

Just Psychology

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Resources and Information for Parents and Families during the Coronavirus Outbreak

Talk to your children about the current situation

Some of the changes, like people wearing face masks or empty supermarket shelves, can be scary for young people, so they are likely to need to talk to someone they trust about some of the imaginative misinformation they might have heard from friends at school, overheard from family and/or seen and heard from the television/radio/social media.

The advice from the British Psychological Society (BPS) Division of Educational and Child Psychology recommends:

- **Try to manage your own worries:** Uncertainty can make all of us feel anxious or worried. Identify other adults you can talk to about your own worries. Use techniques that help to make you feel a bit calmer - if you are at home, music, breathing and relaxation techniques, distraction (such as watching something funny), and time with family can all help.
- **It is important to be truthful:** But remember your child's age. Give them factual information, however, adjust the amount and detail to fit their age. For example, you might say 'we don't yet have a vaccination for Coronavirus, but doctors are working very hard on it' or 'a lot of people might get sick, but for most people it is like a cold or flu and they get better'. Younger children might understand a cartoon, picture or story better than an explanation – www.mindheart.co/descargables. This may also work for older children <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
- **Allow children to ask questions:** It is natural that children will have questions and worries about Coronavirus. Giving them the space to ask these questions and have answers is a good way to ease anxiety.
- **It is ok to say you don't know at the moment:** There are questions we do not have answers to about Coronavirus.
- **Maybe your child has an idea too:** Let them tell you or draw them.
- **Give practical guidance:** Remind your child of the most important things they can do to stay healthy but find motivation for keeping going, like thinking of a song they want to sing while washing their hands).

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Help! How to keep children entertained during self-isolation and social distancing

Structure & Routine

Having a timetable or structure to the day will help some young people (and the adults!) to cope during this time, particularly if they are prone to boredom and/or have special educational needs and struggle to cope with change. Here is an example, but feel free to create your own;

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 'Exercise Ideas' 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.

Keep it simple / Take the pressure off

Many families, parents and carers will not be trained teachers or educators, so therefore do not put yourself under pressure to home school your children formally during this time. Children and adults are stressed and anxious and putting pressure on yourself and the children to be formally home schooled is likely to only lead to further stress and anxiety. Also, for those who are home working, you cannot be in two places at once! Children will not learn much if they are feeling stressed and their mental health and well-being is as important, if not more so, than their academic skills.

By all means, keep children busy and distracted by doing some of the following every day:

- **Schoolwork:** Get children to complete work sent by their school (a little bit every day)
- **Online resources:** Using websites, apps and educational games to keep them busy and entertained
- **Power Point Presentations** - Get children to create a presentation about something of interest to them that they can present and share with you at the end of the day
- **Play** - Encourage children to play with the many toys they undoubtedly have, but probably don't get time to play or spend time with most days/weeks
- **Books/Stories:** Encourage them to read books or read a story to them

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- **Arts & Crafts:** Encourage craft and art activities, if you have the resources. Make homemade cards for any family, friends that have birthdays or special occasions coming up or cards for elderly relatives to keep their spirits up. These can be posted to them (if you have a nearby post box and stamps available)
- **Quality time as a family:** Spend quality time with your children, bake, watch films, play board games
- **Photos:** Look through old photo albums or create new ones from pictures you have saved
- **Videos:** Create videos to share with friends and family
- **Music:** Sing, listen to music, practise and play any musical instruments they have at home
- **Mindfulness/Relaxation:** There will be lots online and I have includes some activities in this resource pack.
- **Exercise** – with home equipment, in the garden with bikes, scooters, skipping ropes, trampolines etc. Also see list of websites below with exercise sessions or videos
- **Dance & Theatre:** Encourage them to create dance routines or plays they can act out for the family at the end of the day
- **DIY/Construction:** Do some DIY together and involved the children, where appropriate
- **Have a clear out:** Of cupboards, draws and wardrobes and involved the children in this by making it fun
- **Get outside!** If you're fortunate to have a garden that's isolated from others and when the weather is nicer, get outside! Do some gardening, plant seeds/plants/veg patch, play ball games, have a picnic.
- **Build a den:** indoors or out

Here are some other ideas from the bestideasforkids.com:

100+ INDOOR ACTIVITIES

CRAFTS	ACTIVITIES	GAMES
MAKE PAPER AIRPLANES	MAKE PLAYDOUGH	PLAY WOULD YOU RATHER
SALT PAINTING	MAKE SLIME	PLAY I SPY
MAKE SUNCATCHERS	MAKE PLAY MUD	PLAY SIMON SAYS
MAKE SALT DOUGH	MAKE RAINBOW RICE	PLAY BOARD GAMES
MAKE SPONGE STAMPS	MAKE FAKE SNOW	PLAY HIDE AND SEEK
MAKE A CEREBAL BOX AQUARIUM	MAKE A SENSORY BIN	INDOOR SCAVENGER HUNT
MAKE SCRATCH ART	MAKE A SENSORY BAG	PLAY BINGO
MAKE YOUR OWN BOOKMARKS	BUILD A FORT	PLAY CARD GAMES
PAINT PET ROCKS	HAVE A PILLOW FIGHT	DO A PUZZLE
MAKE RECYCLED CRAYONS	WRITE A STORY	PLAY CHARADES
MAKE PAPER BOATS	MAKE ICE CREAM IN A BAG	BUILD YOUR OWN GAME
FINGER PAINT	MAKE GUMMY BEARS	PLAY FREEZE DANCE
MAKE FRIENDSHIP BRACELETS	MAKE FRUIT ROLL-UPS	PLAY HOT POTATO
MAKE A BIRD FEEDER	HAVE A MOVIE DAY	PLAY MARBLES
MAKE PAPER BAG PUPPETS	PUT ON A FASHION SHOW	KEEP THE BALLOON UP
MAKE HANDPRINT ART	BAKE CUPCAKES OR MUFFINS	PLAY DOMINOES
MAKE A SCRAPBOOK	DO YOGA	PLAY HANGMAN
DECORATE T-SHIRTS	BUILD AN OBSTACLE COURSE	PLAY TIC-TAC-TOE
MAKE A THANKFUL JAR	MAKE DINNER TOGETHER	
PAINT LEAVES	PLAY WITH MAGNETIC TILES	EDUCATIONAL
MAKE A TIME CAPSULE	BUILD SOMETHING WITH LEGO	READ BOOKS
MAKE BUTTON ART	USE DOT MARKERS	DO A SCIENCE PROJECT
PAINT WITH WATERCOLORS	BUILD A STACK OF CARDS	LEARN ORIGAMI
COLOR IN A COLORING BOOK	PUT ON A PUPPET SHOW	LEARN ABOUT A NEW ANIMAL
MAKE PAPER CRAFTS	MAKE A TREASURE HUNT	LEARN A NEW CARD GAME
BUILD A CARDBOARD CASTLE	INDOOR BOWLING	LEARN TO SEW
MAKE TISSUE BOX MONSTERS	LEARN TO DRAW	LEARN TO KNIT
MAKE A TOILET PAPER ROLL BUTTERFLY	PUT ON A PLAY	DO BRAIN TEASERS
STAMP WITH CELERY	MAKE INDOOR HOPSCOTCH	LEARN A NEW LANGUAGE
MAKE CHALK ICE	DO A FAMILY CHORE TOGETHER	LEARN ABOUT A COUNTRY
MAKE PUFFY SIDEWALK PAINT	HAVE A DANCE PARTY	
DRAW A SELF PORTRAIT	HAVE A TEA PARTY	
USE RUBBER STAMPS	PLAY WITH WATER IN A BIN	
DO SCRAPER PAINTING	SET UP A PLAY STORE	
PAINT A RECYCLED JAR	MAKE A SOCK TOSS GAME	
MAKE SUPERHERO COSTUMES	MAKE PERLER BEAD ART	
	WRITE IN A JOURNAL	

THEBESTIDEASFORKIDS.COM

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Relaxation & Mindfulness Activities to Help Children Stay Calm and Anxiety-Free

54321 Grounding Technique

The 54321 grounding technique is perfect for teaching kids (or adults) who experience anxiety attacks, disassociation, or other severe stress responses. This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

"Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favourite thing to taste.

Take another deep belly breath to end."



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Find a palm-sized pebble or stone.
Ask the young person to explore the pebble,
feeling the bumps, grooves/rough areas.
Ask them to tell you what they're feeling,
which bit they liked/dislike.
Ask them to describe it to themselves.
This process helps refocus the mind,
slow breathing and reduce the
stress hormone, cortisol.
If your child finds the activity useful,
they can use it as a 'go to' resource
in times of anxiety.

**BUILD
SOUND
MINDS**

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Resources Packs

Free resources packs and websites/apps to keep children busy from the Scholastic Resource Bank

In response to the COVID-19 outbreak in the UK, Scholastic Resource Bank have put together a range of FREE home learning packs for Early Years, KS1, Lower KS2 and Upper KS2 children to help parents and teachers prepare for all eventualities. Download your free resource packs below:

Early Years Pack: <https://resource-bank.scholastic.co.uk/resources/439122>

Key Stage 1 Pack: <https://resource-bank.scholastic.co.uk/resources/439121>

Lower Key Stage 2 Pack: <https://resource-bank.scholastic.co.uk/resources/439120>

Upper Key Stage 2 Pack: <https://resource-bank.scholastic.co.uk/resources/439108>

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FREE online education resources

General Websites

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).

Toy Theater

<https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmpaxqZbkqudD49I71ep8-sjXmrac>

Activities and quizzes

Phonics Play

www.phonicsplay.co.uk

Username: march20, password: home

Twinkl

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

The general website 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. Free access code: PARENTSTWINKLHELPS use it at www.twinkl.co.uk/offer

Geography Games

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

Geography gaming!

Blue Peter Badges

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

If you have a stamp and a nearby post box.

The Artful Parent

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

Good, free art activities

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Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

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

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Nature Detectives

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

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

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshoudseethis.com>

Wide range of cool educational videos

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

Websites/Apps for Exercise

Go Noodle

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

Create a Go Noodle account which is free. Has lots of fun and free physical activities

You Tube

- Just Dance video
- Jack Hartmann Kids music channel
- Kids Yoga

The Body Coach

Free kid's workouts available

Cosmic Kids Yoga

www.cosmickidsyoga.com

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Early Years & Primary Age

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

National Geographic Kids

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

Activities and quizzes for younger kids.

Cbeebies Radio

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

Listening activities for the younger ones.

Prodigy Maths

<https://www.prodigygame.com>

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

Crash Course Kids

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

You Tube videos on many subjects for a younger audience

Oxford Owl for Home

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

Lots of free resources for Primary age

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.

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Secondary Age

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.

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.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Big History Project

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

Aimed at Secondary age. Multi-disciplinary activities.

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FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

PBS Kids

Make Me Genius

Starfall

The Magic School Bus

Cool Math

Highlights Kids

ABCya

National Geographic Kids

The KIDZ Page

Funbrain

NGAkids Art Zone

BBC History for Kids

Storyline Online

Steve Spangler Science

Mission US

The Happy Scientist

Khan Academy

Cells Alive

KidsReads

Google Earth

Youngzine

Fuel the Brain

Mr. Nussbaum

Exploratorium

Turtle Diary

e-Learning for Kids

Sesame Street

Fun Fonix

Seussville

Tvokids

The Story Starter

NASA Kids' Club

Crypto Club

Earthquakes for Kids

Smithsonian Learning Lab

Study Jams

Grid Club

Magic Tree House

DOGO News

Science Bob