

**EMOTIONAL
WELLBEING**

Go noodle - exercise and mindfulness breaks

www.gonoodle.com

Mindfulness project

[Breathe: English resource for Key Stage 2](#)

[Breathe: English resource for Key Stage 2](#) (this is KS 3- 4)

Cosmic Kids Yoga and Zen Den on YouTube

[official watch page](#)

Moodjuice resources to support Mental Health concerns (Upper KS2 onwards)

[MOODJUICE - Self-help Resource Site](#)

Young Minds - Supporting young people's mental health

[YoungMinds - children and young people's mental health charity](#)

Hey Sigmund - Supporting children and young people with anxiety

[Hey Sigmund | Anxiety in Teens | Helping a Child with Anxiety](#)

Big Life Journal - some free resources and weekly podcast on linked to growth mindset and positive psychology

[Big Life Journal for kids](#)

Anna Freud National Centre for Children and Families Mental Health resources

[Schools in Mind](#)

ADHD foundation - resources, advice, information and training

<https://www.adhdfoundation.org.uk/information/parents/>

	<p>Mentally Healthy Schools Responding to the coronavirus: resources for mental health and wellbeing</p> <p>Between Sessions Free Therapy Worksheets School - This Week's Free Worksheets - BETWEEN SESSIONS RESOURCES</p> <p>Positive Psychology Crisis Kit The Crisis Kit: 5 Tools for Helping Clients Through Turbulent Times</p> <p>Resilience in children 30+ Tips for Building Resilience in Children</p> <p>Emotional wellbeing resources (Behaviour Team) High School Closure Resources</p> <p>100 Art Therapy Activities http://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-</p>
PHYSICAL ACTIVITY	<p>15 free workouts 15 Free Fun Virtual Workouts To Get Your Exercise In While You Are At Home</p> <p>English Cricket Board - free lesson and resources linking PE with other areas of the curriculum https://www.chancetoshine.org/</p> <p>Joe Wicks 'PE with Joe' Mon-Fri 9AM starting Monday on his youtube channel, 30 min per day https://www.youtube.com/results?sp=mAEB&search_query=joe+wicks</p>
TEACHING ABOUT CORONAVIRUS	<p>Social story Coronavirus Social Story by KeshetChicago</p>

	<p>Beacon School - Support for talking to children about coronavirus How To Talk To Children About Coronavirus</p> <p>Carol Grey social story My Story About Pandemics and the Coronavirus - Carol Gray</p>
MATHS	<p>White Rose Maths Home Learning Problem of the Day Early Years Resources Primary Resources Secondary Resources</p> <p>Worksheets to print, with accompanying answer sheets! www.maths-aids.com</p> <p>Mental maths and games www.trockstars.com www.topmarks.co.uk - including hit the button and daily 10 www.mathplayground.com</p> <p>Daily 10 mental maths Maths shed - free for duration of school closures - www.mathematicshed.com</p>
ENGLISH	<p>Free animated books for a year https://www.vooks.com/teacher-appreciation</p> <p>World book online - over 3000 ebooks and audio books</p>

	<p>https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjcyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDEzMzA2Mjp1cw%3D%3D&fbclid=IwAR3WEjN3wGIEzjsl-U7jqOvTR606H8KHBH5R4nXeoSubLHOB1OExs40guhc</p> <p>Literacy shed - free for duration of school closure - www.literacyshed.com</p> <p>Spelling shed www.spellingshed.com</p> <p>Phonics PhonicsPlay - Phonics games, planning, assessments and printables</p> <p>Make beliefs comix - printable comic makers www.makebeliefs.comix</p> <p>Story book, write your own story book www.mystorybook.com</p> <p>Puzzles - word searches/crosswords Online Puzzles for Children - Lovatts Crosswords & Puzzles</p>
ICT / COMPUTING	<p>Hour of code activities www.hourofcode.com/ie/learn</p> <p>Scratch coding and programming ScratchJr - Home (age 5 - 7) Scratch - Imagine. Program. Share (age 8 - 16)</p>

	<p>2Simple (also covers other aspects of the curriculum KS1 - KS2) Free access - 2simple.com</p>
STAYING SAFE ONLINE AND USING REMOTE LEARNING	<p>Safer Internet UK advice for remote learning Advice on Safe Remote Learning amidst Coronavirus</p>
LIFE SKILLS	<p>Learn touch typing Dance Mat Typing</p> <p>Free resources Cookery and healthy eating Food A Fact Of Life: Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training.</p> <p>Resources Cooking / Recipes for young children</p>
GENERAL	<p>Comprehensive list of companies offering free resources / subscriptions with links to websites Here's The Entire List of Education Companies Offering Free Subscriptions Due to School Closings</p> <p>TTS Home Learning packs - EYFS, KS1, KS2 Home Learning Packs & Activities</p> <p>Scholastic Learning Journeys Scholastic Learn at Home: Free Resources for School Closures</p> <p>Twinkl - Free access to all resources Primary Resources - KS2, KS1, Early Years (EYFS) KS3, KS4 (offer code UKTWINKLHELPS)</p>

	<p>Kahn Academy Khan Academy Free Online Courses, Lessons & Practice</p> <p>Lego Education https://education.lego.com/en-gb/support</p>
ARTS & HUMANITIES	<p>Virtual Field Trips and Lesson Plans 20 Virtual Field Trips to Take with Your Kids</p> <p>The Art Of Education ideas for creative activities with limited resources 27 Art Activities and Lessons to Try at Home</p> <p>PlayScotland.Org, messy and creative play, five free booklets to download with creative ideas https://www.playscotland.org/parents-families/messy-play/</p> <p>Learning4Kids, Sensory learning ideas List of Sensory Play Activities & Ideas</p> <p>CBeebies Lets Go Club Messy play - CBeebies</p> <p>National geographic www.natgeokids.com/uk/ (Their youtube channel is equally wonderful)</p>
SCIENCE	<p>1 Year of Science lessons free (limited) Mystery Science: Lessons for elementary teachers List of Sensory Play Activities & Ideas</p> <p>Sci show kids on Youtube</p>

	https://www.youtube.com/user/scishowkids?reload=9
MFL	Online foreign language learning - free https://www.duolingo.com/
TRANSITION TO SECONDARY SCHOOL	<p>Public Health England transition resources Transition to secondary school lesson plan pack PHE School Zone</p> <p>TES transitions free resources and packs Transitions</p> <p>Twinkl free transition resources for Nursery and First / primary schools https://www.twinkl.co.uk/search</p> <p>ASDAN free resources Out In The Community and Using a Phone Responsibly Two free resources to support transition to secondary school</p> <p>Young Minds Transition for Year 6 pupils School Resources Find Your Feet: Transitions Activity for Year 6 Pupils Download our classroom activities to</p>
Online learning community	<p>Facebook pages: Parents, carers and teachers together (coronavirus home learning tips) - regularly updated</p> <p>North Tyneside E-learning lead pack - online and updated huge resource pack to view and print/use Home Learning Support</p>

