

Covid-19 Emotional Well-being Toolkit

Information for children about corona virus:

Video by Newsround doctors answering questions from children about the Covid-19.

<https://www.bbc.co.uk/newsround/51861089>

A workbook to complete / read together with children up to 7 years which explains Covid-19. It is available on the website in many different languages.

<https://www.mindheart.co/descargables>

Looking after yourself as a parent:

The Good Thinking website developed by the Healthy London Partnership provides a range of useful guidance and online apps to support mental health and wellbeing. This resource is funded and endorsed by the NHS and is focused on supporting cognition, anxiety and low mood.

<https://www.good-thinking.uk>

The World Health Organisation (WHO) have created a list of mental health considerations during Covid-19 this can be accessed [here](#)

The mental health charity MIND have recently published advice and guidance about anxiety and mental health during the Covid-19 pandemic this can be accessed [here](#)

The British Psychological Society have also updated their website with a number of resources relating to Covid-19 which can be accessed [here](#)

If you are working from home it is important to consider both your mental and physical health and wellbeing. Physical wellbeing including taking appropriate breaks and regularly moving is especially important. This website provides a desk-exercise routine you can do to help your posture and wellness if you are indoors [here](#)

Tips for being at home with your family:

- organise social get together on line. Virtual coffees and chat for adults and play dates for children. Apps such as “house party” let you video chat with up to 20 people at a time

- have a good list of Netflix, amazon prime and film recommendations to help pass the time and unwind in the evenings and at weekends
- have some relaxing hobbies / list of jobs you want to get done around the house; it will feel good to get one checked off every so often whilst you are at home
- if able do try and get outdoors for a walk or a run even for just a few minutes at least a couple of times a week this will help maintain your mood
- <https://www.cosmickids.com/>
online yoga and relaxation for all the family to do together
- If both parents are working from home negotiate a routine where you can share the child care responsibility throughout the day to allow you each to work during the day. Try shifts in 2 hour stints or morning / afternoon sessions where you swap roles working or parenting.
- Try to keep some sort of routine to keep weekdays feeling different to weekends- you might consider a routine like this for your weekdays:

Free activities for Kids

https://www.common sense media.org/blog/free-online-events-activities-kids-at-home-coronavirus?j=7711684&sfmc_sub=170792226&l=2048712_HTML&u=143747070&mid=6409703&job=1127&utm_source=covid19_freeactivities_20200323&utm_medium=email

COVID-19 DAILY SCHEDULE

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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

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk

Educational resources for children:

Many of these links have been tested but not all but they do come from reliable sources. There are lots of free on line resources you can access which will enable you to support your child's education whilst at home and also help provide structure and variety in your day. Do remember to spend some time away from computers and screens during each day! Many of these links will give you ideas and resources to do away from the computer with your children.

GENERAL

*Scholastic has created a free learn-from-home site with 20+ days of learning and activities.

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

*This is the awesome free curriculum that we use. Everything from preschool activities to 12th grade is here!

<https://allinonehomeschool.com/>

*List of thinking games by grade:

<https://allinonehomeschool.com/thinking>

Lots of learning and crafts / resources with Dr Seuss character

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

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

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

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

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

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

<https://www.e-learningforkids.org>

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

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

<https://www.bbc.co.uk/bitesize/collections/primary-games/1>

<https://www.education.com/games/>

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

<https://pbskids.org/games/>

<https://mrnussbaum.com/>

<https://kids.nationalgeographic.com/games/>

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

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

Oxford Owl for Home

www.oxfordowl.co.uk/for-home/

Lots of free resources for Primary age

ENGLISH

<https://www.spellingcity.com/spelling-games-vocabulary-games.html>

<http://www.funenglishgames.com>

<https://pbskids.org/wordgirl/games/>

<https://www.gamestolearnenglish.com>

<https://www.hello-world.com/languages.php/?language=English>

pre school and reception years

<http://www.literactive.com/Home/index.asp>

on line short books

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

Reading aids for younger children

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

MATHS

<https://www.topmarks.co.uk/maths-games>

<https://pbskids.org/games/math/>

<https://nrich.maths.org/>

<https://www.mathplayground.com/math-games.html>

<https://mathpickle.com/>

<https://www.coolmath4kids.com/>

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

Prodigy Maths

www.prodigygame.com

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

SCIENCE

<https://littlebinsforlittlehands.com/science-experiments-and-activities/>

<https://www.steamsational.com/science-experiments-for-kids/>

<https://www.turtlediary.com/games/science.html>

<http://www.sheppardsoftware.com/science.htm>

<https://www.learn4good.com/games/scienceforkids2.htm>

<http://www.sciencekids.co.nz/>

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

Mystery Science

<https://mysteryscience.com/>

Free science lessons

Crest Awards

www.crestawards.org

Science awards you can complete from home.

Academy

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.

Futurelearn

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

www.senecalearning.com

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

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/>

All sorts of engaging educational videos

Big History Project

www.bighistoryproject.com/home

Aimed at Secondary age. Multi disciplinary activities.

National Geographic Kids

www.natgeokids.com/uk/

Activities and quizzes for younger kids.

Duolingo

www.duolingo.com

Learn languages for free. Web or app.

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://www.youtube.com/user/crashcoursekids?app=desktop>

As above for a younger audience

iDEA Awards

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

Digital enterprise award scheme you can complete online.

Paw Print Badges

www.pawprintbadges.co.uk

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

Tinkercad

www.tinkercad.com

All kinds of making.

Cbeebies Radio

www.bbc.co.uk/cbeebies/radio

Listening activities for the younger ones.

Nature Detectives

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

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

British Council

www.britishcouncil.org/school-resources/find

Resources for English language learning

BBC Learning

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.

Geography Games

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

Blue Peter Badges

www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges

If you have a stamp and a nearby post box.

Arts and Crafts Ideas

The Artful Parent

www.facebook.com/artfulparent/

Good, free art activities

Red Ted Art

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 Theatre

<http://toytheater.com/>

educational games for younger children

DK Find Out

www.dkfindout.com/uk

Activities and quizzes

Twinkl

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

Culture

Wind in the Willows west end production – on line streaming

https://www.whatsonstage.com/london-theatre/news/wind-in-the-willows-coronavirus-stream-free-51205.html?utm_source=facebook&utm_medium=email&utm_campaign=17march2020

Pretend to travel the world. Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Other Online resources:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Creative Bug
- Discovery Education

YouTube Channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake

Do enjoy your time at home together