

Ideas and Activities



**for whilst you are at
home**

SHARING IDEAS

We have been collecting ideas and websites from across the internet and put them in to this handy document. The list is not exhaustive and there is new stuff coming out each day. However if you do get stuck for an idea one day, maybe something in here will help you out.

We do not take credit for all of the ideas in here, many have been shared by people on Facebook and other online sources or are from websites and so their origin is difficult to determine. However if something in here has a copyright on we have not cropped or removed that information.

Whilst many of the sites are well known and trusted we cannot be responsible for any information presented on them.








**Parents,
Prioritize your ability to
remain regulated for your child
over your ability to
provide them academic instruction.**







**Academics don't protect
your children from trauma.
Your relationship does.**

[Facebook.com/stephaniegrantphd](https://www.facebook.com/stephaniegrantphd)

Ideas for Keeping A Routine

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room.
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' <i>Exercise Ideas</i> ' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.



1pm -1:30pm	Exercise Time		See ' <i>Exercise Ideas</i> ' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.



Price list

Crisps 50p	Crackers 10p (4)
Chocolate 25p	Yogurts 25p
Apples 5p	Biscuits 15p each
Banana 5p	Toast 20p.
Squash 5p	Cheese 20p
Water free.	Ham 10p.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Use a shopping system to help with those constant requests for snacks whilst also teaching addition, subtraction and budgeting skills.

Also useful for when on days out / trips / holidays etc.

Notice how the healthier snacks are much cheaper than the unhealthy ones!

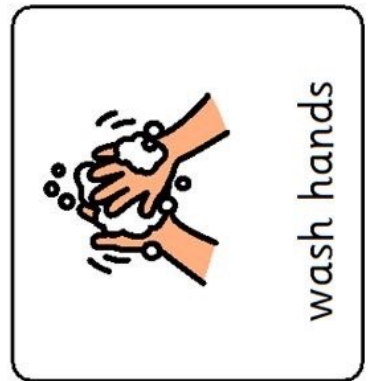
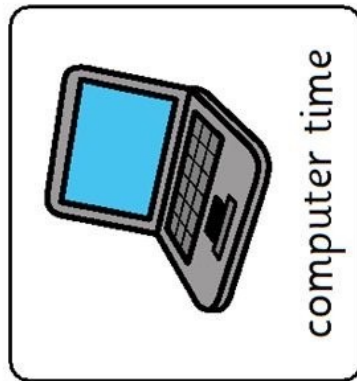
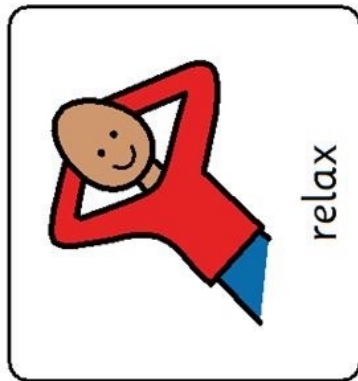
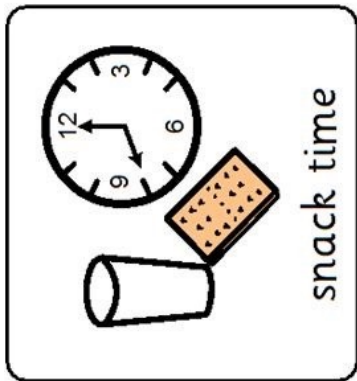
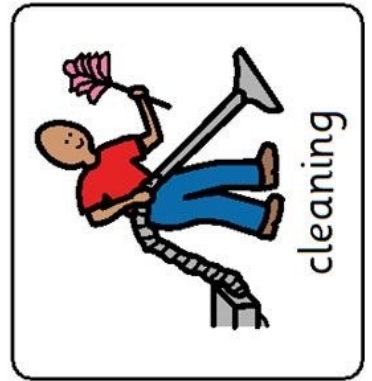
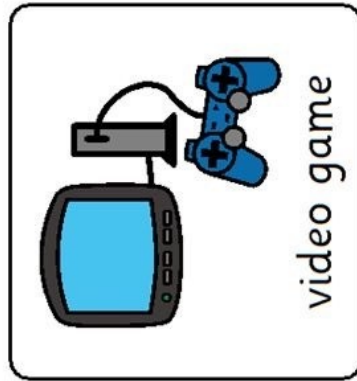
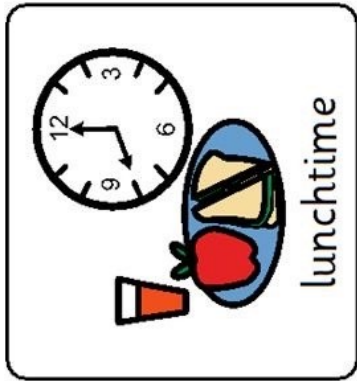
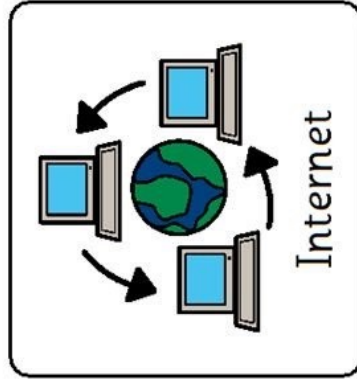
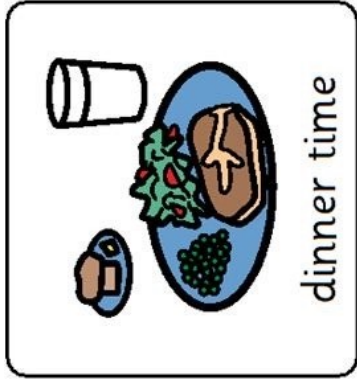
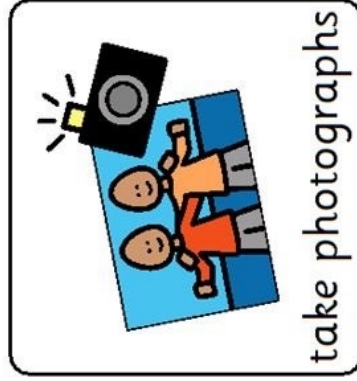
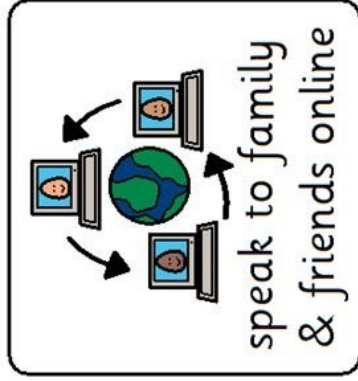
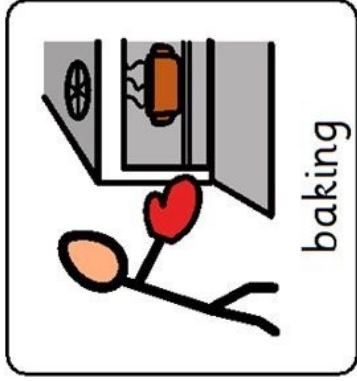
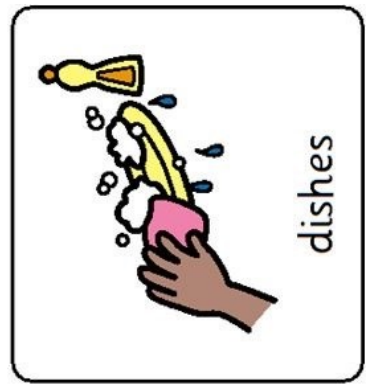
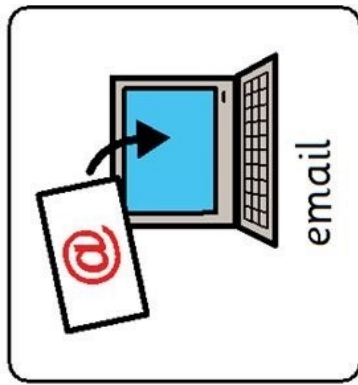
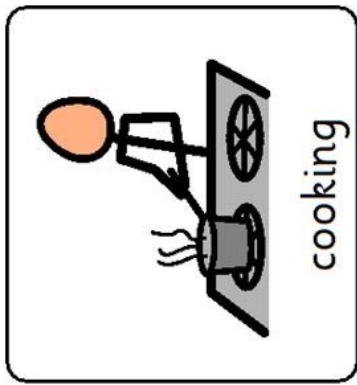
Don't feel too bad if you don't stick to your routine. It will help the time feel more productive and go faster but even the best laid plans sometimes go wrong.

These periods of time will literally fly by!

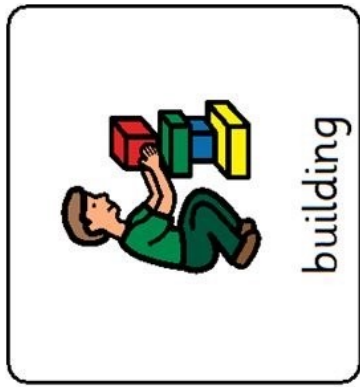


Weekly Planner For.....

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							



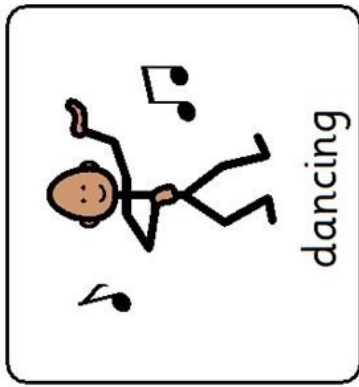
For children who need more help visualising their routine and require structure in their day, these activity cards could help.



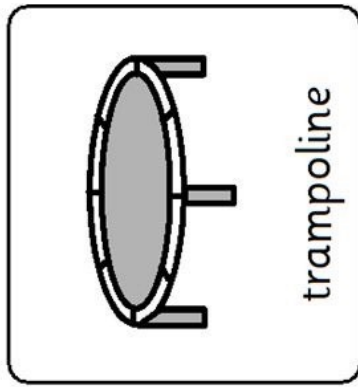
building



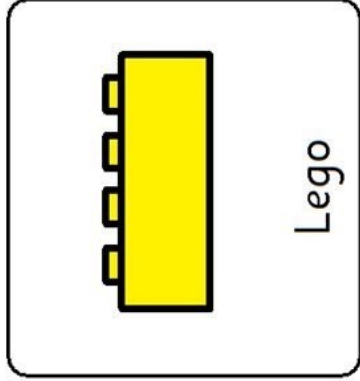
sensory play



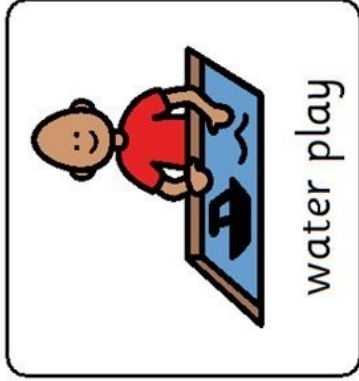
dancing



trampoline



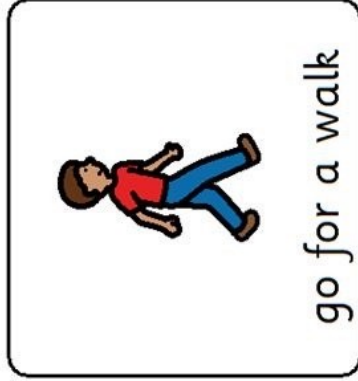
Lego



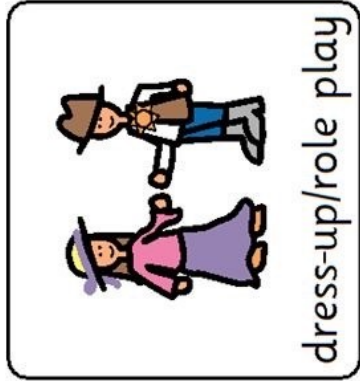
water play



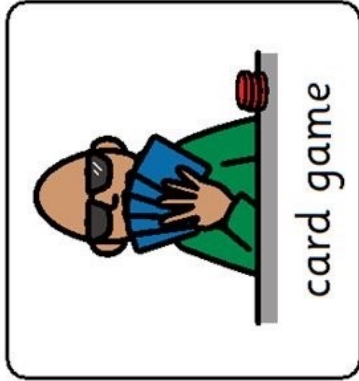
singing



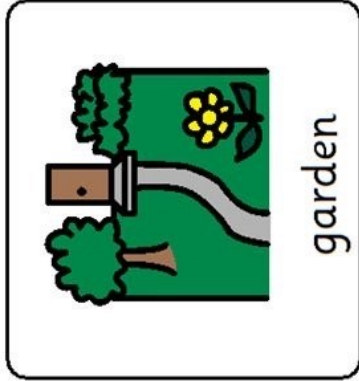
go for a walk



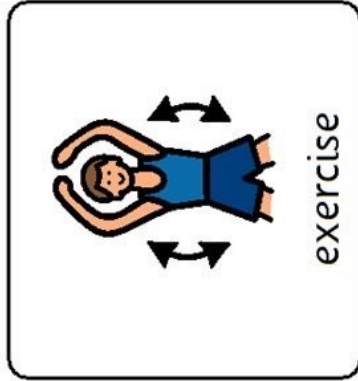
dress-up/role play



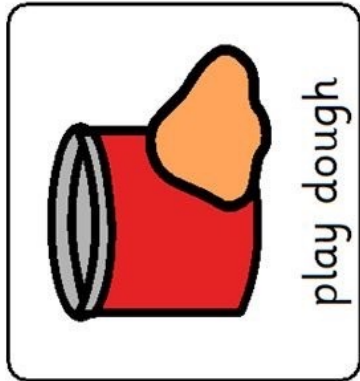
card game



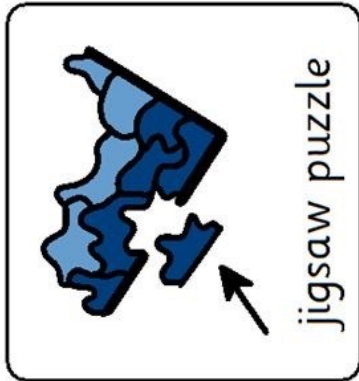
garden



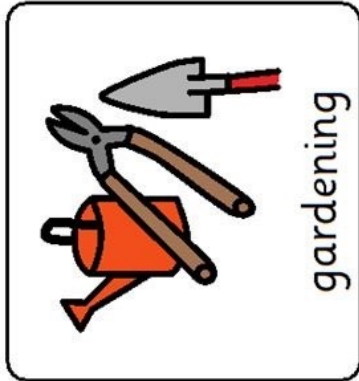
exercise



play dough



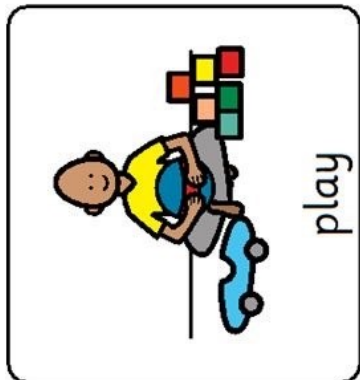
jigsaw puzzle



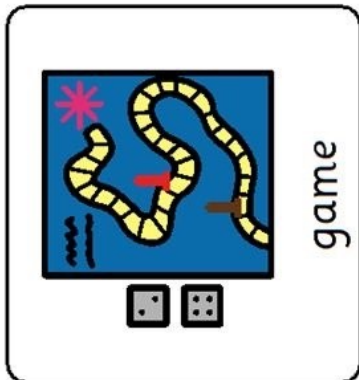
gardening



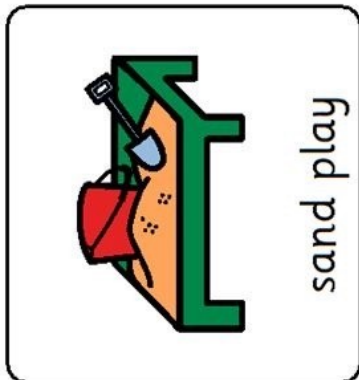
playmusic



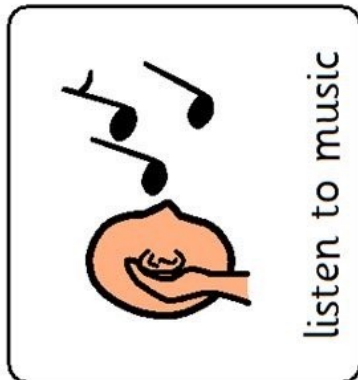
play



game

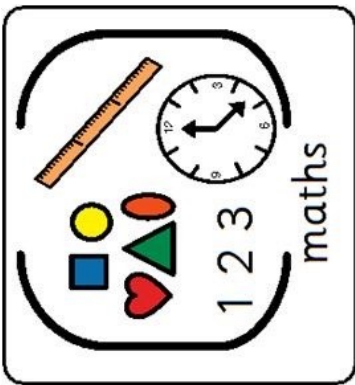


sand play

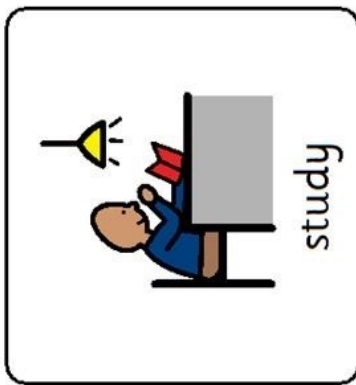


listen to music

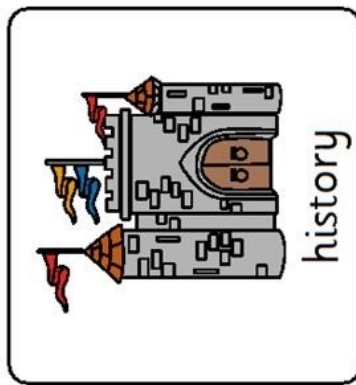
Use them to create visual timetables for your day, Encourage your little people to help you plan their routine.



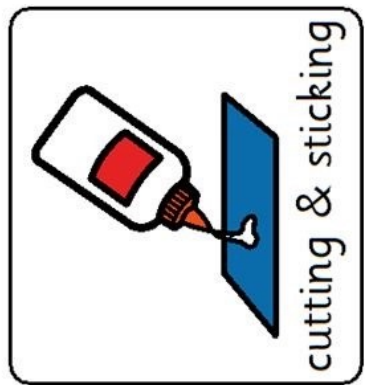
maths



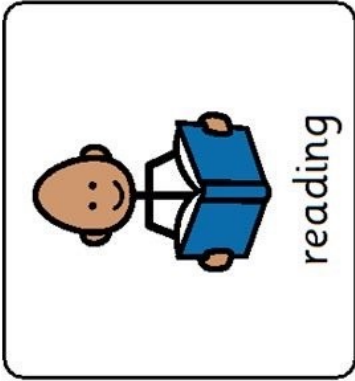
study



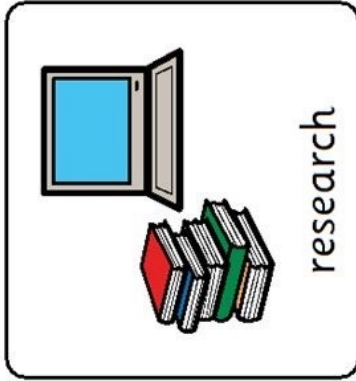
history



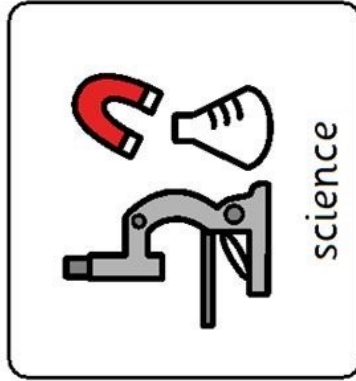
cutting & sticking



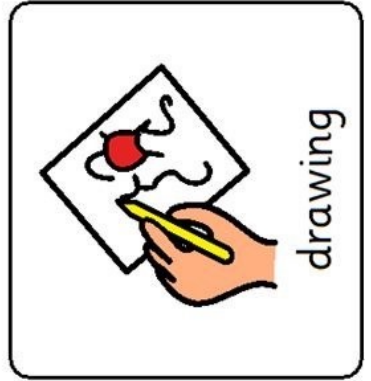
reading



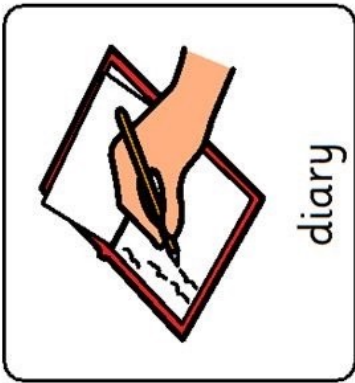
research



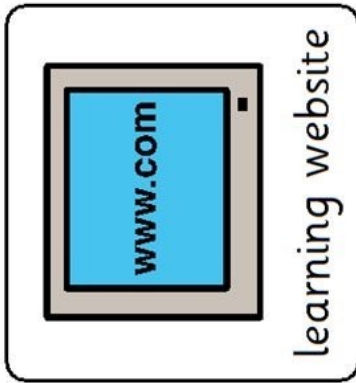
science



drawing



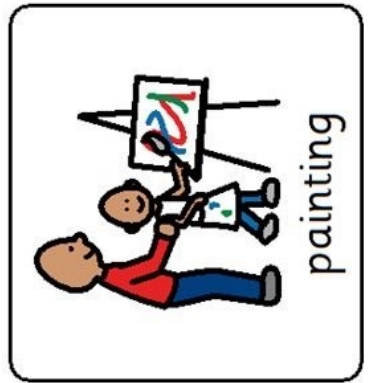
diary



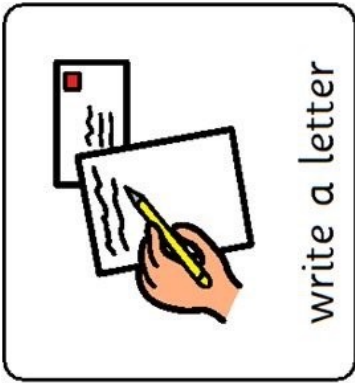
learning website



geography



painting



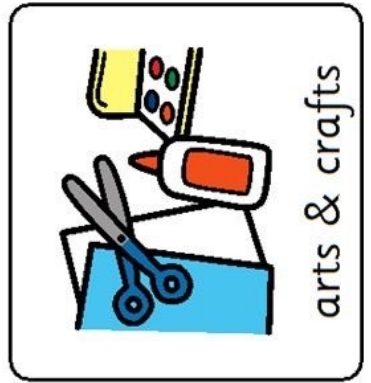
write a letter



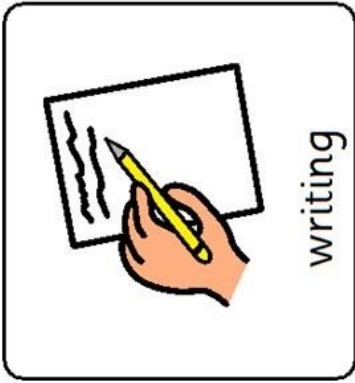
topic work



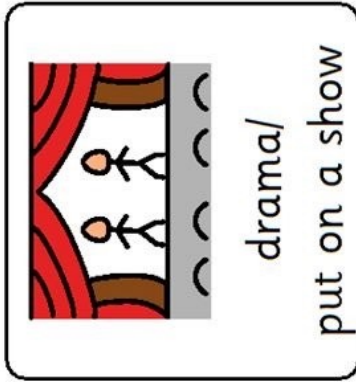
personal project



arts & crafts



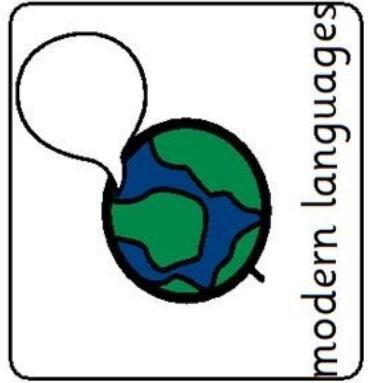
writing



drama/
put on a show

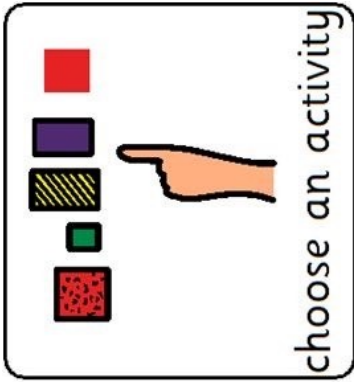


woodwork

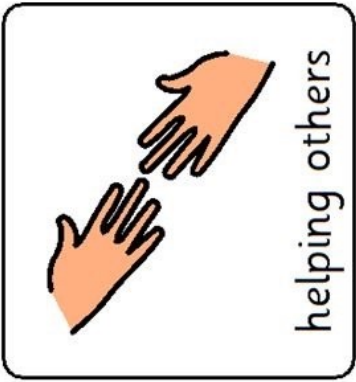


modern languages

Can't find what you are looking for? Why not draw your own or ask for suggestions.



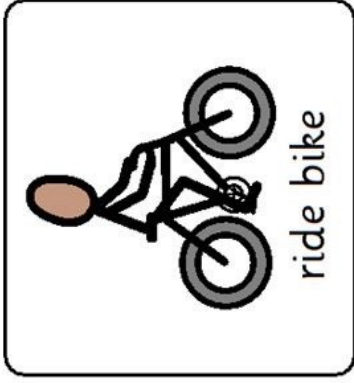
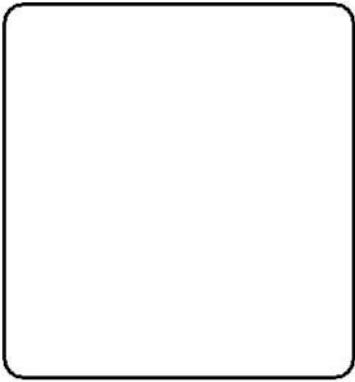
choose an activity



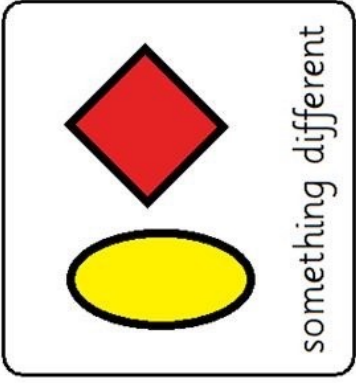
helping others



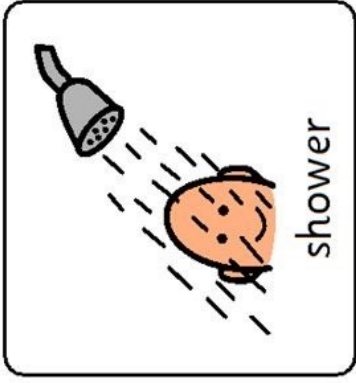
brush hair



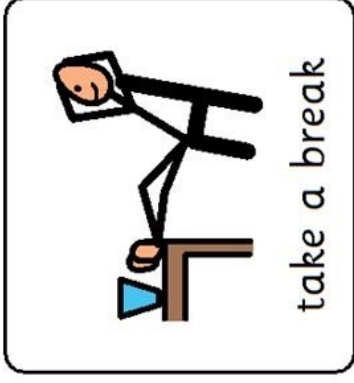
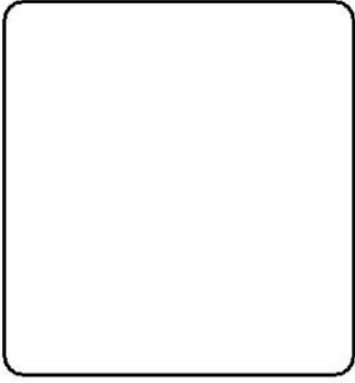
ride bike



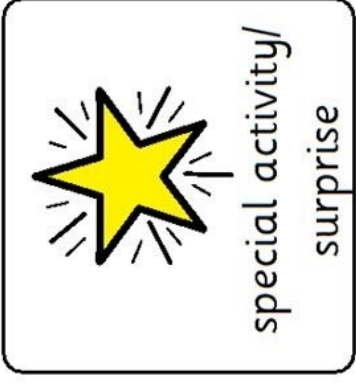
something different



shower



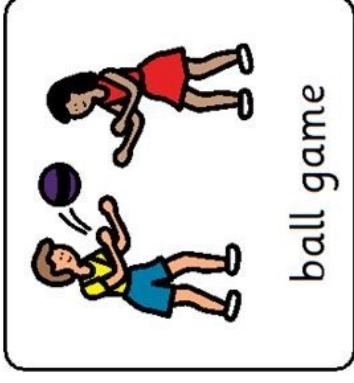
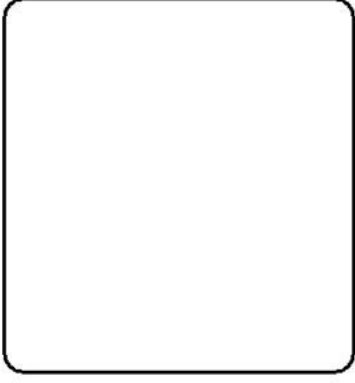
take a break



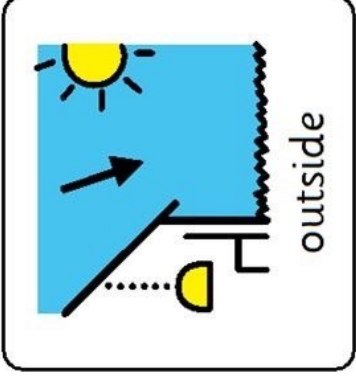
special activity/
surprise



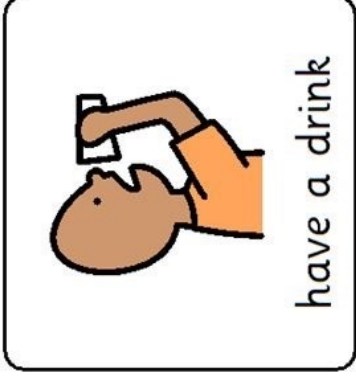
sleep/have a nap



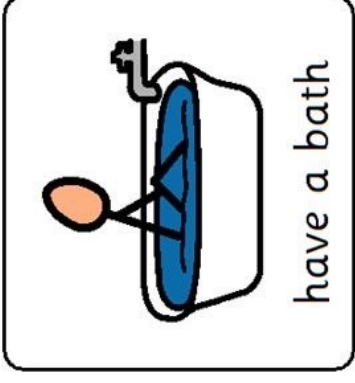
ball game



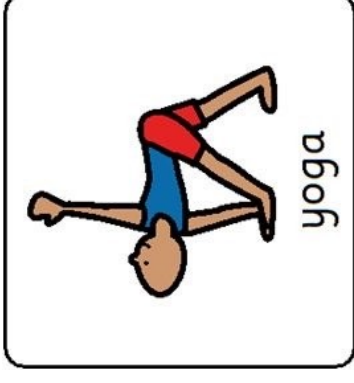
outside



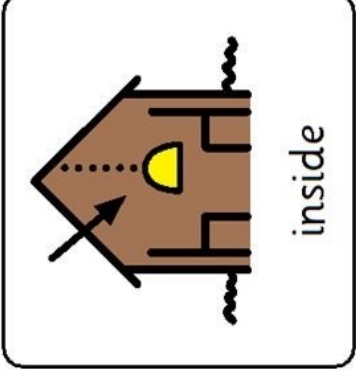
have a drink



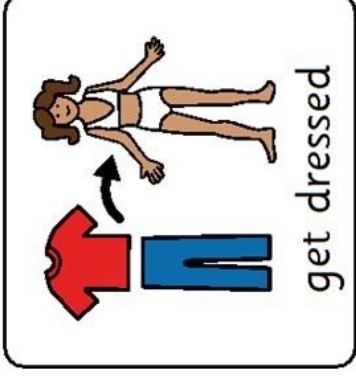
have a bath



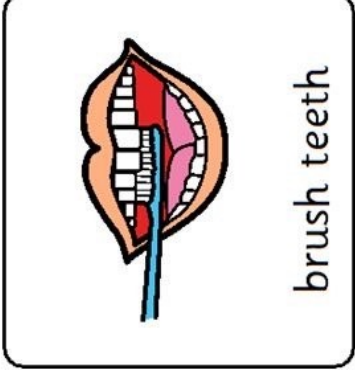
yoga



inside



get dressed





brush teeth

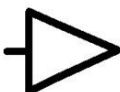




_____ 's schedule for today

now



next

Have activities planned for the same time each day. Whether it is a story or an exercise class.

LIVE STREAMS FOR CHILDREN

ALL OF THESE ARE FREE DAILY BROADCASTS

9:00AM PE WITH JOE: 30 MINUTE WORKOUT

A daily workout by Joe Wicks specifically designed for kids to get your kids moving, feeling energised, positive and optimistic.
Youtube Channel: TheBodyCoachTV

<https://www.youtube.com/watch?v=K6r99N3kXME>

9.30AM INTERACTIVE LITERACY PROGRAMME

Radio Blogging: Interviews with authors and poets, including Pie Corbett. Interactive blogging and teaching. Shoutouts to young writers and their writing read aloud.

radioblogging.net/index.php/welc...

11.30AM DANCE CLASS WITH OTI MABUSE

A kids class with the Strictly pro will stream from both Instagram (@otimabuse) and YouTube channel.

https://www.youtube.com/channel/UC58aowNEXHHnRr_5YTHP4g

3.00PM STORY TIME

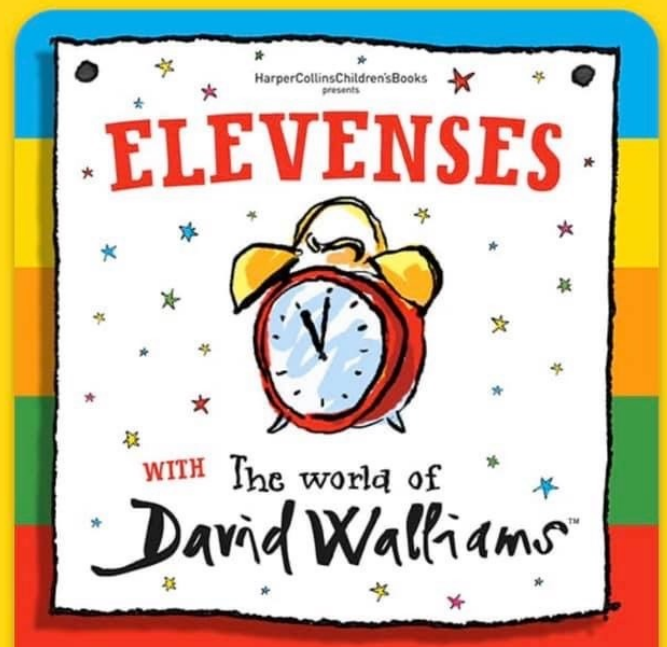
Children's author James Mayhew reads a daily story on Youtube (check his Twitter page for details <https://twitter.com/mrjamesmayhew>)

#StoryTime4HomeTime. Whether you're in school or at home, it's great to end the school day with a story.

6.00PM DRAWING WITH STEVE HARPSTER

Live drawing event on Harптоons Facebook Page. Every day he will draw with families that are staying safe at home. (facebook.com/harптоons)

https://www.youtube.com/watch?v=z8-Pq0_yaKs



ELEVENSES WITH THE WORLD OF DAVID WALLIAMS

Every day at 11am, you can listen one of David Walliams' World's Worst Children stories, so sit down, take a break, and enjoy 20ish minutes of pure fun!

BOREDOM BUSTERS

Have a list of pre existing activities for when your children say they are bored. Better yet write them on bits of paper and put them in a jar or box. When they say they are bored they can pick one out. If they don't like it they will either find something better to do, keep going until they find one they do like or stop saying they are bored!

Read a book	Make a den	Tidy your bedroom
Listen to a podcast	Play a board game	Do some arts and crafts
Paint or draw	Have a tea party	Write a quiz
Tidy out a drawer	Study	Watch a documentary
Help with the washing up	Family film time	Make a meal plan for the family
Baking	Scavenger Hunt	Bingo
Start a diary	Yoga	Load the washing machine
Water play	Write or tell a story	Make up a dance
Find Facts and educate someone else	Learn a magic trick	Play cards
Do a science experiment	Make Playdough then play Rapidough	Make Smoothies
Do a play	Make a picture from old magazines / catalogues	Have a cuddle

Messy play

Do it yourself guide



Some fun and creative ideas to enjoy with your child at home.

Ideas and recipe's to create some wonderful messy memories together

Play Dough

2 cups of flour

1/2 cup of salt

2 tbsp. of veg oil

2 cups hot water

Food colouring, glitter..... anything to make your play dough inviting

Mix all the ingredients together but when its time to add the hot water please keep out of the reach of children, allow to cool once made for 10-15 minutes before you and your child enjoy



Gloop

Corn flour

Water

There are no specific amounts just add ingredients until you have the consistency you desire try adding food colouring and other various resources to explore



Mouldable Sand

3 cups play sand, 2 cups flour, 4tbsps veg oil

Mix the ingredients until your sand binds together and you reach a consistency you are happy with.

Coloured Rice and Pasta

Place the rice and pasta in to a food bag or bowl, add a capful of food colouring and mix..... Once all the rice or pasta is covered lay onto a paper towel to dry for a few minutes.

(For best results leave to dry over night)

When painting at home try adding various spices to the paints to create scented paints. The same can be done with food flavourings also.... An instant aromatic boost to your Child's artwork



Most important thing to remember...

Have fun and learn together, explore your surroundings and make memories together...

The ideas in this booklet are just an idea to get you started at home, you can be as timid or as daring as you wish. There are no limits with messy play only fun and learning.

If your not keen on mess start small.....

Children love water, add bubbles and blow and splash together

Try getting messy in the garden and clean off before you go back inside. Make a mud pie or petal perfume from the garden.....

All recipes in this book are to be used and made under adult supervision at all times.

Activities to try while self-isolating!

We really appreciate all families who are self-isolating with their child at the moment, and we understand that your child probably doesn't want to be stuck inside! So we've gathered together some fun activities that you can try at home- with minimal effort if you're not feeling well!

Build a fort:

Building a fort is usually pretty quick and easy to do and it will spark your child's natural imagination and will help them to entertain themselves. Plus the best bit about a fort is you can snuggle down inside with lots of blankets and pillows, perfect for when your feeling poorly.

Texture rubbing:

Give your toddler a piece of paper and a crayon (washable ones are best for avoiding scribbled on walls) and show them how rubbing a crayon on a piece of paper over different surfaces makes different patterns and textures. They can go around the whole house doing this and they will love it.

Water play:

Nothing gets a child more excited than a big bowl of water. This can be quite messy so make sure you put down plenty of towels. Grab a box and fill it with different things that would be fun to add to the water such as dolls, little boats, spoons, cups, and bubbles.

Moon sand:

This is super easy to make you just need flour and oil, mix them together until you have the desired consistency. Gather anything that would be fun to use in the sand such as shells, yogurt pots, and spoons. Again, this can be messy, a wipeable mat would be best.

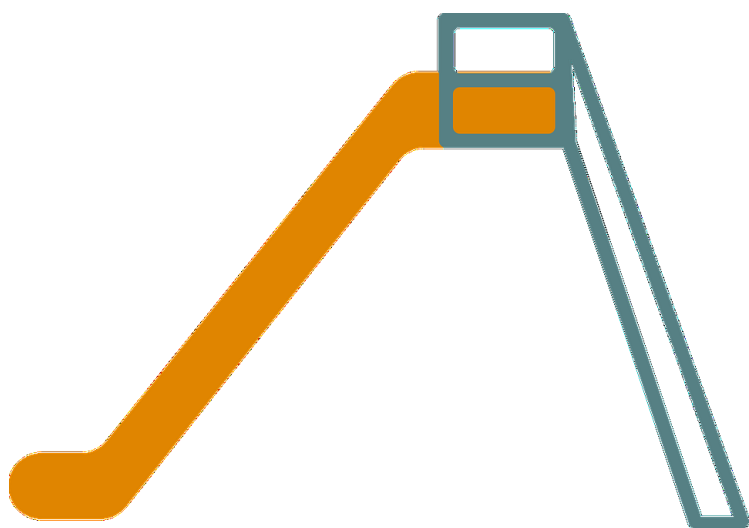
Playdough:

At nursery, all of the age groups love exploring playdough, you can use children's knives, forks, cookie cutters and rolling pins to mould it and enjoy! This recipe makes the perfect ball for 1 child to use:

8 tablespoons flour

2 tablespoons of salt

1 tablespoon of oil



A splash of food colouring if you have any

Add small amounts of water and mix until it makes dough!

Sticky Kids:

The toddlers and 3-5's absolutely love our dancing Sticky Kids CD's, if they're bursting to get active at home, you can find Sticky Kids on YouTube and do some dancing at home!

Bring the slide inside:

If you have a small lightweight baby slide sat in

your garden, bring it in! (If you have space to) Your child will find it very exciting that they get to bring a bit of the outdoors inside. (Obviously, give the slide a good clean beforehand) The same goes for tunnels and tents!

Photo albums:

Your toddler will love looking through photo albums with you and it's a lovely way to spend some time together. Tell your child stories relating to photos and point out family members and quiz your child on all their names.

Easter Crafts:

See what odd crafty bits you have lying around and have a google - we've found ideas like cotton wool lambs, egg cup chicks, and paper cone bunnies! Or get your cardboard together and do some junk modelling!

Dress up:

Why not pick out a few items of clothing from your own wardrobe and let your toddler dress up and play with them? They will love pretending to be just like mummy/daddy.

Get some fresh air:

Obviously you can't go into public but you can go into your garden (if you have one) to let your toddler have a good run around. They will be craving some fresh air after being cooped up at home so try making an obstacle course - use tunnels, hoops, footballs, cones or any equipment you have (be creative!)

Sharing Stories:

If your child is not feeling well, they may want to just cuddle up with a story. We have story time twice a day at nursery, and stories are available throughout the day, the children love sharing stories.

Puzzles and board games:

Another activity to do with children if they want to cuddle up is doing a puzzle or playing a game together. Get those old board games out from the cupboard and get the whole family involved!

Cooking dinner:

Let the children join in with your daily tasks, they love having responsibilities and feeling like they're helping! If you're making dinner, get them involved with stirring the pots, or mash the potatoes!

Science experiment:

You may have seen an experiment going around at the moment teaching children the importance of washing their hands. Grind pepper in a bowl of water. Put their finger in the bowl and some pepper will be on their finger - this represents the germs. Then put soap on their finger and put their finger in again and see what happens!

(Thanks to Filey Childcare for sharing these ideas)



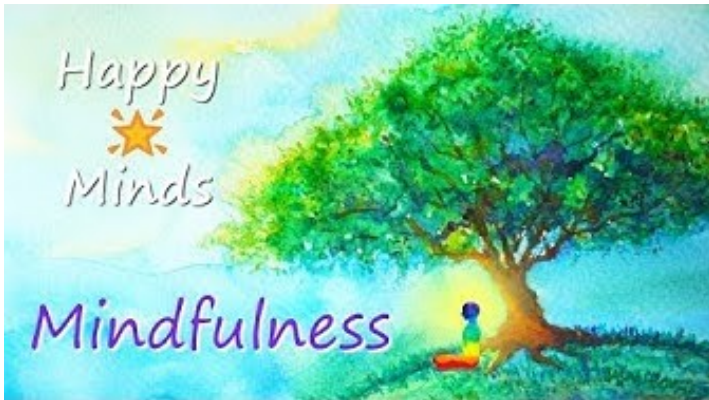
Links to Activities on the Internet



Joe Wicks 5 Minute workout for kids PLUS online PE @ 9am <https://www.youtube.com/watch?v=d3LPrhIOv-w>

Cosmic Kids Yoga and Mindfulness

<https://www.youtube.com/watch?v=9JIO1thiHYI>



Mindfulness Meditation for Kids

https://www.youtube.com/watch?v=VZ_wdeog5Ek

Debbie and Friends - music and nursery rhymes for kids

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



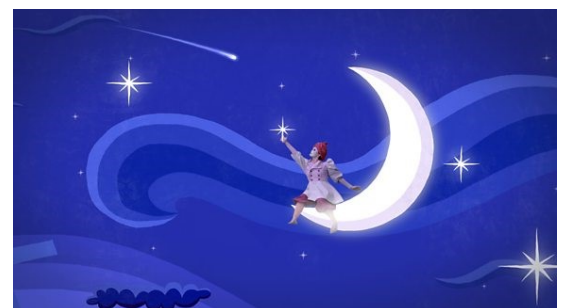
Active Learning for all key stages

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



Dance with the elements - modern dance to classical music

<https://www.bbc.co.uk/teach/class-clips-video/physical-education--music-ks1-dance-with-the-elements/z7m2y9q>





Let's get active! - active clips for balance and co-ordination

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv>

SuperMovers science collection - science/physical activity

<https://www.bbc.co.uk/teach/ks1-science/zhsr2sq>



Fun STEM activities for kids to try at home

<https://www.rasmussen.edu/degrees/education/blog/simple-stem-activities-for-kids/>



Fun STEM LEGO activities

<https://thestemlaboratory.com/lego-stem-activities/>

Active Learning for all key stages

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



Grow a sunflower with Olivia



Sunflower seeds are used to make all the foods on this page and lots more!

You need:

WARNING: Do not eat the seeds you are planting as they may be treated.



- 3 white plastic cups
- compost
- garden sunflower seeds
- plant sprayer (optional)
- thick felt-tip pen
- 3 large flowerpots

1



Put some damp soil in a plastic cup so it comes almost to the top. Then poke your finger in the soil to make a hole for your sunflower seed.



2



Drop a sunflower seed into the hole. Cover it with a little soil. Spray or sprinkle some water on top.



3



Plant a sunflower seed in 2 more cups. Give each one a name and write it on the side of the cup. Put the cups on a sunny windowsill. Now wash your hands. Spray the soil with water whenever it feels dry.

4



Your plants should pop up through the soil after about 1 or 2 weeks!



5



When your plants grow too big for the cups, plant them in bigger flowerpots. You could put the pots in a sunny spot outside.



6



Your plants should flower after about 8 weeks.



7



Measure the sunflower plants once a week. Write down how tall each one is.

8



When the sunflower heads start to turn brown, cut them off and hang them somewhere dry and airy. When the seeds are dry, rub them together to loosen them.



You will need to crack the sunflower shells before you can eat the kernels.

WARNING: Very young children should not eat seeds in case of choking.



Birds can eat your seeds if you leave the sunflower heads to dry in the garden. Or put some seeds in a bird feeder. Save a few to grow more flowers!



30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

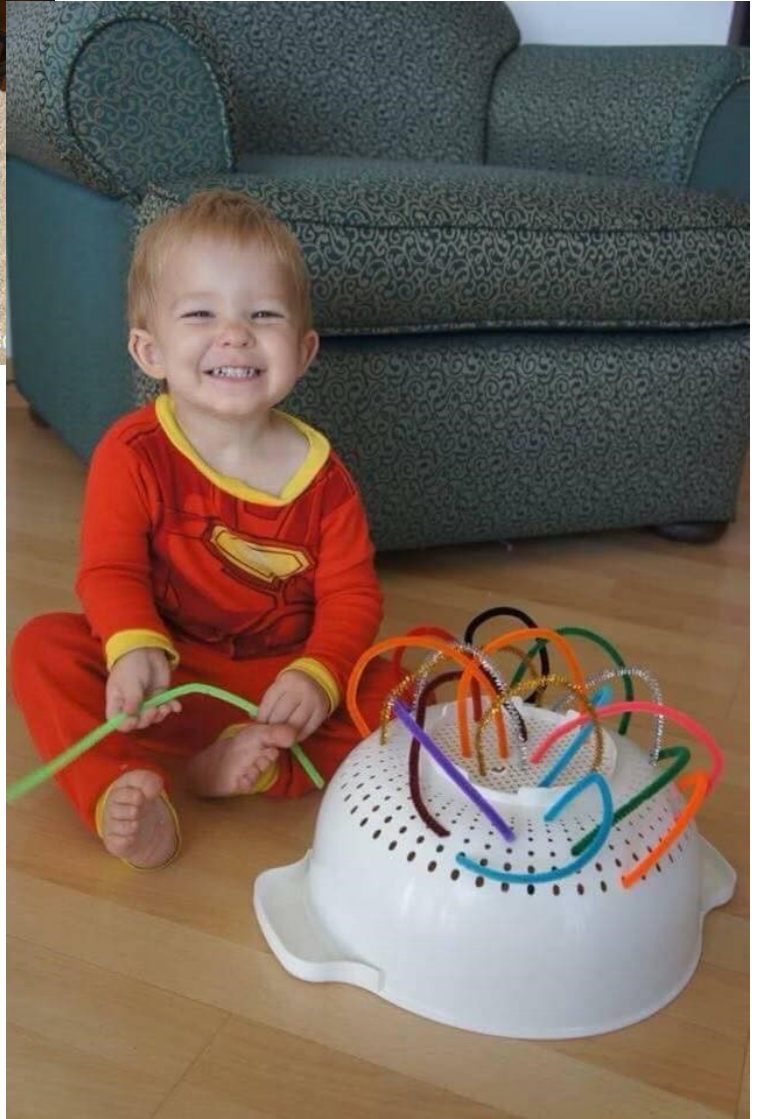
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 NASA needs you to build a new rocket.	Day 10 Your parents want to build a new home and they want you to build it.	Day 11 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a troupe in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you to build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is a wizard. You will need to build a snowmobile.		
						What was your favorite day?

Fun with Things from Around the House!





FrugalFun4Boys.com



Craftulate at B-InspiredMama.com



Craftulate at B-InspiredMama.com

**Can you invent
your own
similar ones?**

Online Links to FREE Content— Sorted by Subject

Virtual tours

[Roman fort](#)

[Museums from around the world](#) - Virtual, online tours

[Access to 500 Museums & Art Galleries](#) - Free, online

[How to explore London's top museums at home](#)

[Future Learn](#) - Explore the architecture and history of Rome, walking around a 3D digital model of the ancient city, with this free online course.

[Virtual Tours](#) - Virtual online tours - including zoos, landmarks in foreign countries, etc.

[Aquarium](#) – Georgia aquarium allowing you to tour under the sea

[Virtual farm trips](#) - American dairy association

[Virtual field trips](#) - Created for children, but they look great for adults too!

[Edinburgh Zoo](#) - Live streams: [Panda Cam](#) / [Tiger Cam](#) / [Penguin Cam](#) / [Rock Hopper Penguin Cam](#) / [Koala Cam](#)

Online learning

[Open Culture](#) - 1,500 free courses from top Universities

[Open Culture](#) - learn 48 different languages online - FREE

[University of Alabama](#) - Free online archaeology and Egyptology Uni courses (create an account to log on)

[Open Learn](#) - Free, online courses, Open university

[BBC languages](#) - Learn languages online free

[FrenchTeacher.Net](#) - Free French study packs

[Sociology courses](#) - Free online study

[Creative courses](#) - Free online study

[A range of short, free online courses](#)

[Cambridge University Press](#) - ALL 700 textbooks are currently available FREE in HTML format

[Cambridge university](#) - Higher education/ Undergraduate courses and resources

[Royal institute](#) - Christmas lectures. A series of lectures presenting scientific subjects to a general audience in an entertaining manner.

- Learn 10 useful things to say in...

[French](#)

[Portuguese](#)

[German](#)

[Italian](#)

[Spanish](#)

[Periodic videos](#) - Science-related YouTube videos

[Infobase databases and video streaming collections](#) - Username: **JCS_Distance**

and Password: **learning** to access:

[Modern World History](#)

[Ancient and Medieval History](#)

[Science Online](#)

[Bloom's Literature](#)

[World Religions](#)

[IDEA](#) - An international programme that helps you develop/demonstrate your digital, enterprise and employability skills for free

[U3A](#) - Online courses for mature students

[Blocky games](#) - Games to help beginners learn computer programming skills

[Scratch](#) - Beginners computer programming games/projects

[T.K.S.S.T](#) - Smart videos for curious minds of all ages

Geography and nature

[National Geographic](#)

[Tutorful](#) - Top Geography websites, YouTube videos, and resources

[Project Noah](#) – Global site where you can view and share wildlife

[Seterra](#) - Free world geography, online quizzes

[Online film festival](#) - Resistance in the Rainforest

[Kent Wildlife association](#) - Simple ideas you can do in the garden to help wildlife

[World games](#) - Geography games

Music

*Check the location/time zones of live-streamed concerts to calculate the UK start time. [Time Zone calculator](#)

[Concerts online](#) - Various concerts held without audiences to stream online for people having to stay at home - [list of live streaming concerts](#)

[Free Opera](#) - Dates confirmed until the end of March. Check the website via the link for future dates to be added

[Free classical orchestras](#) - Live streaming performances

[Free Chamber music](#) - Live streaming

[Berlin Philharmonic orchestra](#) - Live streams and performance archive

[Announcements/lists](#) - of worldwide performances being streamed

[Livestream concerts list](#) - artists and bands

[Bands and artists](#) - streaming performances

[Full-length concerts](#) - watch online free

[Celebrities performing](#) on social media

[Facebook Virtual Choir](#) - Duet with a choir online

[Chris Martin \(Coldplay\)](#) streaming from his home - YouTube

Arts and culture

[J P Brewer](#) - View classic paintings online

[Walter's Museum](#) - houses the highest artistic achievements from nearly every corner of the world. View some of the past, present, and future exhibitions

[Rob Biddulph](#) an artist posting draw-along videos via Twitter [here](#)

[Google Arts and culture](#) - Learn something new every day!

[British Museum](#) - Free videos

[BBC Radio 4](#) - The History of the world - podcasts

[50 things that made modern economy](#) - Podcasts

[Marquee TV](#) - streaming arts and culture

[Teaching history](#) - 100 objects from museums across the UK with resources, information and teaching ideas to inspire your students' interest in history

[Exploration of the day](#) - Artistic website connecting people from around the world

[Drama Online](#) - Online theatrical performances

Literature online

[Gutenberg](#) - Download free books, e.g. Shakespear, Edgar Allen Poe, Frankenstein, etc.

[Solomon Kingsnorth](#) - Books in PDF, Word and audiobook format - Alice in Wonderland / Wind in the Willows / The Railway Children / The Jungle Book / Peter Pan / Black Beauty

[Read great literature online](#) - Free Ebooks, poetry, classic literature

[Read Free Literature](#) - also includes study guides

[50,000 free ebooks](#) - arranged by genre

[Open Library Access](#) - Free

[Audible](#) - Free for this period - Available in 6 languages

Miscellaneous & entertainment

[Expeditions App](#) - Free virtual Reality Augmentation app for all ages, to take virtual trips around the world to hundreds of destinations.

[Podcasts](#) - Free to download

[Board Game arena](#) - Play board games online free

[Open culture](#) - 1,150 Free movies to watch online

[Dance Physique](#) - free dance fitness videos online

[Jamie Oliver](#) - helps the nation with easy recipes, cooking tips, and ingenious hacks whilst many of us are staying at home. Jamie: [Keep Cooking and Carry On starts Monday at 5:30pm on Channel 4](#)

[DIY and crafts](#) - 25 foods you can re-grow at home from food scraps

[UK parliament](#) - Politics, history, citizenship, etc. Written for children and young people, but lots of very interesting information, including how laws are made.

[Historical association](#) - Learn about 20th Century history

[National Trust sites](#) - Free access to their sites - please check their website first for updates

[James Dyson foundation](#) - Challenge cards - how many can you complete?

[Latest free stuff](#) - UK site (if you are outside of the UK, google 'latest free stuff' and add your location)

[Roll20](#) - Build your own game - or play games with others online

[Sign up to ChatterPack's FREE monthly SEND newsletter here](#)

Anxiety/Mental health/loneliness

[How to reduce high anxiety now:](#) Thinking about past pleasant memories may help some people with immediate stress (article)

[WHO guidance to support mental health during this time](#)

[MIND coronavirus and your wellbeing](#)

[9 ways to stay positive during this period](#)

[Blog from Anna Mathur, Psychotherapist - dealing with Coronavirus anxiety](#)

[Sensory stuck at home - support group on Facebook for adults](#)

[Telephone befriending service for the elderly](#)

[Living life to the full - Free online course to change your life for the better](#)

[Mindfulness and meditation](#)

[5 Ways to wellbeing](#)

[Self-Help Resources for those with mental health conditions](#)

[Bereavement counseling](#)

Prayer resources

*Check the location/time zones of live-streamed masses to calculate the UK start time. [Time Zone calculator](#)

[Spiritualism](#) - English version

[Spiritualism](#) - Spanish version

[Catholic Mass](#) - streamed online

[Masses from around the world](#) - streamed online

[God stories today](#) - telling the stories of ordinary people - YouTube

Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk (£12 PA for single user / £120 PA for 35 users)
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources / TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- dtk-kids.com
- bigactivities.com
- thelittleactivitychest.com
- Activity Village (£12 PA for single user)
- Early Years Experience
- ildid.co.uk
- education.scholastic.co.uk (register to access free resources)
- senicsoftware.com
- Can Teach
- icanteach.co.uk (provides links to other websites)
- show.me.uk
- Go Noodle
- Twinkl – currently free

Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags etc
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube.
- Jack Hartmann Kids Music Channel on YouTube.
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play Dough

Sensory Regulating activities

- Jump on a trampoline
- Running and jumping games
- Play in sand pit and with wet sand
- Bounce on a space hopper
- Skipping
- Jumping onto a crash mat
- Bouncing on an exercise ball.
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs.

Sensory Organising activities

- Crab walking
- Press ups
- Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.
- Wheel barrow walk
- Play catch with a heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Play Ground equipment
- Swimming

Sensory Calming Activities

- Provide small box/ tent with blankets or cushion for the child to squeeze into to calm and quiet -
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow /weighted blanket etc on lap
- Fidget toys, have a selection in a box /basket
- Chewy tubes, chewing gum, gummy bears,
- Blowing bubbles
- Swing in a hammock...rhythmic pattern to calm
- Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm.
- Pilates plank
- Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.



100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY

WORDSMITH ACTIVITIES

- **The Story of Your Lives:** Can you share a story about your life in sixty seconds or less? Allow a minute (use your phone to time) for each player to write down a funny version of the story of their life to read out loud to the group. Alternatively, if you would like a team building or getting to know you exercise, take sixty seconds to chat in pairs and then take a minute to write down the "life story" of your partner to share with the group.
- **Name Word Games:** Take the first letter of the first name of each group member and create words starting with that letter which also contain the letters I and N in that order later in the word. (Other letter combinations such as E and D can be chosen) Example: If one player's name is David, then examples of possible words would be: Darling, Duckling, Ducking .
- **Word Play:** Make as many words of three or more letters as you can using at least three of the letters from the first names of the players to your left and right. Example: If Kevin is to your left and Elaina to your right you can use the letters K E V I N E L A I N A and example words would be: Vine, Even, Keen, or Linen. Repetitions of letters can be allowed or not allowed as you choose. Time each round using your phone and allow about one minute. There are countless variations of games one and two so feel free to use your own imagination here.
- **A Picture Says a Thousand Words:** Do images speak to you more than words? Sit in a circle and decide who goes first. Have the first player draw something on a large piece of paper and pass it to their right. The next player will add something to the picture and pass it on, again to their right. Complete the process until everyone but one player has added to the picture. It is the job of the last teammate to tell a story using the picture as inspiration. Play until each person has had a chance to make up a story or pick volunteers for this role.

An idea for the kids

Our children are living through history right now. So why not get them to make a time capsule.

1. Write a letter to themselves. Tell their ages, who their friends are, favourite TV show, song, book, etc. Write about what's going on. In their own word. Tell their future self how they feel. Talk about what they would like to be when they grow up and 5 things they want to do when they are an adult.

2. If it's safe to get a newspaper get one and let them cut out articles that they think would be important for their future self. Or print them from online

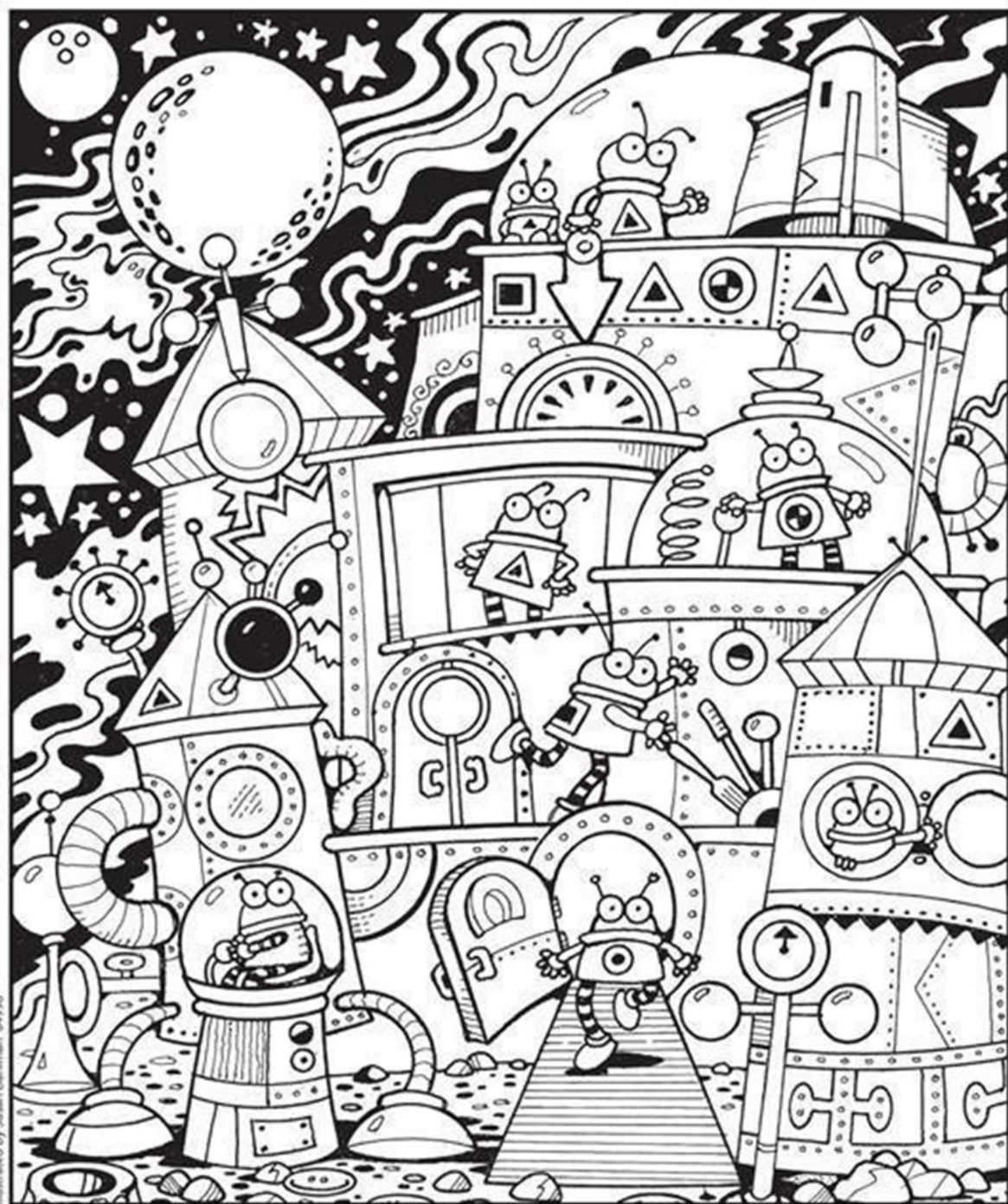
3. Draw a picture of their family as it is now.

4. Take some pictures of today, print them out and include them in the box

5. Put it all together in a scrapbook or a lunch box and stick it up in the attic or somewhere you won't get at for years to come.



Hidden Pictures™



Illustrated by Susan Dahlman 049998

International.Highlights.com

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button



snake



slice of
watermelon



fork



pennant



barbell



worm



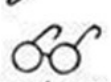
bowling ball



needle



ghost



eyeglasses



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More kids' activities and worksheets at www.essentialkids.com.au



USEFUL NUMBERS

Scarborough Borough Council

01723 232323

Citizens advice

01723 368710

HMRC (help and advice)

0800 0159559

Safeguarding (NYCC)

01609 780780

Samaritans

0330 0945717

Police

999 (emergency)

101 (non emergency)

Scarborough Hospital

01904 631313

Rainbow Centre

01723 500663

Childline

0800 1111

USEFUL WEBSITES

For Adults

www.northyorks.gov.uk

www.scarborough.gov.uk

www.nhs.uk

www.gov.uk/government/organisations/public-health-england

For Kids

www.childline.org.uk

www.thinkuknow.co.uk

www.bbc.co.uk/bitesize

www.bbc.co.uk/cbbc

www.henry.org

www.nhs.uk/change4life

www.peepandthebigwideworld.com

www.classroommagazines.scholastic.com

www.CoolMath.com

www.oxfordowl.co.uk

Please listen out for children or families who might be in distress in your area.

If you have a concern about a child or young person, or wish to make a referral to the Children & Families Service, please contact the Customer Resolution Centre during office hours by phoning 01609 780780 or emailing children&families@northyorks.gov.uk or children&families@northyorks.gcsx.gov.uk

For evenings, weekends and bank holidays, please contact the emergency duty team on

01609 780780



**North Yorkshire
County Council**