Information to support children, young people and parents at home

21 May 2020

Home learning and activities to do with children

'Antibiotic Guardian' youth programme

The 'Antibiotic Guardian' youth programme provides a unified source of activities that are suitable for ages 5 to 18 and are designed to be fun, engaging and active. Activities can be executed easily at home with minimal equipment and link with key curriculum areas including science, design and technology, PSHE and even art and design; providing a well-rounded programme for home-schooling.

Resources focus on three main topics:

- Microbes

- Preventing the spread of infection

- Antibiotics and antibiotic resistance

New helpline to support parents' home schooling

The Department for Education (DfE) has announced that STAR Academies Trust has launched StarLine a national telephone helpline for parents who are home-schooling in England. The free telephone helpline aims to offer confidential advice to families from qualified teachers and parenting experts. Calls to the helpline use a local rate number, 0330 3139162, from anywhere in the UK.

Good days in unusual times

This book is a small gift for all children during these days when we can't do many of the things we usually enjoy. It a small book of tips for how to take care of yourself and have good days. Download Good days in unusual times.

Coronavirus: A book for children

This free online book for children explains the Coronavirus in more detail and may be helpful if you`re having trouble explaining the science in simple language. Coronavirus: a book for children

Brain breaks-Mentally Healthy Schools

Children may find completing schoolwork at home difficult and have trouble focussing. Adults can try out some of these brain break activities with their children to break up a period of concentration.

Creating a routine – Partnership for children

A simple cut and stick activity sheet to help children plan out their daily routine

Some positive activities to help boost wellbeing and reduce anxiety.

Wellbeing Activity Calendar

Home Education Advice for Parents / Carers

Supporting parents and carers during coronavirus

Parents' advice to others who are caring for children and young people during this pandemic
Parent to Parent Guide

Resources to help encourage positive Mental Wellbeing during the Coronavirus pandemic

The BBC own-it app

The BBC Own It app helps kids enjoy the internet and connect with friends much more safely using a special keyboard that gives guidance as they type plus a diary function where kids can track how they're feeling and so improve their wellbeing. Download for free from the Google Play and Apple app store. More information here

Anna Freud Centre Self Care resource

The Centre's self-care resource has seen a 650% increase in page views since the lockdown began as children, young people, their families and those

that work with them look for simple, accessible strategies to help manage anxiety and depression.

Coronavirus: resources for managing anxiety and improving wellbeing

This resource has many suggestions to help manage anxiety and improve wellbeing during the coronavirus crisis for school staff and parents/carers. It includes advice on managing anxiety, relaxation activities, suggestions for helping children express their feelings and wellbeing through sports activities.

Coronavirus (COVID-19) sleep tips for families

Find some tips for good sleep here

Calming sounds: CBeebies radio

Help your child settle down, relax and fall asleep to these relaxing calming sounds

Toolbox-Childline

An online toolbox of games and activities to keep children entertained and help them articulate how they are feeling.

Activities and conversation starters during the coronavirus pandemic

Suggestions for activities that parents can do with their child during lockdown and how to use this time to start a conversation with them about their mental wellbeing.

9 Tips for helping your child manage their behaviour and emotions at home

This short guide can be found here