.org.uk

All the best from Sustrans