

Educating at home:

A grab pack of resources for parents / carers.

Psychology and Wellbeing Service

May 2020

Many schools will be setting their own learning programmes, and advice will be set from various agencies regarding how to talk with children and young people about mental health and wellbeing related subjects. If you are a parent/carer supporting the education of your child/children at home and are looking for additional ideas to keep them meaningfully occupied then this list might help:

Resources for home educating

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. A personalised learning resource for all.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

There is so much available, from language learning to BBC Bitesize for revision. No TV license required except for content on BBC iplayer. A variety of subjects taught from primary age to 16+. Daily lessons provided and recently updated.

BBC

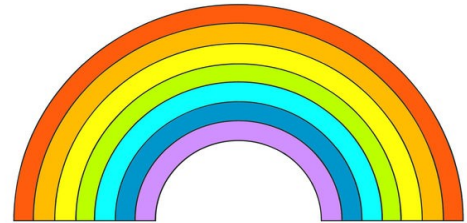
<https://www.bbc.co.uk/teach>

The BBC have launched a campaign to support home learning, including 'live lessons' and lots of useful links for learning resources. Good for primary and secondary.

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). From short courses to micro credentials and programs to online degrees in business management, healthcare and medicine, teaching and much more.



During this unique time we are all considering the changes we need to make to keep ourselves and our families safe. Check out our range of wellbeing grab packs online, offering helpful tips on a range of subjects including the importance of sleep, parenting children with ADHD, wellbeing for children and many more.

In this grab pack:

- Resources for home educating
- Other resources for younger children
- Other resources for older children and young people
- Support for children and young people with autism / social communication difficulties
- Helpful resources for talking to children about Coronavirus
- Support for Parents / Carers
- Well-being and mindfulness activities
- Useful Google podcasts
- Bereavement / loss
- Transition

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material. From KS3 up to and including A-level including a variety of subjects and exam boards.

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. Free courses and articles across many subjects of which anyone can access but aimed at adults.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free. Series of educational games that teach programming. Designed for children who have not had prior experience with computer programming.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming. Creates stories, games and animations. It helps young people learn to think creatively, reason systemically and work collaboratively. For ages 8 – 16, but is used by people of all ages.

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos. TED-Ed's mission is to spark the curiosity of learners around the world.

National Geographic Kids

<https://www.natgeokids.com/uk/>

Features educational games, videos and other activities, centred mostly on animals and the natural world.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app. Learn 30+ languages online.

Mystery Science

<https://mysteryscience.com>

Free science lessons. Offers open-and-go lessons that inspire kids to love science.

The Kids Should See This

<https://thekidshouldseethis.com>

'Smart videos for curious minds of all ages'. This website contains links to videos covering a wide range of categories such as: science, technology, space, food, music and mindfulness.

Crash Course

<https://thecrashcourse.com>

This website contains links to YouTube videos that give short explanatory lectures in a fun and quirky style. US based presenters and topics that support US high school curriculum – will be of general interest to UK secondary school age.

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above but more suited to primary school age.

Crest Awards

<https://www.crestawards.org>

Crest is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering and maths). Projects and awards are categorized into age groups from 5-19 years.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online. Aimed at secondary school students, this programme helps develop digital, enterprise and employability skills for free.

Paw Print Badges

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

Mainly aimed at younger children, a variety of challenges under themes such as mindfulness, art and science. Challenge packs and other downloads are free and many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

A free online collection of software tools to support creating, designing and making. Suitable for all ages.

Prodigy Maths

<https://www.prodigygame.com>

A collection of maths games in U.S. grades, but good for UK Primary age.

Cbeebies Radio

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

Listening activities for the younger ones.

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free learning resources and advice to support home learning for Primary aged children under the categories of Reading, English and Maths.

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at secondary age. Multi-disciplinary activities. American website with a mainly American history focus however free registration and some generic content that may interest secondary aged children.

Geography Games

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

Geography gaming! An American website but with clearly identified age specific content and some fun games that can be used to test World Geography Knowledge.

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

UK website that sets children challenges to help children earn Blue Peter badges. They can earn a number of different badges ranging from music to sport as well as different colour badges depending on what tasks they have completed.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities. This is the Facebook page that can link you in to her blog at <https://artfulparent.com/> in which you can sign up and register for free to get weekly emails to your inbox. Some good fun ideas for younger children.

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones. Website aimed at preschool and early years children but easy to navigate and free printable resources with many great ideas for arts and crafts using household items.

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest. Excellent resource for parents with children from baby to reception age. Website is produced by a mum of 4 and also an Early Years teacher with clear and easy to follow ideas.

Toy Theater

<https://toytheater.com/>

Educational online games. American website with a number of fun educational games. Links to lesson plans for each showing teaching points aimed at throughout the games.

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmpaxqZbkgudD49I71ep8-sjXmrac>

Activities and quizzes. An excellent research website in which pupils can search, learn and explore across a number of subjects to help in any schoolwork or homework they may have been set.

Twinkl

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

Usually subscription based but, at the moment, free resource with an easy to navigate and huge amount of downloadable printouts covering each area of the curriculum across all the key stages. Also has date themes for upcoming important celebrations and is updated regularly.

Virtual tours

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

Virtual tours of some of the world's best museums. An interesting website for parents and children alike as it provides links to all of the major museums in the world ranging from the British Museum to the Guggenheim which have all opened their doors to the public in the comfort of their own homes. Powered by Google.

Mr Bruff

<https://www.youtube.com/user/mrbruff>

Aimed at GCSE students studying AQA English Language and Literature.

Free Science lessons

<https://youtu.be/vw6Ww-N1ZFg>

Aimed at Science GCSE students – run by an experienced Science teacher who aims to provide short factual videos covering a wide variety of topics.

DfE: Coronavirus (COVID 19): list of online education resources for home education

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

A vast document containing many useful links.

Support for children and young people with autism / social communication difficulties

This website contains useful information on written conversations:

<https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

This website has a good social story to help younger children understand more about the coronavirus, (please note copyright at the bottom of the page): <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

And this site has a social story written by Carol Gray who created and devised the original Social Stories™ and which might appeal to older students: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf> School Closure – Social Story See Appendix 6- can be adapted to suit other changes if not school related.

Other resources for younger children (Please click on the links below)

[5 days of Happiness for Children](#)

[Star breathing techniques](#)

[Kids Yoga](#)

[Just dance- dance clips for children](#)

[cbeebies](#)

[Stories and drama](#)

[Games](#)

[For movement and mindfulness](#)

[Fun educational games for kids aged 3-11](#)

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

-A short book about Coronavirus for children under 7

Other resources for older children and young people (Please click on the links below)

[5 Day Happiness Challenge for older children](#)

Meaningful May - <https://www.actionforhappiness.org/meaningful-may>

[For movement and mindfulness](#)

Newsround video- <https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjpx6YqoetuZ1tP16y7wMjUR6uwigWyhRmf0aFTrAs> - Drs Chris and Xand explain what's happening

www.kooth.com

www.youngminds.org.uk

www.keep-your-head.com

Support for Parents/Carers (Please click on the links below)

[How to talk to children about the Corona Virus.](#)

[Managing our Mental Health & Staying Well during a Virus
Outbreak](#)

[ELSA 14 day self-isolation fun activities](#)

Meaningful May - <https://www.actionforhappiness.org/meaningful-may>

[Supporting Kids during the COVID-19](#)

Family Action

Telephone: 0808 802 6666

Text message: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The Family Line service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Family Lives (previously Parentline)

Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Gingerbread

Single Parent Helpline: 0808 802 0925

gingerbread.org.uk

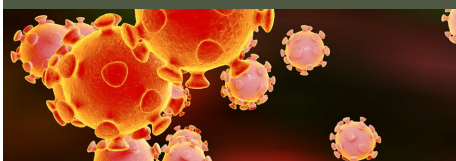
One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

Grandparents Plus

Call: 0300 123 7015

grandparentsplus.org.uk

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.



Helpful resources for talking to children about Coronavirus

Resources for children and young people with additional needs:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.mencap.org.uk/advice-and-support/health/coronavirus> - contains a link to the most up to date version of their "Easy Read" for young people and adults with learning difficulties

**Useful Google podcasts
(On App)
Mindfulness for Children**

Making friends with yourself

<https://podcasts.google.com/?feed=aHR0cHM6Ly9mZWVkc3Y5dXp6c3Byb3V0LmNvbS8xMDEyMjMxLnJzcw%3D%3D>

Popping Worry Bubbles:

<https://podcasts.google.com/?feed=aHR0cHM6Ly9mZWVkc3Y5aW1wbGVjYXN0LmNvbS9mVE0zX0hJMA%3D%3D&episode=YjkyNTM0TEtMWE5Zi00ZmQyLTgzY2MtZWNmYWJIMWNiNjgy>

Talking about Corona Virus:

<https://podcasts.google.com/?feed=aHR0cHM6Ly9mZWVkc3Y5aW1wbGVjYXN0LmNvbS9mVE0zX0hJMA%3D%3D&episode=ZTg1ZDI1NTQtOTNkNk00MDJiLTgxMjQ3YTYwNTM0ZGZiZWFi>

Minions: Bedtime Story:

<https://podcasts.google.com/?feed=aHR0cHM6Ly93d3cuc3ByZWFrZXluY29tL3Nob3cvMzU0NTA1NC9lcGlzb2Rlcy9mZWVkc3Y5aW1wbGVjYXN0LmNvbS9mVE0zX0hJMA%3D%3D&episode=aHR0cHM6Ly9hcGkuc3ByZWFrZXluY29tL2VwaXNvZGUvMjQyMjg0OTE%3D>

Positive thoughts with Bella:

<https://podcasts.google.com/?feed=aHR0cHM6Ly9hbmNob3luZm0vcy83YWM4MWFjL3BvZGNhc3QvcnNz&episode=NjU4NGJiMjE0YjZiNy1lMGY3LTJkNWYtZWY5ZTBiNjMwZTVk>

Transition

Below are some websites with good resources for students transitioning to a secondary school.

<https://www.mentalhealth.org.uk/sites/default/files/moving-on-top-tips-for-pupils.pdf>

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

N.B. Please note that whilst the above resources and links might be useful to you, their presence in this grab pack does not act as a recommendation. We would still suggest that you explore the link/resource before using, to assess its suitability for your needs.

Well-being and mindfulness activities

(please click on the links below)

[Jersey's very own Stay Home Gorillas! Design your own Gorilla to display in your window at home.](#)

[30 different prompts to do something throughout April. This will help to keep your child busy and also to help their wellbeing.](#)

[Why not try a 7 day Family Gratitude Challenge?](#)

[Zentangling! This is a resource for children to have a go at tangling \(doodling\). It is a fab activity to do and brings a real sense of mindfulness.](#)

[How about a Mindfulness Rainbow Walk. Be here now and notice the colours around you! Go for a walk with your children and notice the colours. They can note things they see in each colour of the rainbow.](#)

[Many children absolutely love doing challenges. This is a Mindfulness one. It only takes 5 days!](#)

Bereavement / loss

UK Resources

Jeremiahs Journey – support for children, young people and their families when they are facing grief: www.jeremiahsjourney.org.uk

Young minds – advice and mental health support www.youngminds.org.uk

Kooth – free counselling and support - www.kooth.com

4 mental health – new resource to help you find ways to feel a bit calmer and for ideas to help you cope - www.learn.4mentalhealth.com

Jersey resources

www.jerseyhospicecare.com – community bereavement service

www.cab.org.je - Citizens advice