



## Our Current Local Offer: Lockdown Resources for Families *Supporting Children and Families through Unexpected Times of Rapid and Unpredictable Change in the Light of Coronavirus*

The following resources have been collated from a wide range of sources to provide information for anyone to use as they feel would be helpful. They include information relevant to children across the early years and school age range including those with special educational needs and disabilities. NB: They are not recommendations, purely possibilities.

### Contents *(Click to Jump)*

<b>PANDEMIC RESOURCES</b>	<b>2</b>
<a href="#">Local Information</a>	2
<a href="#">Information on the Coronavirus for Children</a>	2
<a href="#">Managing Anxiety (and Other Mental Health Issues) During the Pandemic</a>	2
<a href="#">Supporting Children Through the Pandemic</a>	2
<a href="#">The Coronavirus and Special Education Needs and Disability (SEND)</a>	2
<b>EARLY YEARS LEARNING AT HOME (UNIVERSAL)</b>	<b>3</b>
<b>LEARNING AT HOME (SPECIAL)</b>	<b>3</b>
<a href="#">General</a>	3
<a href="#">General Sensory Resources</a>	3
<a href="#">Music</a>	4
<a href="#">Northamptonshire SEND Support Service</a>	4
<a href="#">Northamptonshire Sensory Impairment Service</a>	4
<a href="#">Physical Education (PE)</a>	4
<b>LEARNING AT HOME (UNIVERSAL)</b>	<b>4</b>
<a href="#">Art and Crafts</a>	4
<a href="#">Computer Science</a>	4
<a href="#">Cookery</a>	5
<a href="#">Dance</a>	5
<a href="#">General</a>	5
<a href="#">Geography</a>	5
<a href="#">History</a>	5
<a href="#">ICT</a>	5
<a href="#">Languages</a>	5
<a href="#">Literacy</a>	6
<a href="#">Maths</a>	6
<a href="#">Physical Education (PE)</a>	6
<a href="#">Science</a>	6
<b>COVID-19: 10 ACTIVITIES FOR HOME WITH A SCHEDULE</b>	<b>7</b>



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# PANDEMIC RESOURCES

## Local Information

- [Northamptonshire County Council: Council Services](#) (UK) - Changes to Services Due to the Pandemic
- [Northamptonshire County Council: EHC Team](#) (UK) - Coronavirus Update
- [Northamptonshire County Council: Schools Information for Parents](#) (UK) - Changes Education Services

## Information on the Coronavirus for Children

- [Carol Gray Social Stories](#) (USA) - My Story About Pandemics and the Coronavirus (PDF 2.09MB)
- [CBBC Newsround](#) (UK) - Coronavirus
- [Elsa Support](#) (UK) - Coronavirus Story (PDF 34.35MB)
- [Mindheart](#) (COL) - COVIBOOK (Available in 18 Languages)
- [Nurse Dotty](#) (UK) - Dave the Dog Is Worried About Coronavirus

## Managing Anxiety (and Other Mental Health Issues) During the Pandemic

- [Anxiety UK](#) - Health and Other Forms of Anxiety (and Coronavirus)
- [BBC News](#) (UK) - Coronavirus: How to Protect Your Mental Health
- [Cosmic Kids](#) (UK) - Yoga and Mindfulness for Kids
- [Headspace](#) (UK/USA) - Meditation for Kids
- [Mind](#) (UK) - Coronavirus and Your Mental Health
- [Public Health England: Coronavirus](#) (UK) - Looking After Your Feelings and Your Body, Easy Read (PDF 1.07MB)
- [YoungMinds](#) (UK) - Coronavirus Advice and Mental Health Support

## Supporting Children Through the Pandemic

- [British Psychological Society](#) (UK) - Talking to Children About Coronavirus (PDF 114KB)
- [Child Mind Institute](#) (USA) - Talking to Kids About the Coronavirus
- [Place2Be](#) (UK) - Coronavirus Updates, Advice, and Support
- [World Health Organisation](#) - Helping Children Cope with Stress During the 2019-nCoV Outbreak (PDF 49KB)
- [YoungMinds](#) (UK) - Supporting Your Child During the Coronavirus Pandemic

## The Coronavirus and Special Education Needs and Disability (SEND)

- [Carers UK](#) - Coronavirus Guidance
- [Council for Disabled Children](#) (UK) - COVID-19 Support and Guidance Links
- [Mencap](#) (UK) - Coronavirus (COVID-19)
- [National Autistic Society](#) (UK) - Coronavirus
- [OCD UK](#) - OCD and Coronavirus Survival Tips
- [Public Health England: Coronavirus \(COVID-19\)](#) , Easy Read (PDF 733KB)



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## EARLY YEARS LEARNING AT HOME (UNIVERSAL)

- [BBC \(UK\): Tiny Happy People](#) - Develop Your Child's Communication Skills
- [Cbeebies Radio](#) (UK) - Listening Activities for 0-6s
- [Early Movers](#) (UK) - Physical Activities for Babies and Young Children
- [Hungry Little Minds](#) (UK) - Fun Educational Activities for 0–5s
- [National Literacy Trust](#) (UK) - Small Talk: Chat, Play, and Read for 0–5s

## LEARNING AT HOME (SPECIAL)

### General

- [Brain Parade: See.Touch.Learn.](#) (App) - A Visual Instruction App
- [Do2Learn](#) (USA) - Downloadable Resources Grouped by Theme
- [Catcote Futures, Post-16](#) (UK) - Home Learning Ideas Book
- [HelpKidzLearn](#) (App) - Games and Resources Designed for SEND During School Closures
- [Inclusive Teach](#) (UK) - Downloadable SEND Teaching Resources
- [Northern Ireland Curriculum](#) - SEN Learning Resources
- [Northern Ireland Curriculum](#) - PMLD Thematic Units
- [Positive Eye](#) (UK) - 'Gwyn the Idea Machine' Videos
- [Priory Woods School](#) (UK) - Resources, Apps, and Programmes for SEND
- [SEN Teacher](#) (UK) - Downloadable Resources for a Range of Abilities
- [SENict Activities](#) (UK) - Downloadable Activities for PMLD or SLD
- [Sensory App House](#) (App) - Apps for Pupils with PMLD or SLD
- [Speech and Language Kids](#) (UK) - Education and Therapy Resources for Speech and Language Problems
- [Teaching Students with Visual Impairments](#) (USA) - Downloadable Resources to Support Blind Pupils
- [The SEN Resources Blog](#) - Ways to Learn Through Play (Videos)
- [UCL: Centre for Inclusive Education](#) (UK) - A Guide to Help Parents Adjust to Remote Learning
- [Valence School](#) (UK) - 31 Pages of Activity Ideas for Special School Learners
- [Visuals2Go \(App\)](#) - All-in-One App for People with Communication and Learning Difficulties

### General Sensory Resources

- [Collars & Cuffs Co.](#) (UK) - Be Not Afeard: A Sensory Telling of 'The Tempest'
- [Empowering Little Minds](#) (UK) - Sensory & Messy Play Activities for Children with SEND
- [Greenside School](#) (UK) - Sensory Stories
- [Pete Wells' Sensory Stories Podcast](#) (UK) - Free Special Stories
- [Sensory Integration Network](#) (UK) - Hand Washing Tips for People with Sensory Difficulties
- [Special Education and Inclusive Learning](#) (UK) - Sensory Learning Activities: An A-Z
- [Special Education and Inclusive Learning](#) (UK) - 150 Sensory Learning Ideas
- [The Sensory Dispensary](#) (UK) - Resources
- [The Sensory Projects](#) (UK) - Guides Containing Developmental Sensory Games and Ideas



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## Music

- [Let's All Create](#) (UK) - Northants-based SEND Music Workshops, via YouTube
- [Soundabout](#) (UK) - Music Sessions for People of All Ages with PMLD or SLD (2pm Tuesdays and Saturdays)
- [The Amber Trust](#) (UK) - LittleAmber and AmberPlus: Website and Free Resources (for Vision Impairment)

## Northamptonshire SEND Support Service

- [NCC SSS - 10 Top Tips for Parents](#) (PDF 255KB)
- [NCC SSS - Apps](#) (PDF 321KB)
- [NCC SSS - Happy Parents = Happy Children: Tips for Looking After Yourself](#) (PDF 187KB)
- [NCC SSS - Ideas for Movement Breaks](#) (PDF 75KB)
- [NCC SSS - Managing Anxiety at Home](#) (PDF 247KB)
- [NCC SSS - Resources](#) (PDF 1.32MB)
- [NCC SSS - Sensory Activities to Try at Home](#) (PDF 1.3MB)
- [NCC SSS - Setting up a Home Workstation](#) (PDF 187KB)
- [NCC SSS - Top Tips for Behaviour... Just Being a Parent](#) (PDF 198KB)
- [NCC SSS - Wash and Dry Hands Visual Aids](#) (PDF 100KB)

## Northamptonshire Sensory Impairment Service

- [NCC SIS - Activities for Home: Auditory Memory](#) (PDF 240KB)
- [NCC SIS - Home Activities for Children with Vision Impairments](#) (PDF 201KB)
- [NCC SIS - Learning at Home for a Child with a Hearing Impairment](#) (PDF 200KB)
- [NCC SIS - Tips for Parents: Learning at Home with a Child with a Hearing Impairment](#) (PDF 308KB)
- [NCC SIS - Top Tips for Supporting Children at Home with Vision Impairment](#) (PDF 290KB)

## Physical Education (PE)

- [Flamingo Chicks](#) (UK) - Free Dance Class Videos for Children with Disabilities
- [Northamptonshire Sport](#) (UK) - Resources Suitable for People with Disabilities to Keep Active in the Home

## LEARNING AT HOME (UNIVERSAL)

### Art and Crafts

- [AccessArt](#) (UK) - Art Resources to Use at Home
- [Art for Kids Hub](#) (USA) - 'How to Draw' Videos
- [The Imagination Tree](#) (UK) - Creative Art and Craft Activities

### Computer Science

- [Blockly Games](#) (USA) - A Series of Educational Games That Teach Programming
- [Code.org](#) (USA) - Computer Science Courses for Students from Reception Through to A-Level
- [Inspiring Digital Enterprise Award \(iDEA\), UK](#) - Digital Award Scheme That Can Be Completed Online
- [Scratch](#) (USA) - Games and Projects for Ages 8-16
- [Tynker](#) (USA) - Coding for Kids (Ages 5+), Free Access During School Closures



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## Cookery

- [Jamie: Keep Cooking and Carry On \(UK\)](#) - Jamie Oliver Recipes, Tailored for these Unique Times

## Dance

- [20DV with Diversity](#) (UK) - Dance Classes with Diversity, Free Access During School Closures
- [Dance Classes with Oti Mabuse](#) (UK) - Free Lessons via YouTube

## General

- [BBC Bitesize](#) (UK) - Learning and Revision for Primary, Secondary, and Post-16
- [Crash Course](#) (USA) - A Series of High-Quality Video Courses on a Variety of Subjects for Ages 11+
- [Easy Peasy All-in-One Christian Homeschool](#) (USA) - Thinking Activities
- [Highlights Kids](#) (USA) - Crafts, Activities, and Learning Magazine
- [Oxford Owl](#) (UK) - E-Books, Videos, and Learning at Home Activities for Ages 3–11
- [Pawprint Family](#) (UK) - Free Challenge Packs (Indoor and Outdoor) and Other Downloads
- [Scholastic](#) (USA) - Learn at Home: 20 Days of Cross-Curricular Projects to Do at Home (for Ages 5-15)
- [Teachit Primary](#) (UK) - Free Resources for Ages 0-11
- [TED-Ed@Home](#) (USA) - Interactive, Video-Based Lessons on All Subjects, from Primary to University Level
- [The Kids Should See This](#) (USA) - 4,500+ Smart, Curated Videos for All Ages
- [TopMarks](#) (UK) - Educational Resources for All Ages
- [Toy Theater](#) (USA) - Free Interactive, Educational Games for Ages 5-10
- [Twinkl](#) (UK) - Free Home Learning and School Closure Packs for Ages 3–16

## Geography

- [3D Geography](#) (UK) - Free Templates for Paper Model-Making, Plus Geography Information and Resources
- [BBC Race Race Across the World](#) (UK) - TV show in which travellers must race without smartphones or flights
- [National Geographic Kids](#) (UK) - Free Information and Activities
- [Travel + Leisure](#) (USA) - Virtual Museum Tours
- [World Geography Games](#) (UK) - Free Online Geography Games

## History

- [Big History Project](#) (USA) - Free, Online Social Studies Course for Ages 11–16
- [History Hit LIVE with Dan Snow](#) (UK) - Free Lessons via YouTube

## Information Communications Technology (ICT)

- [Clicker](#) (UK) - Accessible Word Processing

## Languages

- [British Council](#) - Resources for English Language Learning (for All Ages)
- [Duolingo](#) (USA) - A Free Platform for Learning Second Languages



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## Literacy

- [Elevenses with David Walliams](#) (UK) - Free Storytime with David Walliams
- [Harry Potter at Home](#) (UK) - Craft Videos, Fun Articles, Quizzes, Puzzles and Resources for First-Time Readers
- [PhonicsPlay](#) (UK) - Free Phonics Games
- [Seussville](#) (USA) - Activities, Crafts and Games Based on the World of Dr Seuss
- [Storyline Online](#) (USA) - Streams Videos of Famous Actors Reading Children's Books
- [Teach Your Monster to Read](#) (UK) - Phonics Games for Kids in Reception and Year 1
- [Unite for Literacy](#) (USA) - An Online Library with 400+ Original Picture Books
- [WorldStories](#) (UK) - Register to Access Free Illustrated Traditional Stories in Different Languages

## Maths

- [Coolmath](#) (USA) - Free Interactive Maths Games
- [Snappy Maths](#) (UK) - Free Worksheets, Interactive Activities and Resources for Foundation Stage, KS1, and KS2
- [The Maths Factor](#) (UK) - Maths with Carol Vorderman, Free Access During School Closures

## Music

- [Music with Myleene Klass](#) (UK) - Free Lessons via YouTube

## Physical Education (PE)

- [GoNoodle](#) (USA) - Get Kids Moving with Short Interactive Activities
- [PE with Joe Wicks](#) (UK) - Free Lessons via YouTube

## Science

- [CREST Awards](#) (UK) - Challenging Real-World STEM Projects for Young People of All Ages
- [Mystery Science](#) (USA) - Online Science Lessons
- [Science for Kids](#) (NZL) - Science Experiments and Games for Kids
- [Science with Maddie Moate](#) (UK) - Free Lessons via YouTube
- [Switch Zoo](#) (USA) - Online Game with Information About Animals
- [The Discovery Channel, Education](#) (UK) - Free Resources for Ages 5-11
- [The Met Office](#) (UK) - Resources for Schools
- [The National Science Museum](#) (UK) - Learning Resources
- [The Royal Society for the Protection of Birds](#) (RSPB) UK - Activities



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## COVID-19: 10 ACTIVITIES FOR HOME WITH A SCHEDULE

**Set Up a Family Meeting** - Calling a family meeting is important to set ground rules and expectations for the duration of this situation. Ask all to participate and look into what is their understanding of the situation, what this means and why are we doing this...it will give everyone a sense of purpose and meaning. Validate emotions as children may feel like things are not fair. Write together a poster with ground rules, decide on the ground rules together, like how many hours of devices and games for example, chores, cooking and ask for everyone's contribution to the family household.

**Set Up a Schedule** - Having a calendar or a schedule outlining different activities will help create a routine and establish predictability. It can be done visually using colour coded signs, see picture above. Although not necessarily needing to be equally dispersed across the day, deciding on a schedule together will help family functioning.

**Decide on Different Activities** - When discussing different activities, it is important to ensure that all family members' needs are met. For younger children, they may need play and unstructured times, as for older children, it may mean learning online with structured educational activities set by the school. For parents, it may mean the need to have some time to work and communicate with colleagues. Remember it is also important to allow for self-care and time for you, like putting the oxygen mask on you before someone else! What activities can we do from home? You may think it will be a long haul! Here are some ideas of different educational, cognitive and creative activities that can be done at home:

1. **Set Up a Den in the House (or a Camp in the Garden)** - This activity can be useful to create a safe place for children and a place they know they can have some quiet time, such as, reading a book, playing with little people, teddies or puppets. You can ask them to contribute to set it up with you, make decorations, put up lights and a sign. Children will find this fun and different. It can create an imaginative world for the child.
2. **Set Up a Learning Place in the House (and Learn Together)** - It is important that children feel they have an allocated space in the house where they can concentrate and focus on learning. It does not have to be a big space and can even be a shared space. It is more about how we use this space and what we do when we are learning. Setting up some ground rules for this will also be helpful. With a schedule, allocate time to learning in short and fruitful bursts,



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it is more about the quality and the positive experience of learning rather the quantity and speed at which we do these learning tasks. When you are noticing that learning is no longer fruitful, have a short break, a snack, a glass of water, some movement breaks. Family learning can be rich as we can all learn together and share understanding, problem-solving and information.

3. **Cook Together** - Cooking is great as it also includes literacy and numeracy tasks, such as, reading recipes or counting and measuring ingredients. Involving children in cooking can be fun and full of joy as they are involved in producing a tangible product at the end. You can also ask the children to finish off the cookies, cake, etc. by decorating them, lots of time can be spent on this.
4. **Puzzles, LEGO, and Visual-Spatial Activities** - These activities tend to be calming as the brain focuses on putting things together rather than verbal or emotion demanding tasks. Offering these activities in the house will be of benefit to everyone as it will help all involved to be grounded and calm.
5. **Set Up a Fun Project** - It is important to vary activities, like a carousel. Start with one and move on to the next. When activities are designed to promote different areas of development, children will find this more engaging than if it is tapping into the same type of skills so it is important to also have something creative, a fun project you will enjoy doing together. A fun project could be: making a scrapbook of different drawings, paintings, making characters out of modelling clay, picking up leaves from the garden and finding the name of the tree online, taking photographs of wildlife in the garden such as birds, animals, painting rocks with emojis on them, drawing a cartoon strip or writing a collection of short stories, inventing characters and drawing these, so many things that can be done. Some children may like the challenge of a research project.
6. **Start a Collection and Play Board Games** - Stamps, stones, leaves, labels and lots of other things can start collections. Board games, such as snakes and ladders, can be made using templates on the web.
7. **Send Messages, Letters, and Postcards to Family and Friends** - Keep in touch with your social networks via different communication modes either video call or messaging.
8. **Learn a New Skill Together and/or Teach a New Skill** - There are lots of YouTube videos that can teach skills step by step. Learn to say words in a different language, learn how to do sewing, knitting, crochet, slime, scrapbooking, photography, design a webpage together or design cards online.
9. **Implementing Routines for Self-Care and Mindfulness** - It's okay for all involved to feel this is not a normal situation. It is important to keep communicating, being transparent, responding to questions, presenting the facts as well as not bombarding with facts. Children are curious and like to find out about the world so it is a good opportunity to open their thinking by sharing information, exploring maps, countries. It is also important we are aware of feelings and able to recognise sensations, feelings and actions. Implement some self-care activities together such as doing a calming activity together, reading a book, relaxing, watching a film.
10. **Exercise** - Don't forget to move and for the full family to move. You can set up some an obstacle course in the garden for example. This can be done using household items like a skipping rope, bottles, or a ball. Like do 10 jumps, 10 skips, 10 hoops in the basketball hoop, knock 3 bottles down, etc. You can set up a challenge and time them going through the course. Walking the dog and playing with an animal can also be part of the routine.



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