



# learning at home

## A guide for parents and carers

**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.**

**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. We accept no liability or responsibility for your use of these.**

support  
&  
nurture



# make a plan

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



- 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



Make sure your plan has activities for the mind, body and spirit...things that are academic and focused on learning...things that are healthy for body muscles and heart...things that bring fun, joy and laughter to lift the spirit

Use your phone or keep a note book to jot down any ideas or plans that might come to mind.

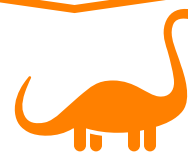
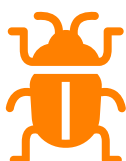
Make some lists ...

**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...

BBC News article home learning with family in isolation

<https://www.bbc.co.uk/news/uk-51936286>



# make a plan

Examples	
7.30 Breakfast & Free time	7.30 Breakfast
8.30 Reading – ongoing book	8.30 Set challenge – make a bridge from cardboard or Lego that can hold the weight of 5 books
9.00 Online learning BBC Bitesize – do some maths, English, science	10.00 Test and record your challenge in a scrap book, what worked ? What failed ? Why ?
10.00 Practice hand writing, do some times tables, talk about book you are reading	10.30 Outside play
11.00 Break and snack – work on any projects	11.00 Break and snack
11.30 Garden - trampoline & games	11.30 Research topic ? Find out about... Research and record your finds
12.30 Lunch break – food and free time, board games, sending messages to friends	
13.30 Afternoon activity – science learning about circuits using online resource	13.30 Scrapbook your research topic, get pictures and facts and collate them in a book or sheets of paper
14.30 Creative challenge – working on making sock puppet	14.30 Reading time – continue your own book
14.30 Write up journal, scrap book or diary	15.00 Talk about how days been and what you might do tomorrow.
15.00 Free time to carry on with any hobbies or interests	

Day / Time					
Activity					



# enjoy learning

Use any time at home to embrace your interests and enjoy learning – make things fun!



- Use your time for learning by doing...
- Set some open ended challenges, tasks or questions and leave it to children to tackle these as they wish
- Use whatever interest and resources you and your children have – Lego, Cooking, Arts & Crafts, Science, Music etc
- Allow time and space for children to explore as much as they want to...let them lead their learning

**Menu Plan** for a few days. Look up recipes or make these up. Get children to write their own recipe book. Plan and weigh all ingredients; mix, make and cook; and eat and review their own work.

Make the most of all opportunities to learn important skills for life. Share and involve your children what you can in terms of daily activities – cooking, cleaning, making, crafting etc



<https://theshirleyjourney.com/lego-play-free-printable-calendar/>

**Keep connected with School**  
Don't forget to keep in touch with school and check out their newsletters and websites to keep up to date with what is going on and any advice and resources they have put in place.

Make sure you use any online learning or lessons school offers and makes available for children.

If your child is in GCSE exam year please refer to the Virtual School GCSE Revision Guide online.



# 📍 enjoy reading

Just small amounts of daily reading can boast a child's vocabulary, grammar, word decoding and enjoyment !



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

- Set aside some family and individual time for reading
- Just small amounts each day can have a big educational benefit
- Make sure you pick books that interest and stimulate enjoyment
- Perhaps create a reading box for children to pick a book and change its contents every few days
- Make reading a fun and routine activity

If you have a library membership, download the borrow book app and join...

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

Good reading skills can enable and support children to understand the whole world of written words...making recipes, instructions and exams much easier to understand.

Looking for some ideas and resources to develop reading in your house ?



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



<https://literacytrust.org.uk/free-resources/>

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

Oxford  
OWL



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



Education

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



# embrace technology

There is so much out there on the internet, here are just a few places to try, there are many more....

## **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](http://www.methodmaths.info)

## **BBC Bitesize**

A good starting point to look at national curriculum learning for primary & secondary ages

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

## **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.

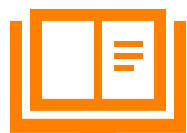
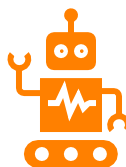
## **Scratch**

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

Creative computer programming

## **Ted Ed**

<https://ed.ted.com>



# embrace technology

If your child has particular interests or needs – google it and see what resources you can find...



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

## 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/school-resources/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-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

## 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.

Think about how you can use technology for learning, communicating and staying in touch with family or friends

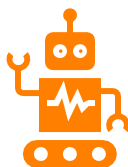
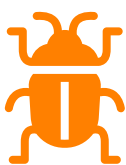
Set aside time to video call...set up a closed group to share work and pictures...record and document what you do...make a short video

Think about how you carefully manage screen and computer time. You need to keep a healthy balance.

Useful links to other resources ...

<https://en-gb.padlet.com/grahamandree07/covid19resources>

<https://tpet.co.uk/downloads/learning-at-home-maths-activities/>



# get creative & crafty

Think about what you have in your home and available to you. Get creative and crafty.

## **Fashion show**

Create outfits with clothes but wear them in a different way, make accessories from plastic or card things from your recycling bin.

Have a theme if you like. Choose music to show off your outfits.

## **Estimation game**

See who can be closest. Record your guesses and results. For example

How many flowers on a cushion.

How heavy is a pair of socks.

How long will an ice cube take to melt ...use your imagination.

## **Craft**

Make a 3D picture.

Find some card in your recycling ie a cereal packet. Use news paper, string, receipts...what ever fabric or paper you have to create a scene or picture.

## **Rubbings**

If you have crayons and paper try going around the house or garden finding things with texture. Pop your paper on then gentle rub over with the side of a crayon.

## **Flower pressing**

Its spring. If you can pick some flowers and leaves things like dandelions, daisy's and forget-me-nots. Pop between two pieces of paper and place under some heavy books, or a tray with tins in. Leave for a week or two and see what they are like.

## **Games & Puzzles**

- Treasure hunts with clues around house
- Dust of all your old board games
- Learn some new card games
- Board games olympics

Design your own board game. Use coins for counters. No dice? Download an dice app or have 1 to 6 written on small pieces of paper and pull out of a bag. Your game could include physical and education challenges.

On a phone take close up photos of things around your home. Then challenge family members to guess what they are.

## **Junk Modelling**

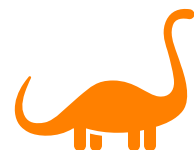
Gather up all empty packets, cardboard, old pots etc and see what you can create. You could even paper mache over once made and paint.

## **Build a den under a table**

Build a den with sofa cushions and sheets or blankets. Other things that can be used are clothes drying frames, chairs, with pegs to help. Ensure your den is safe. Do not use string or rope or heavy object to hold sheets in place.

## **Ready Steady Cook**

Do a 'ready steady cook' challenge for dinner. Give your children a few ingredients to use and let them use there imagination as to what to make. Always supervise and/or help with preparation and cooking if your children are young.





# get creative & crafty

Think about what you did when you were a child...what good old activities and games can you re-cycle?

## Potion making

Over 8 years. If you have anything old in your cupboards....kitchen or bathroom. Pop a towel down on a hard floor or table and let them mix to make potions. **Remember not for eating or drinking – adult supervision needed!**

## Science

Sink or float experiments. Get children to collect little things around the house. Fill a washing up bowl or sink or bath with water. Make a table to record there prediction as to if it will float or sink and record what it does.



## Paper Mache

You can make almost anything out of paper mache. All you need is paper (newspaper is best, but most paper will work). Use PVA glue or make your own (see below) tear up strips of paper and layer around a shape or object to create your masterpiece. Google some ideas and guides. Once made let dry for a day or so and then paint and decorate.

Top tip – make sure you think about how you will get of a mould or shape is you are using one – cling film and Vaseline are useful!

## Book Art/Folding

Carefully find any old and unwanted books. Google book art/folding and create your own masterpiece!

## Junk Mail Bunting

Work out a shape, make a template and cut up all your junk mail and stick or string into bunting!



## Make your own glue

Make your own glue out of flour and water. Only a little flour and water is needed. Mix it like single cream and heat gently until smooth....wait to cool before use. Google a recipe if needed.

## The ultimate list of Sensory Activities for Kids

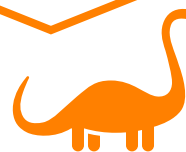
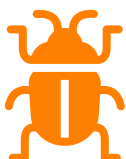
<https://merakimother.com/ultimate-list-sensory-activities-kids/>

Some more sources of ideas, inspiration and resources...

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

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

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



# 📍 healthy body & mind

Try and think about keeping your body and mind as active as possible. Don't sit around for too long, get as much movement as possible.



## NHS Change 4 Life

<https://www.nhs.uk/change4life>

Lots of ideas, activities and recipes to support and healthy life for all.



- Put in as many physical activities as you can
- Go in the garden and use trampoline, bike, scooter, climbing frame, play football or any other games you can
- Do some dancing, play dance challenge games, watch and copy some keep fits videos online
- If you have any exercise machines at home use them
- Remember not to sit still for too long
- Remember your food is your fuel, so make sure you fuel your self well
- Take time to research and plan some good food options
- Use the time to involve children in food making

## Keep Busy, Active and Virtually Connected

Make sure you keep in touch with people (online, video call etc) and keep your support networks active.

Make the most of your time and opportunities to learn and enjoy activities together with your child. Plan and cook meals together. Research new recipes and bake.

If you need any help or support for your child, look what is online or accessible through the NHS

<https://www.nhs.uk/>

## 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/>



# 📍 healthy body & mind

Think about how much news and social media you look at, perhaps just at certain points in the day and use good quality sources of information...

<https://www.familiesonline.co.uk/news/how-to-protect-your-mental-health-during-the-coronavirus-crisis>



Why don't you just turning up the music and just dance and sing along...



**National  
Autistic  
Society**

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

## Emotional wellbeing resources

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

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

<https://www.brainpop.com/health/diseases/injuriesandconditions/coronavirus/>

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

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

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

## Some more useful sites and resources for wellbeing

<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://hampshirelibraries.blog/whenabookmighthelp/>

<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/anna-freud-learning-network/coronavirus/>



# virtual world...

Can't get to the museum, zoo or other places you want to ? Google Virtual Tours and see where you can go in the world ....

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

Want to look at a live volcano or the earth from space check out some webcams



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

Need some more ideas or resources...





<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.internetmatters.org/advice/6-10/>

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

<http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

How about learning a whole new language ...



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

