

LET ACRE ENTERTAIN YOU

**A light hearted guide from the ACRE
Capital team to help you navigate through
Lockdown 3**



Top TV Picks



Exercise Routines

Beverages To Help You Unwind

Kids Distractions

Learn Something New



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Our Top TV Picks

The Wire (HBO) 5 series & 60 episodes

The Queen's Gambit (Netflix) 1 series & 7 episodes

Bridgerton (Netflix) 1 series & 8 episodes

The Serpent (BBC) 1 series & 8 episodes

Chernobyl (HBO/Amazon) 1 series & 5 episodes

The Undoing (HBO/Amazon) 1 series & 7 episodes

Industry (BBC) 1 series and 8 episodes

Big Little Lies (HBO/Amazon) 2 series & 15 episodes

Little Fires Everywhere (Amazon) 1 series & 8 episodes

Schitt's Creek (Netflix) 6 series & 80 episodes

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Healthy body | Healthy mind

Insanity Max 30

A 30 min work out at your own pace

www.beachbodyondemand.com

Fitness Challenges for all ages | Follow coachmag

<https://www.coachmag.co.uk/fitness/6293/fitness-challenges-for-every-age-from-20-to-80>

Sport England | Join the movement

https://www.sportengland.org/jointhemovement?section=get_active_at_home

Courtney Black App

Daily HITT workouts, meal plans, monthly membership at £15.99

<https://www.courtneyblack.co.uk/>



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Unwind post work | Home schooling

Frozen Strawberry Daiquiri

- * 3oz light rum
- * 10 strawberries
- * 1 oz of lime juice
- * 1 tbs of triple sec
- * 6 – 8 ice cubes
- * 1 tbs of sugar

Blend until slushy

Vodka and Lemon Sorbet Fizz

- *90ml (half champagne flute) prosecco chilled
- *1 tbs Vodka
- *1 scoop lemon sorbet
- *Fresh mint leaves to garnish(optional)



Mojito

- * 1 1/2 oz light rum
- * 1 tbs simple syrup
- * Juice of 1 fresh lime
- * Soda water
- * Mint leaves

Muddle mint leaves with simple syrup. Add cracked ice, lime juice and rum. Fill with soda water

ACRE Sloesecco

- *35ml Sloe Gin
- *100ml Prosecco
- *10ml Sugar syrup (optional)
- *10ml Raspberry puree (optional)

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Kids Distraction | Family Entertainment

Frozen Ballet Class for kids (from the Ballet Brigade)

<https://www.youtube.com/watch?v=BSf-g9yWYK4>

Beat That! (Board game)

The bonkers battle of wacky challenges board game, great for kids and adults to play together

Dobble (Card Game)

Dobble is a simple pattern recognition game in which players try to find an image shown on two cards

TikTok (Video Sharing social network)

Recreate dance routines with family or challenges, download app <https://www.tiktok.com/en/>

DJ app for kids (By Algoriddim)

[free dj app](#)

Here you can find free educational prints to colour in

<https://www.squidgearoo.com/collections/free-printables/products/free-parts-of-a-plant-printable>

For the much needed 20 minute snack/ coffee break Elevenses by The World of David Walliams

https://m.facebook.com/story.php?story_fbid=1743152785824114&id=172186506254091

Mr Hoppit the Hare – A Cosmic Kids Yoga Adventure

<https://youtu.be/BN7M-uQSOYE>

For your older kids, here are 50 free revision resource for 11+, GCSEs and A-levels

http://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_a_level_11_plus_and_sats.php

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Learn Something New

Recreate your favourite restaurant meals

<https://www.bbcgoodfood.com/review/best-restaurant-meal-kits>

Learn a new language

<https://www.duolingo.com/courses>

Magic | YouTube impossible coin tricks

<https://www.youtube.com/watch?v=HzxFZQSA-Kc>

Learn how to become a better singer

www.30daysinger.com

Learn to code and the basic concepts

www.codecademy.com

Alison | A variety of online courses

<https://alison.com/>

Wine | Free online courses

<https://imbibe.com/news/top-free-online-wine-courses-to-get-you-through-the-lockdown/>