Wellbeing and education at home - Information Pack

Supporting families through unexpected times of rapid and unpredictable change in light of the Coronavirus - Covid-19

The following resources have been put together for you from a wide range of sources to provide information and support around wellbeing and education. These include resources for children from early years to the end of their school age including resources for those with special educational needs and disabilities.

While all care has been made to ensure that these resources are suitable for the wide range of school age children, we ask that you use your judgement around suitability for each individual child.

Information on the Coronavirus for children

The **BBC Newsround** site https://www.bbc.co.uk/newsround/51204456 has a comprehensive section on the Coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Children's author **Manuela Molina** has developed the *Covibook* for the under 7s and is geared at supporting children and families around the world and is available in 18 different languages for families who are new to English. https://www.mindheart.co/descargables

The resource also comes with two workbooks all about the Coronavirus, titled '*Hello I'm a virus*'
> PDF1 - https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
> PDF2 - https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf_2

Debbie from **ELSA (Emotional Literacy Support Assistant)** has produced and collated a range of free resources around the virus, including a story book for children and a range of self- isolation activities. https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/

Carol Gray has produced a social story about coronavirus and pandemics suitable for ASD and autistic children. https://carolgraysocialstories.com/
The social story uses large print pictures and also provides contextual information about pandemics and viruses in general. (https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf)

Information for parents of how to support children though the Covid-19 outbreak

The **World Health Organisation (WHO)** has produced a simple poster on helping children cope with stress during the 2019-nCoV outbreak. https://www.who.int/docs/default-source/coronavirus/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

The **Child Mind Institute** has developed some guidelines on how to talk children through a traumatic experience specifically around the virus outbreak. https://childmind.org/article/talking-to-kids-about-the-coronavirus/

The **British Psychological Society's (BPS)** division of Clinical Psychology's Faculty for Children, Young People and their Families (CYPF) has published tips for talking to children about illness, in light of the on-going Covid-19 pandemic. https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness

Dr Carolyn Webster-Stratton of **The Incredible Years** programme has produced some articles and resources for parents around keeping calm and supportive during challenging and unexpected times. The resources are geared towards families struggling with major changes including job loss, illness, financial loss, school closures or trying to work from home with children. http://www.incredibleyears.com/parents-teachers/articles-for-parents/

Place2Be has produced a factual guide to help parents answer questions from their children around the virus and has advice to support family wellbeing during this time https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/

Parents can also access the helpline at **Young Minds** and get support from their guide on talking to your child about the Coronavirus with 10 tips from their Parents Helpline to support family wellbeing: https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/

Managing anxiety for families

Jaime from **Cosmic Kids Yoga** has produced a useful YouTube clip for parents and children around using yoga to relive stress and manage anxiety https://www.youtube.com/user/CosmicKidsYoga

Headspace also have some videos on meditation that can that parents can do with younger children to help with managing anxiety and relieving stress https://www.headspace.com/meditation/kids

Adults can get a wide range of support on from **Mind** on managing anxiety and developing a better mental health that has come about as a result of the virus**.** https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b

Kirstie Brewer has an excellent article in the **BBC News** on how to protect your mental health during the virus outbreak. https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gI7jSAHOA-cpgM7BPaDjmoqN7pRwotNE

During this difficult period parents have a helpline and online chat support they can access at **Anxiety UK**. https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/

Specialist support for carers and families of individuals with Special Education Needs and Disabilities (SEND)

The **National Autistic Society** has compiled a range of guidance for families of autistic individuals and are also offering a helpline for parents, young people and staff. https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx

MENCAP have produced an easy to read guide to Coronavirus for families and support workers for individuals with mental health needs: https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf

Amanda McGuinness from **The Autism Education** has produced a social story about coronavirus that has a good level of specificity about the effects of social distancing, for example, not being able to go to your favourite place. https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf

CarersUK have put together some guidance for carers who are looking vulnerable patients and have put together a useful wellbeing plan that should be followed. https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19

Parents and carers of SEND children can also access a useful information pack put together by **Amaze.** https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/

There is also an easy-to-read version of **Public Health England's** advice on the coronavirus for places of education that are remaining open. https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf

Information for those struggling with Obsessive Compulsive Disorder (OCD) can find support and survival tips at **OCDUK.** https://www.ocduk.org/ocd-and-coronavirus-survival-tips/

General information for young people about managing their mental health has also been made available by **Young Minds**. https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus

Information for those with sensory difficulties who struggle with hand washing has been produced by **Sensory Integration Education** https://www.sensoryintegration.org.uk/News/8821506

SEND based inclusive resources to support families and education providers during Covid-19

Parents may want to explore the idea of bringing story and massage together as a fun and inclusive therapeutic activity. Mary Atkinson and Sandra Hooper at **Story Massage** have put together a free resource booklet of 36 stories that may be useful when planning education with SEND children. Please email Mary from Story Massage to be sent a free copy and for support on how story massage works. mary@storymassage.co.uk

Pete Wells from **Sensory Stories Podcast** has some exciting free sensory stories available on his website including a home learning kit and a podcast that is worth a listen. https://sensorystoriespodcast.com/free-special-stories/

Parents and carers can find a huge bank of resources and information for home educating children at **The Sensory Project**. Resources range from inclusive resources, those specific to the virus and some aimed at mixed audiences and there are also some simple sensory games to play. Some of these have been listed below, but all can be found on the website. http://www.thesensoryprojects.co.uk/covid19-resources

> **Sensory Dispensary** activities available from the **TES SEN** website
> https://www.tes.com/member/Sensory_Dispensary
>
> **Access Art** resources
> https://www.accessart.org.uk/art-resources-for-home/
>
> **Soundabout** live online inclusive music sessions
> https://www.facebook.com/SoundaboutUK/
>
> **Inclusive Teach** activities
> https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/
>
> **Garden of Music** apps, interactive resources and online lessons
> https://www.facebook.com/GardenOfMusicOrg/photos/a.453328838205953/1287059384832890/?type=3&theater
>
> **Clicker** accessible word processing
> https://www.cricksoft.com/uk/clicker/clicker-at-home

Empowering Little Minds Sensory and messy play activities
https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AInVCXXW_ZMOg4l3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc

Positive Eye Ideas Machine
https://www.youtube.com/watch?v=JDuVfdg32NY&feature=youtu.be&fbclid=IwAR34AI4hEMpthnuBhx5qtpsjN0TqUmTtFQIKFBF3XvOcylV-0hKcEu9qiuY

Ways to learn through play
https://www.youtube.com/channel/UCpkztoFHIgP4jpJDKWNWaHA

Advice around activities that children can do at home

We have looked into many different activities that parents and carers who home educate their children do. This advice is general but would be useful to parents and carers who are new to thinking about educating their children at home during this time.

Here are some top tips and activities that you can do with your children during self isolation and over this period of time while they are off nursery or school.

Setting up and managing your schedule

1. **Setting Up a Family Meeting** – calling a family meeting is important to set ground rules and expectations for the duration of this situation. Ask all to participate and look into what is their understanding of the situation, what this means and why are we doing this…it will give everyone a sense of purpose and meaning. Validate emotions as children may feel like things are not fair. Write together a poster with ground rules, decide on the ground rules together, like how many hours of devices and games for example, chores, cooking and ask for everyone's contribution to the family household.

2. **Setting Up a Schedule** – Having a calendar or a schedule outlining different activities will help create a routine and establish predictability. It can be done visually using colour coded signs, see picture above. Although not necessarily needing to be equally dispersed across the day, deciding on a schedule together will help family functioning.

3. **Deciding on Different Activities** – When discussing different activities, it is important to ensure that all family members' needs are met. For younger children, they may need play and unstructured times, as for older children, it may mean learning online with structured educational activities set by the school. For parents, it may mean the need to have some time to work and communicate with colleagues. Remember it is also important to allow for self-care and time for you, like putting the oxygen mask on you before someone else! What activities can we do from home? You may think it will be a long haul!

Planning activities that can be done at home

1. **Setting Up a Den in the house or a Camp in the garden** – This activity can be useful to create a safe place for children and a place they know they can have some quiet time, such as, reading a book, playing with little people, teddies or puppets. You can ask them to contribute to set it up with you, make decorations, put up lights and a sign. Children will find this fun and different. It can create an imaginative world for the child.

2. **Setting Up a Learning Place in the house and Do Learning Together** – It is important that children feel they have an allocated space in the house where they can concentrate and focus on learning. It does not have to be a big space and can even be a shared space. It is more about how we use this space and what we do when we are learning. Setting up some ground rules for this will also be helpful. With a schedule, allocate time to learning in short and fruitful bursts, it is more about the quality and the positive experience of learning rather the quantity and speed at which we do these learning tasks. When you are noticing that learning is no longer fruitful, have a short break, a snack, a glass of water, some movement breaks. Family learning can be rich as we can all learn together and share understanding, problem-solving and information.

3. **Cooking Together** – Cooking is great as it also includes literacy and numeracy tasks, such as, reading recipes or counting and measuring ingredients. Involving children in cooking can be fun and full of joy as they are involved in producing a tangible product at the end. You can also ask the children to finish off the cookies, cake, etc. by decorating them, lots of time can be spent on this.

4. **Puzzle, Lego, Visual-Spatial Activities** – These activities tend to be calming as the brain focuses on putting things together rather than verbal or emotion demanding tasks. Offering these activities in the house will be of benefit to everyone as it will help all involved to be grounded and calm.

5. **Setting Up a Fun Project** – It is important to vary activities, like a carousel. Start with one and move on to the next. When activities are designed to promote different areas of development, children will find this more engaging than if it is tapping into the same type of skills so it is important to also have something creative, a fun project you will enjoy doing together. A fun project could be: making a scrapbook of different drawings, paintings, making characters out of modelling clay, picking up leaves from the garden and finding the name of the tree online, taking photographs of wildlife in the garden such as birds, animals, painting rocks with emojis on them, drawing a cartoon strip or writing a collection of short stories, inventing characters and drawing these, so many things that can be done. Some children may like the challenge of a research project.

6. **Starting a Collection, Playing Board Games** – Stamps, stones, leaves, labels and lots of other things can start collections. Board games, such as snakes and ladders, can be made using templates on the web.

7. **Sending Messages, Letters and Postcards to Family and Friends** – Keep in touch with your social networks via different communication modes either video call or messaging.

8. **Learning a New Skill Together and/or Teaching a New Skill** – There are lots of YouTube videos nowadays that can teach skills step by step. Learn to say words in a different language, learn how to do sewing, knitting, crochet, slime, scrapbooking, photography, design a webpage together or design cards online.

9. **Implementing Routines for Self-care and Mindfulness** – It's okay for all involved to feel this is not a normal situation. It is important to keep communicating, being transparent, responding to questions, presenting the facts as well as not bombarding with facts. Children are curious and like to find out about the world so it is a good opportunity to open their thinking by sharing information, exploring maps, countries. It is also important we are aware of feelings and able to recognise sensations, feelings and actions. Implement some self-care activities together such as doing a calming activity together, reading a book, relaxing, watching a film.

10. **Exercising** – Don't forget to move and for the full family to move. You can set up some an obstacle course in the garden for example. This can be done using household items like a skipping rope, bottles, a ball. Like do 10 jumps, 10 skips, 10 hoops in the basketball hoop, knock 3 bottles down, etc. You can set up a challenge and time them going through the course. Walking the dog and playing with an animal can also be part of the routine.

Free online resources and ideas to have fun at home

We have put together a list of some free online resources that you may find useful. There are certainly a lot more resources out there and this is by no means the full list. We do hope however, that this list is a useful place to start!

- **GoNoodle** - videos designed to get kids moving. https://www.gonoodle.com/
- **Seusville** - lot of activities, crafts and games based on the world of Dr Seuss
    - Children: https://www.seussville.com/
    - Parents: https://www.seussville.com/parents/
- **Thinking games** - this website has links to a whole host of games designed to improve logical thinking skills https://allinonehomeschool.com/thinking/
- **Highlights Kids -** a popular US magazine for children, this site has lots of ideas for craft activities, recipes and an 'explore' section covering science questions and experiments https://www.highlightskids.com/
- **Art for Kids Hub** - this YouTube channel shows you how to draw a variety of things from animals to cartoon characters and even cars https://www.youtube.com/channel/UC5XMF3Inoi8R9nSI8ChOsdQ
- **The Imagination Tree** Creative art and craft activities for the very youngest. https://theimaginationtree.com/
- **The MET Office** https://www.metoffice.gov.uk/weather/learn-about/met-office-for-schools
- **RSPB -** activities https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/
- **Paw Print Badges –** Free challenge packs and other downloads. Indoor and outdoor. https://www.pawprintbadges.co.uk/

Early years learning at home

- **Chat Play Read** https://small-talk.org.uk/
- **Tiny Happy People** https://www.bbc.co.uk/tiny-happy-people
- **Early Movers** www.earlymovers.org.uk
- **Hungry Little Minds** https://hungrylittleminds.campaign.gov.uk/

- **World stories** https://www.kidsout.org.uk/what-we-do/world-stories/
- **Cbeebies Radio – Listening activities** https://www.bbc.co.uk/cbeebies/radio

Primary and Secondary level learning at home

- **Ted Ed – Stay Curious** https://ed.ted.com/
- **Twinkl** - free home learning booklets from EYFS through to GCSE, you can download them here: https://www.twinkl.co.uk/resources/extra-subjects-parents/school-closures-category-free-resources-parents/school-closures-free-resources-parents
- **Oxford Owl** - free e-books for ages 3-11, and range of how-to videos for maths. They also have a parents' page which explains how spelling and grammar is taught in schools. If you ever wondered what a 'fronted adverbial' was, here's your chance to find out! https://www.oxfordowl.co.uk/for-home/
- **Discovery Education** - English, Maths & Science activities for KS1 & KS2 and also a section on coding https://www.discoveryeducation.co.uk/free-resources
- **Scholastic** - this US company have put together 20 days of cross-curricular projects to work through at home. https://classroommagazines.scholastic.com/support/learnathome.html
  The correct grade will need to be selected to match the UK year group:
    - Pre-K and Kindergarten = Reception and Year 1
    - Grades 1 & 2 = Year 2 and 3
    - Grades 3-5 = Years 4, 5 and 6
    - Grades 6+ = Year 7 onwards
- **BBC Bitesize** - videos, quizzes and games covering the entire curriculum for primary, secondary and post-16 students https://www.bbc.co.uk/bitesize
- **Topmarks -** collection of educational games covering all topics https://www.topmarks.co.uk/
- **Toy Theater -** Educational online games https://toytheater.com/
- **Chatterpack -** a list of home Ed resources https://chatterpack.net/blogs/blog/resources-list-for-home-learning
- **Teachit Primary** - resources and games to print for English, Maths, Science and Foundation subjects. Sign up for an account is required to download the free resources. https://www.teachitprimary.co.uk/
- **Teachit Secondary** also have a range of resources for *secondary school* students. The website address is teachit + topic name e.g. English would be www.teachitenglish.co.uk, Languages https://www.teachitlanguages.co.uk/
- **British Council –** Resources for English language learning https://www.britishcouncil.org/school-resources/find
- **Oxford Owl for Home - Primary** https://www.oxfordowl.co.uk/for-home/
- **Smart videos for curious minds of all ages: The Kids Should See This** https://thekidshouldseethis.com/
- **Crash Course – YouTube videos on many different topics** https://thecrashcourse.com/

Phonics

- **Teach your monster to read** https://www.teachyourmonstertoread.com/
- **Phonics Play** - phonics games which follow the Letters & Sounds phonics programme. Pick the phase the child is currently on using the menu at the side. Phonics Play is currently free for all users during the school closure period. *Username: march20, Password: home* https://www.phonicsplay.co.uk/

Literacy

- **Storyline Online** - a catalogue of videos featuring celebrities reading children's stories. https://www.storylineonline.net/
- **Unite for literacy** - a US online library which provides free access to over 400 original picture books. https://www.uniteforliteracy.com/

Maths
- **CoolMath4Kids** - interactive games covering the four operations (+ - x ÷) and fractions https://www.coolmath4kids.com/
- **Pet Bingo -** an app for practising the four operations, children get to earn pets and care for them
    - On Apple: https://apps.apple.com/gb/app/pet-bingo-by-duck-duck-moose/id726307725
    - On Android: https://play.google.com/store/apps/details?id=com.duckduckmoosedesign.pb&hl=en_GB
- **Snappy Maths** - maths worksheets for quick mental arithmetic sessions, like doubles & halves, number bonds and times tables. http://snappymaths.com/

Science

- **Science Museum Group** - Videos, activities and facts on lots of different science topics for all key stages. https://learning-resources.sciencemuseum.org.uk/
- **Science for Kids** - A New Zealand based site with lots of science experiments and games for kids. http://www.sciencekids.co.nz/
- **Switch Zoo** - the idea started from creating new animals by switching parts, includes lots of information about habitats, biomes, feeding animals and animal sounds. https://www.switchzoo.com/
- **Mystery Science** https://mysteryscience.com/
- **Crest Awards** – Science awards that can be completed at home. https://www.crestawards.org/

History, Geography and Art

- **Virtual museum tours** https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours or https://hellogiggles.com/news/museums-with-virtual-tours/
- **Big History Project -** Secondary https://www.bighistoryproject.com/home
- **National Geographic Kids** - covering animals, science, history & geography, a website full of fascinating facts. https://www.natgeokids.com/uk/

- **3D Geography** - free paper templates for making models, plus lots of geography information and resources https://www.3dgeography.co.uk/
- **Geography Games** https://world-geography-games.com/world.html
- **National Geographic Kids** activities and quizzes https://www.natgeokids.com/uk/

Computing and computer programming

- **Tynker** - marketed as 'coding for kids', this website is currently offering free access to its premium content https://www.tynker.com/
- **Code.org** - founders of the 'Hour of code' tutorials, this website offers computer science courses for students from reception through to A-level https://code.org/learn
- **iDEA Awards** - Digital award scheme that can be completed online https://idea.org.uk/
- **Blockly** https://blockly.games/
- **Scratch** https://scratch.mit.edu/explore/projects/games/

Languages

- **Duolingo** - a free platform for learning languages. You can learn from a computer, or download the app. https://www.duolingo.com/

Thank you for using this guide. We hope you have found this to be a useful and great place to start!

We would also like to thank all the authors, organisations and resource providers that we have mentioned in here, and those that we haven't! We certainly wouldn't have been able to put this together without support from all the various people who contributed.

The Education Safeguarding Team
Childrens' Services, Bradford Council