

# Coronavirus Resource Pack

With thanks to Sefton EP Team

## Resources for talking to children about coronavirus

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus> British Psychological Society tips for talking to young people

<https://www.bbc.co.uk/newsround/51861089> Newsround video clip for children

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus> Tips for families

<https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children> Conic book style story about coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKlM7Xy3VIKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg> Social story

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/> Guide for parents and professionals

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/> Animation for older children

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506> A comic exploring coronavirus for young people

<https://www.adamspsychologyservices.co.uk/coronavirus.html> Comprehensive guide for adults to manage a range of situations related to coronavirus

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update> Advice for parents of children with SEN

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> Advice from The Child Mind Institute

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

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource) Parent resources from National Association of School Psychologists

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf> Easy read information page about coronavirus

## Anxiety Resources (generic and targeted)

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2) World Health Organisation advice for maintaining good mental health at this time

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/> To support young people in managing virus related anxiety

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings> Advice for managing the volume of anxiety inducing news

[https://www.apa.org/practice/programs/dmhi/research-information/pandemics?utm\\_source=linkedin&utm\\_medium=social&utm\\_campaign=apa-pandemics&utm\\_content=pandemics-resources](https://www.apa.org/practice/programs/dmhi/research-information/pandemics?utm_source=linkedin&utm_medium=social&utm_campaign=apa-pandemics&utm_content=pandemics-resources) Range of resources from American Psychiatric Association

<https://www.annafreud.org/selfcare/> Generic tips from Anna Freud Centre

<https://www.bbc.co.uk/news/health-51873799> Generic tips to support good mental health

<https://www.gozen.com> website with activities to support children experiencing anxiety. Their YouTube channel has guided videos with relaxation, deep breathing and meditations

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids> List of creative ways to practice deep breathing

## Online and Home Learning Resources

Possible resources for Home Schooling (apologies for any repetitions)

**Home Education UK – links to resources across a wide range of topics**

<https://www.home-education.org.uk/resources-educational.htm>

**BBC Bitesize – large range of subjects/topics covering ages 3 to 16+**

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

**BBC Teach – advice and content for those home schooling**

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

**Ed Place - £1 subscription for 14 days trial. Full range of worksheets and activities for home education in English, Maths and Science from year 1 to year 11**

<https://www.edplace.com/worksheets>

**IXL – subscription based site with English and Maths activities from Reception up to Year 13**

<https://uk.ixl.com/>

**Khan Academy – free, based on the US education system, but good interactive ‘lessons’ and quizzes. *Doesn’t run in Internet Explorer – it will suggest appropriate browsers***

<https://www.khanacademy.org>

**Udemy – vast selection of online courses – many of which are free**

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

**Freddies Mummy UK – A home schooling website with recommendations for resources etc for home schoolers. NB This is a privately managed website – Warrington Borough Council accepts no responsibility for any content or opinions published on this website.**

<https://freddiesmummyuk.com/homeschooling-websites-uk/>

**MyOnlineSchooling.co.uk – individual online classrooms teaching the English National Curriculum – large fees apply**

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

**Generic Learning**

<https://www.bbc.co.uk/bitesize> Wide range of engaging activities for all topics and ages

<http://www.bbc.co.uk/learning/coursesearch/> Range of activities and topics available

<https://ed.ted.com> All sorts of engaging educational videos

<https://www.2simple.com> Variety of online learning programmes

<https://www.abcya.com/> American maths and reading games

<https://www.carmensandiego.com/resources/> Carmen Sandiego videos, stories, and lessons for all subject areas

<https://www.izzit.org/index.php> Entertaining & educational videos for all levels and subjects

<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.

<https://www.funbrain.com/> American, but good resources - online books, games etc

<https://www.senecalearning.com> For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

<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.

<https://www.oxfordowl.co.uk/for-home/> Lots of free resources for Primary age

<https://www.kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/> A collection of free resources

<https://www.natgeokids.com/uk/> Range of activities

<https://www.risingstars-uk.com/subjects/digital> range of resources across the age groups

<https://uk.ixl.com/> Range of online activities

## Maths

<https://www.dreambox.com/at-home> Adaptive online maths activities (American)

[www.themathsfactor.com](http://www.themathsfactor.com) free trial

<https://www.hmhco.com/math-at-work> Maths videos with lessons, real life uses of math, famous actors

<https://www.mangahigh.com/en-gb/> Competitive maths and coding games

<https://www.prodigygame.com> Is in U.S. grades, but good for UK Primary age.

<https://www.myhomeschoolmath.com/visualperception.html>

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

<https://www.10ticks.co.uk/>

## Literacy

<https://thestorystarter.com/> Randomly generated story starters

<https://www.britishcouncil.org/school-resources/find> Resources for English language learning

<https://www.nessy.com/uk/virtualschool/> Nessy offering free online access to literacy programmes

<https://www.freechildrenstories.com/> Free stories online ages 3-12

<https://www.storylineonline.net/> Children's books read by famous people

<https://www.researchify.co.uk/audiobooks.html> Free children's classic books (PDFs and audio)

<https://www.seussville.com/> Read, play games, and hang out with Dr. Seuss

[http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04\\_c\\_creative\\_writing\\_exercises.pdf](http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf) Creative writing

## Science

<https://elementalscience.com/blogs/news/80-free-science-activities> Science activities to do at home

<https://human.biodigital.com/login?returnUrl=/dashboard> Interactive models of the body

<https://mysteryscience.com> American but interesting lessons

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/> A lot of these can be done in a garden!

<https://thekidshouldeethis.com> American but wide range of engaging educational videos

<https://www.biologysimulations.com/> Biology learning activities

<https://www.chemicool.com/> Website about periodic table

<https://www.nasa.gov/kidsclub/index.html> Information about space

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmpaxqZbkgudD49I71ep8-sjXmrac> older style website but covers a range of topics

<https://www.crestawards.org> Science awards you can complete from home. All ages

<https://www.everyday-earth.com/> Video based science content

<https://www.playmadagames.com/> Chemistry games

## History

<https://britishmuseum.withgoogle.com/> Virtual tours of the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.

<https://www.bunkhistory.org/> Digital archive of history

<https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi disciplinary activities.

## Geography

<https://earthquake.usgs.gov/learn/kids/> Learning about earthquakes

<https://kids.nationalgeographic.com/> Geography and animals

<https://world-geography-games.com/world.html> Covers a range of geography topics

## IT and Coding

<https://blockly.games> Learn computer programming skills - fun and free.

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

<https://www.codecademy.com/> Coding resources

<https://www.kodable.com/> Coding for primary age

## Typing

<https://www.nitrotype.com/> Improve your typing skills while competing with up to 5 typers from around the world.

<https://www.typingclub.com/> Typing programme

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr> BBC Bitesize Dance Mat Typing

## Music

<https://trainer.thetamusic.com/en> Music theory

<https://www.musictheory.net/> Introductory and intermediate music theory lessons, exercises, ear trainers, and calculators.

<https://www.smartmusic.com/> Access to range of resources for music learners

<https://www.thewell.world/mindful-music/mindful-poetry-moments> Poetry and music

<https://www.quavermusic.com/info/at-home-resources/> Range of music activities

## Languages

<https://rockalingua.com/> Music based Spanish activities

<https://www.duolingo.com> Learn languages for free. Web or app.

### Other

Chatter Pack list of online resources (covers multiple areas)

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

<https://littletwistersyoga.com/online-store/> Yoga videos for children

<https://fluencyandfitness.com/register/school-closures/> Videos linking physical activity (e.g. star jumps) to maths and literacy topics (American)

<https://toytheater.com/> Educational online games

<https://www.bbc.co.uk/cbeebies/radio> Listening activities for the younger ones.

<https://www.gonoodle.com/> Movement and mindfulness videos

<https://thecrashcourse.com> Animated site with YouTube clips. Aimed at American high school age

<https://m.youtube.com/user/crashcoursekids> As above for a younger audience

<https://classroommagazines.scholastic.com/support/learnathome.html> Daily projects (American)