

# How to make the most of family time online:

During these difficult times BT are helping to keep the nation connected with a range of Top Tips on Tech. This time we're focusing on how to get the most out of family time online, so here are a few ideas to help you learn, stay healthy and most importantly have some fun together.

To use some of this technology you'll need to be connected to the internet. You may be charged for using wi-fi and mobile data, so make sure you check your allowance with your provider. Some of the apps referenced are not free of charge.



## Tip 1: Keeping active

It's important to allow the kids to let off some steam, so why not try some online PE lessons. Rio Ferdinand and his wife Kate hold a class which is great fun and suitable for the whole family. You can also search for 'free family workouts online', or check out these:

- [NHS Fitness Studio](#)
- [Fitness Blender: 25 Minute Fun Kids Workout](#)
- [Group Hiit: Free Kids Workout](#)

## Tip 2: Learn a language

It's important to keep your family mentally active, as well as physically. So why not try learning a new language together? Look up apps like Duolingo, Babbel or Rosetta. You'll be speaking Italian in no time.



For more Top Tips on Tech visit: [BT.com/Tech-Tips](https://www.bt.com/tech-tips)



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### Tip 3: Try coding

Teach the kids and yourself how to code, with our interactive game 'Code a Cake' at [BT.com/codeacake](https://www.bt.com/codeacake)



### Tip 4: Listen to an audiobook

Instead of watching a film, you could listen to an audiobook together to stimulate your imaginations. Try listening to an audiobook through different apps, just search 'audiobooks' online or you could check out some of these:

- [Storyweaver](#)
- [Storynory](#)
- [Loyal Books](#)

### Tip 5: Bringing the family together

Even if you're not in the same place as family and friends you can still keep in touch. Use video calling for some face to face contact and maybe add a face filter for the fun of it.



You can use WhatsApp to make video calls, for more information on that, check out our Top Tips for WhatsApp on [BT.com/Tech-Tips](https://www.bt.com/Tech-Tips)

If you have family or friends in need of extra suggestions about how to make the most of family time online please share this PDF with them.

For more Top Tips on Tech visit: [BT.com/Tech-Tips](https://www.bt.com/Tech-Tips)



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