



A Guide for Home Learning to Support Carers & Families

This is a guide to help and support, if for any reason your child has to stay at home for a period of time. This is only a guide and not a manual. You should always consider your child's needs and any medical or health conditions they have before you do any activity or make any plans. This is intended for parents/carers to use. It includes ideas and activities for learning and well-being. It also includes some resources that may be helpful if you want to talk to your child about Coronavirus and are not sure where to start.

It is important not to worry about academic progress at this point. All our children are in the same boat and when we do get back into the classroom, teachers will be able to address their needs from wherever they are. Children's mental health is going to be more important than academic skills. How they felt during this time will stay with them long after the memory of what they did.

This guide has some ideas for less formal activities and experiences as well as resources for supporting schoolwork. This is to support you and help keep your child's mind working and active.

Your child's school will also have provided you with online resources or learning packs. Most schools will have staff able to email updates and communicate regularly with families during this time.

Reminder to keep your children at home and not let them play outside with friends.

Check your school's website for more information.

Enjoy learning and make the most of opportunities to learn important skills for life. Remember that school don't expect you to be a teacher. If you are not confident or unsure – ask your child's school for help or contact the Virtual School for advice.

Please consider any other current Government public health advice also.

There are numerous links in this guide to agencies and organisations who provide information and resources. We are not able to validate these or guarantee they will be there forever. As always, please check the resources to ensure that they are appropriate for the age and maturity of your child and read the terms and conditions of any free trials that you sign up to. We accept no liability or responsibility for your use of these.

Helping Children To Learn

It is very helpful for children to have structure and routine. It is good for supporting and developing a healthy mind and body.

Helpful Hints & Advice

- Make a timetable or daily plan
- Make it flexible and adaptable
- Make it suit your child's needs
- Make it visual and adapt as necessary
- Set some structure and routine, put in things you all enjoy and offer choices
- Think about some quiet times or independent reading
- Think about your space and resources at home
- Keep to good bedtime routines, sleep is very important
- Put in some daily physical activities
- Make sure you do as much movement as possible (check out the healthy body section)
- If you can, go out and use the garden
- Think about daily household tasks you can include such as cooking
- Make sure you put in plenty of fun and games
- Think about some projects or bigger tasks or challenges you can set
- Make sure your plan is achievable for your child, don't plan too much
- If some things don't work out change it
- Think about what your child needs – more or less structure, more or less instruction and direction, more free flow ?
- You don't want or need to create battles or issues at home. Use this time to invest in interests, hobbies and talents
- Get creative and use what you have to make something amazing
- Use music and dance to keep physically active and entertained
- Think creatively about how you use technology and everyday household items
- Make sure you do get plenty of fresh air and exercise, best that you can...
- Enjoy reading - Just a little bit of daily reading can boost a child's vocabulary, decoding and understanding of the text.
- 10 minutes a day makes a huge difference.
- Fiction or fact books are both great

An Example of a Learning Day

Time	Potential Learning/Activity
7.30am	Breakfast/Free time
8.30am	Reading
9.00am	On-line learning – subject/topic focus
10.00am	Practice hand writing, do some times tables, talk about the book the child is reading
10.30am	Break – perhaps time in the garden
11.00am	Set challenge – Examples - make a bridge from cardboard or Lego that can hold the weight of 5 books
12.30pm	Lunch - food and free time, board games, sending messages to friends
1.30pm	Research topic ? Find out about... Research and record the findings, can this be made into an information booklet

2.30pm	Write up journal, scrap book or diary
3.00pm	Creative challenge – working on arts focus

There are a range of learning activities that can be added, with each day looking slightly different in content. Try to remember to include opportunities for reflection and discussion.

E-safety Guidance

Please ensure that you follow guidance on supporting children’s safe use of the Internet:

- Have regular conversations with your children about their online activities;
- Make use of the wealth of online resources to stimulate those conversations and remind children of how they can keep themselves safe;
- If you haven’t yet done so, consider setting up a home/family agreement relating to children’s online activities;
- Ensure parental controls are applied where appropriate – your Internet Service Provider (eg BT, Virgin Media, Sky) should provide parental controls;
- Be aware that gaming devices and mobile phones can also access the internet;
- Share any concerns you have with the child’s social worker, school or Virtual School as appropriate.

Links to resources on e-safety are provided in this guide.

Physical Resources to Support Learning

Paper, pens, pencil, eraser, crayons, glue stick, ruler, calculator, craft scissors ...

Online Resources

Academic Learning

National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.

Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.

Mystery Science <https://mysteryscience.com> Free science lessons

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://m.youtube.com/user/crashcoursekids> As above for a younger audience

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.

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.

Tinkercad <https://www.tinkercad.com> All kinds of making.

Method Maths www.methodmaths.info

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.

BBC Learning <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.

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.

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>

BBC Bitesize A good starting point to look at national curriculum learning for primary & secondary ages <https://www.bbc.co.uk/bitesize>

Virtual Learning – Museums <https://www.insider.com/museum-theme-parks-offer-virtual-tours-for-social-distancing-2020-3#several-exhibits-in-the-national-history-in-washington-dc-can-be-toured-virtually-11>

Earthcam <https://www.earthcam.com> Resources/links for younger children -early years/primary

Cbeebies Radio KS1 and Early Years <https://www.bbc.co.uk/cbeebies/radio>
Listening activities

Cbeebies Early Years <https://www.bbc.co.uk/cbeebies>
Lots of fun games to play, songs to sing, stories to listen to – linked to children's favourite TV characters/programmes

The Imagination Tree Early Years <https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Hungry Little Minds Early Years <https://hungrylittleminds.campaign.gov.uk/>

Supported by the DfE – activities for parents/carers to engage in with children Birth to five years old. Includes electronic links to a variety of other EY online resources.

Five Minute Mum's Early Years <https://fiveminutemum.com/>

Lots of fun ideas. Provides an outline of how parents/carers could structure their day. In addition, she is planning to provide a video a day on what games to play.

Teach your Monster to Read Early Years

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

Phonics' and early reading. Free to register. Promoted and used by Oxfordshire schools

Instagram Early Years @oliverjeffers – he is going to read a story every night at 6pm

Scratch Primary <https://scratch.mit.edu/explore/projects/games/> Creative computer programming

Ted Ed Primary <https://ed.ted.com> All sorts of engaging educational videos

National Geographic Kids Primary

<https://www.natgeokids.com/uk/> Activities and quizzes for younger kids

Crash Course Kids Primary

<https://m.youtube.com/user/crashcoursekids> Twice weekly short science videos-cartoons.

iDEA Awards Primary

<https://idea.org.uk> Digital enterprise award scheme you can complete online.

<https://blockly.games> Learn computer programming skills - fun and free.

Crash Course Kids Primary <https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Paw Print Badges Primary

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

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

Oxford Owl for Home Primary and Reception <https://www.oxfordowl.co.uk/for-home/> Lots of free resources

<https://dogonalogbooks.com/printables/> Books for struggling readers- downloadable

Mystery Science Primary <https://mysteryscience.com> Free science lessons

<https://www.cricksoft.com/us/clicker/clicker-at-home> Clicker software-image based reading and writing programme -good for emerging to struggling writers. Free during school closures.

Arts & Discovery

Nature Detectives <https://naturedetectives.woodlandtrust.org.uk/naturedetect.../> A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council <https://www.britishcouncil.org/schoolresources/find> Resources for English language learning

Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> Lots of free resources for Primary age

Big History Project <https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi disciplinary activities.

Geography Games <https://world-geography-games.com/world.html> Geography gaming!

Blue Peter Badges <https://www.bbc.co.uk/cbbc/joinin/about-bluepeter-badges> If you have a stamp and a nearby post box.

The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities

Red Ted Art <https://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 Theater <https://toytheater.com/> Educational online games

Prodigy Maths <https://www.prodigygame.com> Is 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.

DK Find Out <https://www.dkfindout.com/uk/...> Activities and quizzes

Twinkl <https://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.

ICT Games <https://www.ictgames.com/>

The Ultimate List of Sensory Activities for Kids

<https://merakimother.com/ultimate-list-sensoryactivities-kids/>

Sources of ideas, inspiration and resources...

<https://www.twinkl.co.uk/resources/parents/extra-subjects-parents/activities-crafts-parents>

<https://www.happinessishomemade.net/quickeasy-kids-crafts-anyone-can-make/>

<https://www.thebestideasforkids.com/craft-ideas-for-kids/>

Support for Health & Emotional Well-Being

Action for Happiness 10 keys to happiness <https://www.actionforhappiness.org/10-keys>

Young Minds Resources and ideas around supporting good mental health
<https://youngminds.org.uk/resources/>

Mind Mental Health Charity <https://www.mind.org.uk/information-support/for-children-and-young-people/>

Place2be <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://www.bbc.co.uk/newsround/51342366>

<https://www.brainpop.com/health/diseases-injuries-and-conditions/coronavirus/>

<https://littlepuddins.ie/coronavirus-social-story/>

<https://campaignresources.phe.gov.uk/schools>

<https://www.tes.com/articles/emotional-wellbeing-teaching-resources>

<https://www.healios.org.uk/services/thinkninja1> Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.

<https://educationdesty.com/blog/> (DESTY Island Emotional Resilience Programme. – see resources section)

<https://www.oxfordhealth.nhs.uk/camhs/resources/>

<https://whenthe-tension-goes.com/>

<https://youngminds.org.uk/resources/>

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

<https://www.annafreud.org/what-we-do/annafreud-learning-network/coronavirus/>

<https://thecounselingteacher.com/> Ideas to Support Social and Emotional Well-being

National Autistic Society

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

<https://theteacherist.com/2020/03/17/resource-pupil-wellbeing/> Over 30 links to story books that help with emotional well-being. Free to download.

PE with Joe Wicks [#PEwithJOE](#) 9am every morning for 30 minutes live on YouTube. Free PE class for children of all ages- can follow in the living room!

<https://www.twinkl.co.uk/resources/daily-routine/indoor-play-activities/wet-play-colouringsheets>

Colouring sheets

<https://www.elsa-support.co.uk/category/free-resources/> Free downloadable resources of all kinds -helpful for pupils anxious about being off school.

<https://www.justcolor.net/> Free printable colouring sheets for relaxation

<http://www.freemindfulness.org/> Free to download meditation exercises

e-Safety Guidance and Resources

www.dudleysafeandsound.org/onlinesafety Provided by Dudley's Community Safety Partnership, a range of safety resources including links to community based organisations.

www.childnet.com/ A comprehensive range of learning resources and activities all age groups.

Family/home Internet Agreement <https://www.childnet.com/resources/family-agreement> Includes lists of what to consider when setting up an agreement and examples.

www.getsafeonline.org Advice and guidance for adults and children on all aspects of online activity.

BBC- Own It Encourages constructive and positive use of the internet as well as advice on what to do if things go wrong. Includes challenges and activities for young people and simple guidance for adults.

www.saferinternet.org.uk/ Website of the UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> Advice on e-safety from the NSPCC for parents and carers – includes a free advice line.

<http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online> Tips for children on staying safe online and what to do if things go wrong.

<https://www.internetmatters.org/> Technical advice and resources for parents/carers and children when accessing the internet. Includes guidance on [setting up parental controls](#) on a range of devices and systems.

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

Resources for children of all ages, parents/carers and other professionals. Includes free downloadable resources.

<http://www.nspcc.org.uk/shareaware/> NSPCC advice and resources around children's use of social networking media

<http://www.net-aware.org.uk/> NSPCC guide to social networking apps.

www.net-smartzkids.org Videos, games and activities for primary age children

www.digizen.org Information for parents/carers and young people about the responsibilities of being a digital citizen. Includes advice and resources on issues such as social networking and cyberbullying.