



INFORMATION TO HELP FAMILIES DURING THE LOCKDOWN



CONTENTS:

Talking to your child and supporting them during the Coronavirus lockdown

Mental Health Support

Keeping you and your child active and occupied

**Educational Ideas, Apps and Resources for Children with Additional Needs,
Maths, English & Other Subjects**

Educational Apps

Other Useful Websites

Ideas from Other Families

TALKING TO YOUR CHILD AND SUPPORTING THEM DURING THE CORONAVIRUS LOCKDOWN



Love Autism have produced this booklet to help support your child with learning difficulties / ASD during the COVID 19 lockdown

<https://www.facebook.com/LoveAutismUK/photos/rpp.1265597736918997/2112171485594947/?type=3&theater>

Social Stories written by Carol Gray and Dr Siobhan Timmins

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

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf>

SNAP Charity Family Guide Booklet for Children with Special Needs

<https://www.snapcharity.org/coronavirus-family-guide/>

Smiling Mind

<https://www.smilingmind.com.au/>

Government Advice - supporting children during Covid-19:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

(Please also read the beautiful poem at the end of this information sheet)

MENTAL HEALTH SUPPORT



Young Minds – Coronavirus Advice and Mental Health Support

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

UNICEF

<https://www.unicef.org/coronavirus/covid-19>

Child Mind

<https://childmind.org/>

“Growing an In-Sync Child” Facebook page - 9 Mental Health Activities to do with Your Child

https://www.facebook.com/search/top/?q=growing%20an%20in-sync%20child&epa=SEARCH_BOX

Relate – parent helpline and online counselling

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information>

MIND

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Health in Mind

<https://www.northessexiapt.nhs.uk/north-east-essex>

Anxiety UK – free available resources

<https://www.anxietyuk.org.uk/product-category/free-resources/>

Young Sibs – National Charity which supports brothers and sisters of children and adults who are disabled, have special needs or a serious long-term health condition

<https://www.youngsibs.org.uk/>

Zero to Three

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Advice for parents to support their children during coronavirus

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

KOOTH (young people's online mental health support)

www.kooth.com

Government Advice

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

NHS guidance

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

KEEPING YOU and YOUR CHILD ACTIVE AND OCCUPIED



Aspire Therapy: Occupational Therapy - videos and ideas to help manage your child's sensory needs during the current lockdown

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

Sensory Walk using chalks - Rebekah Hooper (O.T) Facebook page

https://www.facebook.com/search/top/?q=rebekah%20hooper&epa=SEARCH_BOX

Cosmic Kids Yoga

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

The Ballet Coach on Facebook– daily ballet lessons

<https://www.youtube.com/channel/UCjoXKtJLuyb6gAG3sQlyq0Q>

30-day Lego Challenge

<https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/>

Football coaching at home – suitable for indoors and outdoors

['Stay At Home Football Coaching'](#)

Dance with Darcey Bussell

[DDMIX](#)

Dance with Oti Mabuse

[Oti Mabuse \(@OtiMabuse\) | Twitter](#)

PE with Joe Wicks (Body Coach)

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

borntobeadventurous.com – 28 days of activities with Kids

<https://www.borntobeadventurous.com/2020/03/15/28-days-of-activities-for-kids-staying-sane-during-covid-19/>

100 things to do indoors

<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>

Ideas for indoor activities

<https://www.scouts.org.uk/the-great-indoors/>

Activities and advice Including suggested daily routine

<https://www.mrmcmakingmemories.com/school-closure-resources>

Home Start – activities for families whilst in self-isolation

<https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>

BBC Supermovers

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

Go Noodle – You Tube

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

NEWSROUND

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

EDUCATIONAL IDEAS, APPS & RESOURCES

CHILDREN WITH ADDITIONAL NEEDS (Also please refer to the “Talking to and Supporting Your Child” Section)

Find a list of 30 iPad apps for students with special needs:

www.educatorstechnology.com

MATHS / NUMERACY



Gareth Metcalfe daily maths lessons

<http://www.iseemaths.com/home-lessons/>

Carol Vorderman’s Maths Factor

<http://themathsfactor.com>

Maths Genie

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

White Rose Maths

<https://whiterosemaths.com/>

ENGLISH / LITERACY



English David Walliams

www.worldofdavidwilliams.com

Harry Potter at Home

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Audible - streaming hundreds of books for free

<https://stories.audible.com/start-listen>

Storyline Online

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

Children's Bedtime Stories read by celebrities

[@savewithstories](#)

Scholastic – Classroom Magazines

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

Into the Book

<https://reading.ecb.org/>

EDUCATIONAL IDEAS, APPS & RESOURCES

MATHS and ENGLISH



Twinkl - free learning resources

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Mrs Macavity – free learning resources

www.mrsmacavity.co.uk/free-resources-2/

Topmarks

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

Cbeebies

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

BBC Teach

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

Scholastic UK – providing free resource packs for all primary school ages

<https://shop.scholastic.co.uk/homelearning>

Premier League Primary Stars

<https://plprimarystars.com/>

BBC Learning – BBC Bitesize

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

ICT games – for Literacy and Maths

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

Khan Academy

<https://www.khanacademy.org/>

ABC YA

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

Starfall

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

Seneca – GCSE and A level revision

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

Ted Ed – educational videos

<https://ed.ted.com/>

Home learning

<https://great-rollright.oxon.sch.uk/home-learning/home-learning-video-learning/>

EDUCATIONAL APPS



Phonics and Early Reading: - Free Websites and Apps

Phonics Play

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

Phonics Bloom

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

Letters and Sounds

<http://www.letters-and-sounds.com/>

Teach Your Monster to Read

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

Oxford Owl

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

Teach Handwriting

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

Vooks – Story Books Brought to Life

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

OTHER SUBJECTS (all children)

The Kids Should See This

<https://thekidshouldseethis.com/>

Fun Brain

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

Cooking with Jamie Oliver

Channel 4's Keep Cooking and Carry On

Theo Michael's Cookalong

<https://www.theocooks.com/kids-cookalong-live/>

Toy Theater – educational online games

<https://toytheater.com/>

DK Find Out – activities and quizzes

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

Music with Myleene Klass – Youtube

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

PBS Kids

<https://pbskids.org/>

Suessville

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

History with Dan Snow

<https://www.historyhit.com/podcasts/dan-snows-history-hit/>

Futurelearn

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

Science with Prof Brian Cox

<https://royalsociety.org/topics-policy/education-skills/teacher-resources-and-opportunities/brian-cox-experiments/>

Mystery Science

<https://mysteryscience.com/school-closure-planning>

Explorify for Science

<https://explorify.wellcome.ac.uk/>

Blockly – Computer programming

<https://blockly.games/>

Scratch – Creative computer programming

<https://scratch.mit.edu/>

Bee Bot App for Computing

<https://www.bee-bot.us/downloads.html>.

Nat Geo for Kids

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

Best online zoo tours and live streams

<https://www.leightonbuzzardonline.co.uk/read-this/these-are-best-online-zoo-tours-and-live-streams-you-can-watch-home-2520871>

Switcheroo Zoo

<https://switchzoo.com/>

Duolingo – learn a new language

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

Paw Print Badges

<https://pawprintfamily.com/>

Crash Course Kids

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

Highlights Kids

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

IDEA Awards & Crest Awards – Science awards you can complete at home

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

The Imagination Tree – creative art and craft activities

<https://theimaginationtree.com/>

OTHER USEFUL WEBSITES / HELPLINES



REFUGE – FREE TO CALL 24 HOURS A DAY - National Domestic Abuse Helpline -

0808 200 0247

<https://www.nationaldahelpline.org.uk/>

COMPASS – Essex Domestic Violence Support Helpline – 0330 333 7444

<https://www.essexcompass.org.uk/>

The MAZE Group

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

Family Lives – free helpline 0808 800 2222

<https://www.familylives.org.uk/>

Essex Local Offer

<http://www.essexlocaloffer.org.uk/>

Autistic Inclusive Meets Community Group AIM

<https://autisticinclusivemeets.org/>

Autism and ADHD Support

<https://www.autismandadhd.org/>

Evolve Events and Training - Seize the Opportunity of Home Quarantine Activities

<https://www.facebook.com/EvolveEventsAustralia/posts/update-due-to-an-overwhelming-response-we-have-not-managed-to-provide-the-pdf-to/1389289501256156/>

National Autistic Society

<https://www.autism.org.uk/>

Autism Anglia

<https://www.autism-anglia.org.uk/colchester>

The Essex Welfare Service - 0300 303 9988

<https://www.essexwelfareservice.org.uk/>

Contented Child – Nurture a Child's Wellbeing

<https://thecontentedchild.co.uk/>

ADHD Foundation

<https://www.adhdfoundation.org.uk/>

Childline

www.childline.org.uk

free virtual tours of museums, zoos landmarks

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

The O.T toolbox

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

The Children's Society

childrensociety.org.uk

Foodbank

trusselltrust.org

OTHER USEFUL NUMBERS

Social Care Hub - [0345 603 7627](tel:03456037627) Choose Option 2

The Crisis Line - [033 07261800](tel:03307261800)

Samaritans [116123](tel:116123)

Police Emergency [999](tel:999)

Police Non-Emergency [101](tel:101)

National Health Service Advice [111](tel:111)

IDEAS FROM OTHER FAMILIES



Write a diary

Start a project

Junk Modelling

Facebook local “lockdown” pages

Time Capsules

Growing Beanstalks

Mummy Monopoly – Using monopoly money as a rewards incentive

Running the daily mile (laps around the garden)

Scrap Booking with photos, schoolwork and newspaper clippings

Rewards in a Rainbow Jar – earn coins to go into the jar which will pay for a family day out when lockdown is over

Rainbow and teddy trails

Listening to Radio One as they are focusing on positive events throughout the lockdown

Buying a cheap table tennis set you can attach to a table indoors or out

A beautiful poem for children to understand what's going on during this challenging time

The Time We Spring-Cleaned the World by Louise Gribbons

The world it got so busy,
There were people all around.
They left their germs behind them;
In the air and on the ground.

These germs grew bigger and stronger.
They wanted to come and stay.
They didn't want to hurt anyone -
They just really wanted to play.

Sometimes they tried to hold your hand,
Or tickled your throat or your nose.
They could make you cough and sneeze
And make your face as red as a rose.

And so these germs took over.
They started to make people ill,
And with every cough we coughed
More and more germs would spill.

All the queens and kings had a meeting.
"It's time to clean the world up!" they said.
And so they had to close lots of fun stuff,
Just so these germs couldn't spread.

We couldn't go to cinemas
Or restaurants for our tea.
There was no football or parties,
The world got as quiet as can be.

The kids stopped going to school,
The mums and dads went to work less.
Then a great, big, giant scrubbing brush
Cleaned the sky and the sea and the mess!

Dads started teaching the sums,
Big brothers played with us more,
Mums were in charge of homework
And we read and played jigsaws galore!

The whole world was washing their hands
And building super toilet roll forts!
Outside was quiet and peaceful,
Now home was the place for all sports.

So we played in the world that was home
And our days filled up with fun and love,
And the germs they grew smaller and smaller
And the sun watched from up above.

Then one morning the sun woke up early,
She smiled and stretched her beams wide.
The world had been fully spring cleaned,
It was time to go back outside!

We opened our doors oh so slowly
And breathed in the clean and fresh air.
We promised that forever and always
Of this beautiful world we'd take care!

