

Resources that carers may find useful - March 2020

Members of The HOPE staff team have compiled a list of resources that carers may find helpful.

General Advice
Looking after yourself
Anna Freud: Self-Care and Coping Strategies https://www.annafreud.org/selfcare/ https://www.annafreud.org/coronavirus/
film clip for parents: https://youtu.be/ZnANLAcPRZ4
film clip for young people: https://youtu.be/ME5IZn4-BAk
CBBC: Video and Questions https://www.bbc.co.uk/newsround/51861089
BBC: How to protect your mental health https://www.bbc.co.uk/news/health-51873799
ELSA: Coronavirus Story for Children https://www.elsa-support.co.uk/coronavirus-story-for-children/
ChildMind: Talking to Children https://childmind.org/article/talking-to-kids-about-the-coronavirus/
Young Minds: Feeling Anxious about Coronavirus https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus
National Association of School Psychologists: Parent Resources https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource
This website provides a further helpful overview of advice and resources: https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/
Local Offer: Bristol's SEND Offer – advice for https://www.bristol.gov.uk/web/bristol-local-offer/coronavirus-covid-19-what-you-need-to-know
Organising a Planner
It's really important to have a daily routine/schedule, lots of examples on line
Staying Safe on-line
Thinkuknow advice for parents/carers and links for children and young people https://www.ceop.police.uk/safety-centre/
Games and activities
It's really important to have fun in a relaxed and playful environment. https://www.bbc.co.uk/cbeebies/home
Traditional games playground games if carers have outside space https://en.wikipedia.org/wiki/List_of_traditional_children%27s_games
Creative challenges https://www.architectureartdesigns.com/22-most-fun-diy-games-for-kids/ https://www.gonoodle.com/
movement and mindfulness

Resources for the Early Years

See also general advice and information on

- Looking after Yourself
- Organising a Planner
- Games & Activities
- Keeping safe online

www.hungrylittleminds.campaign.gov.uk

CBeebies Story time is filled with free interactive story books and bedtime stories for young children and it is a great way to enjoy reading with your little one. The library is always growing, with amazing stories featuring all of the CBeebies favourites.

www.activeforlife.com

49 fun physical activities to do with children aged 2 to 4

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

<https://www.bbc.co.uk/cbeebies/home>

Variety of games and activities for Early Years and above

Michael Rosen tells stories & poems

<https://www.youtube.com/MichaelRosenOfficial>

one for everyone to enjoy!

<https://www.bing.com/search?q=lego+challenges+for+kids&form=EDGEAR&qs=AS&cvid=b0d62098deaa41c982193e04ef9cda48&cc=GB&setlang=en-US&DAF0=1>

Fun Lego® challenges! All ages

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

<http://rhymetimebristol.co.uk/>

The bedtime story

<http://www.launchpadclasses.co.uk/>

you need to follow them on Facebook to see it and have access to their other info (arts activities etc.)

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games

Resources for Key Stage 1

See also general advice and information on

- Looking after Yourself
- Organising a Planner
- Games & Activities
- Keeping safe online

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one for everyone to enjoy!

<p>The Literacy trust is working flat out on creating a comprehensive web portal built specifically for parents to help support children's learning at home www.literacytrust.org.uk</p>
<p>Oxford Owl for Home https://www.oxfordowl.co.uk/for-home/ Lots of free resources for Primary age</p>
<p>http://en.childrenslibrary.org/ An International Children's Digital Library A library for the world's children. This site contains thousands of books in more than 60 languages.</p>
<p>https://etc.usf.edu/lit2go/ Is packed with hundreds of free audiobooks, but many of the books and poems have free PDFs to download and print so that children can read along, highlight, and mark up the passage being read</p>
<p>Scholastic Free audiobooks for children www.scholastic.com</p>
<p>www.storyNory.com This site offers free audio downloads of classic fairy tales, world fairy tales, fables, 1001 nights and more</p>
<p>https://www.phonicsplay.co.uk/ Free to use during this self isolation period. Games and learning for all phonics phases.</p>
<p>https://www.bing.com/search?q=lego+challenges+for+kids&form=EDGEAR&q=AS&cvid=b0d62098deaa41c982193e04ef9cda48&cc=GB&setlang=en-US&DAFO=1 Fun Lego® challenges! All ages</p>
<p>Red Ted Art https://www.redtedart.com Easy arts and crafts for little ones</p>
<p>The Imagination Tree https://theimaginationtree.com Creative art and craft activities for the very youngest.</p>
<p>Blue Peter Badges https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badge If you have a stamp and a nearby post box.</p>
<p>The Artful Parent https://www.facebook.com/artfulparent/ Good, free art activities</p>
<p>Twinkl https://www.twinkl.co.uk This is more for printouts, and usually at a fee, but they are offering a month for free Are offering home learning packs for each key stage to download</p>
<p>https://www.nhs.uk/10-minute-shake-up/shake-ups Some fun workouts that can be adapted to do at home.</p>

<p>Resources for Key Stage 2 See also general advice and information on</p> <ul style="list-style-type: none"> • Looking after Yourself • Organising a Planner • Games & Activities • Keeping safe online
<p>http://www.pobble365.com/ Daily picture prompts with questions, sentence work and story starters to stimulate writing.</p>
<p>The Literacy trust is working flat out on creating a comprehensive web portal built specifically for parents to help support children's learning at home www.literacytrust.org.uk</p>
<p>Oxford Owl for Home https://www.oxfordowl.co.uk/for-home/ Lots of free resources for Primary age</p>
<p>http://en.childrenslibrary.org/ An International Children's Digital Library A library for the world's children. This site contains thousands of books in more than 60 languages.</p>

https://classroommagazines.scholastic.com/support/learnathome.html
Scholastic Free audiobooks for children www.scholastic.com
www.storyNory.com This site offers free audio downloads of classic fairy tales, world fairy tales, fables, 1001 nights and more
https://www.phonicsplay.co.uk/ Free to use during this self isolation period. Games and learning for all phonics phases.
https://www.getepic.com/ US site but 30 day trial for free ebooks.
Prodigy Maths https://www.prodigygame.com/ Is in U.S. grades, but good for UK Primary age.
https://www.bing.com/search?q=lego+challenges+for+kids&form=EDGEAR&q=AS&cvid=b0d62098deaa41c982193e04ef9cda48&cc=GB&setlang=en-US&DAF0=1 Fun Lego® challenges! All ages
Michael Rosen tells stories & poems https://www.youtube.com/MichaelRosenOfficial one for everyone to enjoy!
Blue Peter Badges https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badge If you have a stamp and a nearby post box.
The Artful Parent https://www.facebook.com/artfulparent/ Good, free art activities
BBC Learning https://www.bbc.co.uk/bitesize This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer. The BBC is also announcing a daily education show for the key stages and year groups on IPlayer, expanding BBC Bitesize, educational podcasts etc.
British Council https://www.britishcouncil.org/school-resources/find Resources for English language learning
Twinkl https://www.twinkl.co.uk This is more for printouts, and usually at a fee, but they are offering a month for free Are offering home learning packs for each key stage to download
https://www.nhs.uk/10-minute-shake-up/shake-ups Some fun workouts that can be adapted to do at home.
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours A virtual tour of museums
DK Find Out https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAknmpaxqZbkquD49I71ep8-sjXmrac Activities and quizzes.
Geography Games https://world-geography-games.com/world.html
National Geographic Kids https://www.natgeokids.com/uk/ Activities and quizzes
Tinkercad https://www.tinkercad.com/ All kinds of making.

Nature Detectives https://naturedetectives.woodlandtrust.org.uk/naturedetectives/ A lot of these can be done in a garden, or if you can get to a remote forest location!
Paw Print Badges https://www.pawprintbadges.co.uk Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional
https://switchzoo.com/
https://www.brainpop.com/
https://www.typingclub.com/ Learn to touch type
Mystery Science https://mysteryscience.com Free science lessons
Crash Course Kids https://m.youtube.com/user/crashcoursekids As above for a younger audience

Resources for Key Stage 3 and above See also general advice and information on <ul style="list-style-type: none"> • Looking after Yourself • Organising a Planner • Games & Activities • Keeping safe online
The Literacy trust is working flat out on creating a comprehensive web portal built specifically for parents to help support children's learning at home www.literacytrust.org.uk
BBC Learning http://www.bbc.co.uk/learning/coursesearch/ This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
British Council https://www.britishcouncil.org/school-resources/find Resources for English language learning
https://etc.usf.edu/lit2go/ Is packed with hundreds of free audiobooks, but many of the books and poems have free PDFs to download and print so that children can read along, highlight, and mark up the passage being read
Khan Academy https://www.khanacademy.org Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.
Blockly https://blockly.games Learn computer programming skills - fun and free.
Scratch https://scratch.mit.edu/explore/projects/games/ Creative computer programming
Ted Ed https://ed.ted.com All sorts of engaging educational videos
Duolingo https://www.duolingo.com Learn languages for free. Web or app.
https://www.typingclub.com/ Learn to touch type
Crash Course https://thecrashcourse.com

You Tube videos on many subjects
The Kids Should See This https://thekidshouldseethis.com Wide range of cool educational videos
Crest Awards https://www.crestawards.org Science awards you can complete from home
iDEA Awards https://idea.org.uk Digital enterprise award scheme you can complete online.
Geography Games https://world-geography-games.com/world.html Geography gaming!
Big History Project https://www.bighistoryproject.com/home Aimed at Secondary age. Multi disciplinary activities.
https://www.brainpop.com/
https://classroommagazines.scholastic.com/support/learnathome.html
Pretend to travel the world and go on a virtual tour of 12 famous museums: https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Futurelearn https://www.futurelearn.com Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
Seneca https://www.senecalearning.com For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material
Openlearn https://www.open.edu/openlearn/ Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Bristol Autism Team
Advice for parents/carers
NAS Link Coronavirus https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx
NAS Link Keeping Calm: Top tips on supporting distressed pupils https://nas-email.org.uk/YA3-6SMT4-D7QWS8PD6E/cr.aspx
Bristol's SEND Local Offer https://www.bristol.gov.uk/web/bristol-local-offer/coronavirus-covid-19-what-you-need-to-know
Practical and emotional support for children with ASC
ChildMind: Talking to Children https://childmind.org/article/talking-to-kids-about-the-coronavirus/
ELSA: Coronavirus Story for Children https://www.elsa-support.co.uk/coronavirus-story-for-children/
This lovely story is available in many different languages and has already been used to support many children from around the world: https://www.mindheart.co/descargables

Educational Resources
National Geographic Kids
Pretend to travel the world: go on a virtual tour of these 12 famous museums.
Scholastic has created a free learn-from-home site with 20+ days of learning and activities.
13 zoos that offer on-line streaming
USA free learning websites:
'Easy Peasy Home School curriculum (American but good!)
List of thinking games
Starfall (literacy)
ABCYA (literacy games)
Mighty Guy (literacy and maths games and activities)
Splash Learn (Maths activities)
Storyline Online (videos of stories being read aloud)
PBS Kids (various educational videos, and games)
Highlights Kids (online interactive children's magazine with activities, jokes, games and more)
Math Game Time
CoolMath4Kids
Unite for Literacy (free online information books suitable for EY and Primary age)
Literative (online fiction books suitable for EY and Primary age)
Science Kids (fun science and technology)
Switch Zoo (animal games and videos)
Dr Seuss's Word Challenge
Turtle Diary (various educational games)
e-Learning for kids (free digital education for children worldwide)
Visuals
Child Friendly explanation of Coronavirus https://www.tes.com/teaching-resource/child-friendly-explanation-of-coronavirus-by-manuela-molina-12267168
Photo Coronavirus Social Story – Carol Gray Coronavirus Carol Gray's photostory
Specific Resources to Sensory Impairment See also general advice and information on
<ul style="list-style-type: none"> • Looking after Yourself • Organising a Planner • Games & Activities • Keeping safe online
https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-sensory-and-physical-needs
Free resources and activities to download
https://www.positiveeye.co.uk/general-news/activity-shares-for-families-and-professionals-covid19/
Lots of helpful resources on links within this news letter
Generic Resources
Informative spreadsheet and directory of free resources updated regularly http://amazingeducationalresources.com/
https://www.helpkidzlearn.com/
See 'School closure update and free resources' 14 day trial for apps and specialist software