

# Swiis Picks

## The Story Seeds Podcast

Children aged 6-12 collaborate with beloved storytellers to grow original stories  
[storiesstoryseedspodcast.com](http://storiesstoryseedspodcast.com)



## Noel Fielding's Art Club

Join Noel for a different theme each Saturday, 3:00-5:00pm and create some wacky art!  
[twitter.com/noelfielding](https://twitter.com/noelfielding)



## 3 months free guitar lessons!

Just sign up at [tryfender.com](http://tryfender.com) for your free online lessons



## Actor Josh Gad (the voice of Frozen's Olaf) reading stories!

Josh is reading bedtime stories via his Twitter account;  
[twitter.com/joshgad](https://twitter.com/joshgad)



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## The Joy Journal for Magical Everyday Play

Written by Laura Brand, this book goes back to basic outdoor play, including recipes and craft ideas. Available via Waterstones or Amazon.



## Hayley Williams' Workout

The 'Paramore' singer has created a fun dance workout to her new song 'Over Yet'. At just under 4 mins, it's a great way to start your day or warm up before Joe Wicks!

[youtu.be/KL6UKhr4b84](https://youtu.be/KL6UKhr4b84)

## Together At Home Concert

Hosted by Global Citizen, you can tune in to watch the international home-concert, curated by Lady Gaga, featuring Elton John, Billie Eilish and lots more!

[globalcitizen.org/togetherathome](https://globalcitizen.org/togetherathome)

