Covid-19 Emotional Well-being Toolkit

Information for children about corona virus:

Video by Newsround doctors answering questions from children about the Covid-19.

<https://www.bbc.co.uk/newsround/51861089>

A workbook to complete / read together with children up to 7 years which explains Covid-19. It is available on the website in many different languages.

<https://www.mindheart.co/descargables>

Looking after yourself as a parent:

The Good Thinking website developed by the Healthy London Partnership provides a range of useful guidance and online apps to support mental health and wellbeing. This resource is funded and endorsed by the NHS and is focused on supporting cognition, anxiety and low mood.

<https://www.good-thinking.uk>

The World Health Organisation (WHO) have created a list of mental health considerations during Covid-19 this can be accessed [here](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)

The mental health charity MIND have recently published advice and guidance about anxiety and mental health during the Covid-19 pandemic this can be accessed [here](https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf)

The British Psychological Society have also updated their website with a number of resources relating to Covid-19 which can be accessed [here](https://thepsychologist.bps.org.uk/coronavirus-psychological-perspectives)

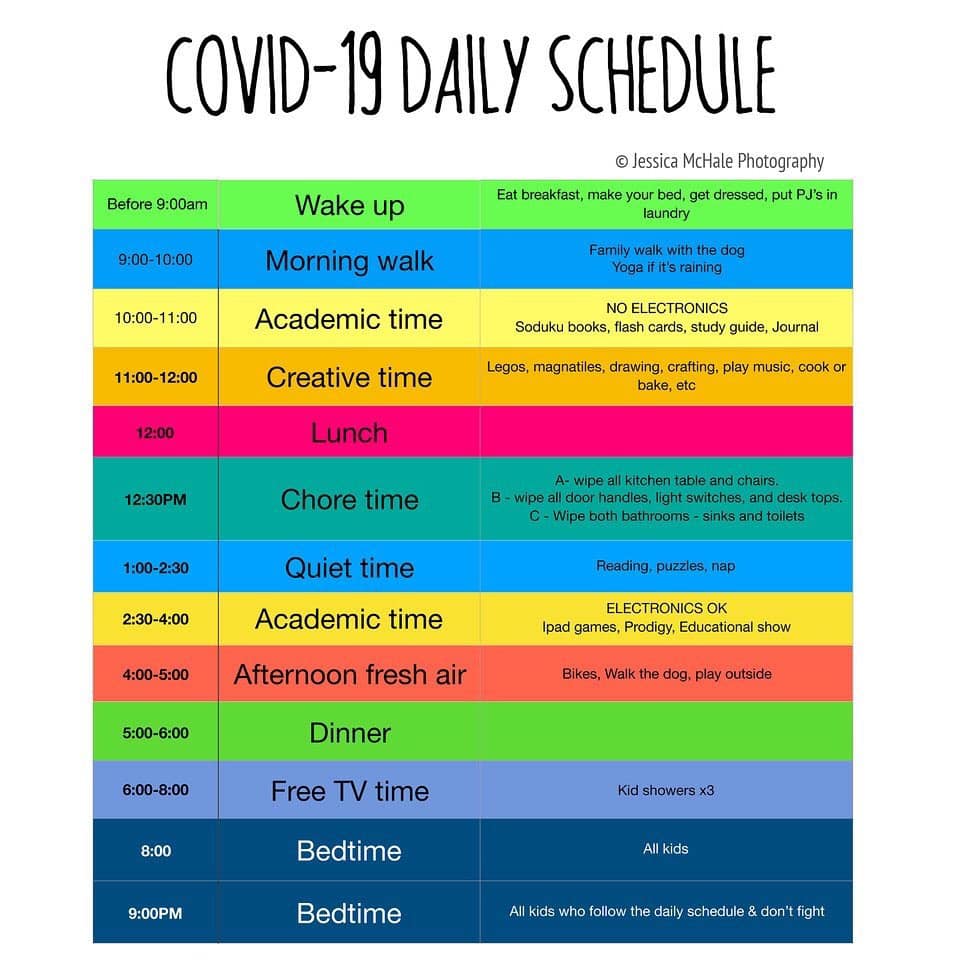
If you are working from home it is important to consider both your mental and physical health and wellbeing. Physical wellbeing including taking appropriate breaks and regularly moving is especially important. This website provides a desk-excise routine you can do to help your posture and wellness if you are indoors [here](https://www.healthline.com/health/deskercise)

Tips for being at home with your family:

* organise social get together on line. Virtual coffees and chat for adults and play dates for children. Apps such as “house party” let you video chat with up to 20 people at a time
* have a good list of Netflix, amazon prime and film recommendations to help pass the time and unwind in the evenings and at weekends
* have some relaxing hobbies / list of jobs you want to get done around the house; it will feel good to get one checked off every so often whilst you are at home
* if able do try and get outdoors for a walk or a run even for just a few minutes at least a couple of times a week this will help maintain your mood
* <https://www.cosmickids.com/>

online yoga and relaxation for all the family to do together

* If both parents are working from home negotiate a routine where you can share the child care responsibility throughout the day to allow you each to work during the day. Try shifts in 2 hour stints or morning / afternoon sessions where you swap roles working or parenting.
* Try to keep some sort of routine to keep weekdays feeling different to weekends- you might consider a routine like this for your weekdays:



Things to do with your children at home:



Educational resources for children:

Many of these links have been tested but not all but they do come from reliable sources. There are lots of free on line resources you can access which will enable you to support your child’s education whilst at home and also help provide structure and variety in your day. Do remember to spend some time away from computers and screens during each day! Many of these links will give you ideas and resources to do away from the computer with your children.

GENERAL

\*Scholastic has created a free learn-from-home site with 20+ days of learning and activities.

<https://classroommagazines.scholastic.com/support/learnathome.html>

\*This is the awesome free curriculum that we use. Everything from preschool activities to 12th grade is here!

<https://allinonehomeschool.com/>

\*List of thinking games by grade:

<https://allinonehomeschool.com/thinking>

Lots of learning and crafts / resources with Dr Seuss character

<https://www.seussville.com/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://www.turtlediary.com/>

<https://www.e-learningforkids.org>

<http://www.sheppardsoftware.com/>

<https://www.primarygames.com/>

<https://www.bbc.co.uk/bitesize/collections/primary-games/1>

<https://www.education.com/games/>

<https://www.learninggamesforkids.com/>

<https://pbskids.org/games/>

<https://mrnussbaum.com/>

<https://kids.nationalgeographic.com/games/>

<https://www.poptropica.com/>

<https://www.funbrain.com/>

Oxford Owl for Home

[www.oxfordowl.co.uk/for-home/](http://www.oxfordowl.co.uk/for-home/)

Lots of free resources for Primary age

ENGLISH

<https://www.spellingcity.com/spelling-games-vocabulary-games.html>

<http://www.funenglishgames.com>

<https://pbskids.org/wordgirl/games/>

<https://www.gamestolearnenglish.com>

<https://www.hello-world.com/languages.php/?language=English>

pre school and reception years

<http://www.literactive.com/Home/index.asp>

on line short books

<https://www.uniteforliteracy.com/>

Reading aids for younger children

<https://www.starfall.com/h/>

MATHS

<https://www.topmarks.co.uk/maths-games>

<https://pbskids.org/games/math/>

<https://nrich.maths.org/>

<https://www.mathplayground.com/math-games.html>

<https://mathpickle.com/>

<https://www.coolmath4kids.com/>

<http://www.mathgametime.com/>

Prodigy Maths

[www.prodigygame.com](http://www.prodigygame.com)

Is in U.S. grades, but good for UK Primary age.

SCIENCE

<https://littlebinsforlittlehands.com/science-experiments-and-activities/>

<https://www.steamsational.com/science-experiments-for-kids/>

<https://www.turtlediary.com/games/science.html>

<http://www.sheppardsoftware.com/science.htm>

<https://www.learn4good.com/games/scienceforkids2.htm>

<http://www.sciencekids.co.nz/>

<https://www.switchzoo.com/>

Mystery Science

<https://mysteryscience.com/>

Free science lessons

Crest Awards

[www.crestawards.org](http://www.crestawards.org)

Science awards you can complete from home.

Academy

[www.khanacademy.org](http://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.

Futurelearn

[www.futurelearn.com](http://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

[www.senecalearning.com](http://www.senecalearning.com)

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

[www.open.edu/openlearn/](http://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.

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

Big History Project

[www.bighistoryproject.com/home](http://www.bighistoryproject.com/home)

Aimed at Secondary age. Multi disciplinary activities.

National Geographic Kids

[www.natgeokids.com/uk/](http://www.natgeokids.com/uk/)

Activities and quizzes for younger kids.

Duolingo

[www.duolingo.com](http://www.duolingo.com)

Learn languages for free. Web or app.

The Kids Should See This

<https://thekidshouldseethis.com/>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com/>

You Tube videos on many subjects

Crash Course Kids

<https://www.youtube.com/user/crashcoursekids?app=desktop>

As above for a younger audience

iDEA Awards

<https://idea.org.uk/>

Digital enterprise award scheme you can complete online.

Paw Print Badges

[www.pawprintbadges.co.uk](http://www.pawprintbadges.co.uk)

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

[www.tinkercad.com](http://www.tinkercad.com)

All kinds of making.

Cbeebies Radio

[www.bbc.co.uk/cbeebies/radio](http://www.bbc.co.uk/cbeebies/radio)

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

[www.britishcouncil.org/school-resources/find](http://www.britishcouncil.org/school-resources/find)

Resources for English language learning

BBC Learning

[www.bbc.co.uk/learning/coursesearch/](http://www.bbc.co.uk/learning/coursesearch/)

This site is old and 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.

Geography Games

<https://world-geography-games.com/world.html>

Blue Peter Badges

[www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges](http://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges)

If you have a stamp and a nearby post box.

Arts and Crafts Ideas

The Artful Parent

[www.facebook.com/artfulparent/](http://www.facebook.com/artfulparent/)

Good, free art activities

Red Ted Art

[www.redtedart.com](http://www.redtedart.com)

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com/>

Creative art and craft activities for the very youngest.

Toy Theatre

<http://toytheater.com/>

educational games for younger children

DK Find Out

[www.dkfindout.com/uk](http://www.dkfindout.com/uk)

Activities and quizzes

Twinkl

[www.twinkl.co.uk](http://www.twinkl.co.uk)

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures

Culture

Wind in the Willows west end production – on line streaming

<https://www.whatsonstage.com/london-theatre/news/wind-in-the-willows-coronavirus-stream-free_51205.html?utm_source=facebook&utm_medium=email&utm_campaign=17march2020>

Pretend to travel the world. Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Other Online resources:

- BrainPop

- Curiosity Stream

- Tynker

- Outschool

- Udemy

- iReady

- Beast Academy (Math)

- Creative Bug

- Discovery Education

YouTube Channels:

- Crash Course Kids

- Science Channel

- SciShow Kids

- National Geographic Kids

- Free School

- Geography Focus

- TheBrainScoop

- SciShow

- Kids Learning Tube

- Geeek Gurl Diaries

- Mike Likes Science

- Science Max

- SoulPancake

Do enjoy your time at home together