

Guide for Families

Making a plan

It's important for children to have some structure and routine. It's good for physical and mental health and helps avoid boredom!

Make your plan achievable and flexible.

Think about what **your child** needs.

Don't plan for too much and remember that it's OK to change things.

Ideas for planning



- Try and have a morning routine - breakfast, getting dressed and washing etc.
- Think about your home space and resources- try and make a space for learning activities - however small - where you can keep resources and your child can sit comfortably.

- Make a timetable or daily plan and pin it up so it is visual.
- Keep it simple and add suggested times.
- Make sure there are some choices.
- Include some treats in the day.



- Headphones for music can help keep distractions down.
- Include some physical exercise.
- Include some non-screen time activities.
- Try and include some outside time e.g. garden or a walk.
- Include downtime and relaxing.
- Making lunch or snacks together or for each other could be part of the plan.
- How might you use technology?
- Jot down ideas on your phone or in a notebook if you see good activities you could include.

- Check the school learning platform or website for ideas.
- Use other online sites to get ideas.
- Think about household chores that could be part of the plan.
- Do you have hobbies or interests you can share with your family?
- Games and fun activities are just as important as school type work.



- Can you include some projects?
- Can you include online social contact- e.g. facetime friends or family?
- Stick to bedtimes.
- You know your child and if they need more structure or more flexibility.

Don't worry if you don't stick to the plan – every child is different. We are in stressful times. Some days may be easier. Choose your battles. Look after yourself.



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Ideas for easy things to do with children of all ages!



Reading a story. Reading together.	Construction- Lego, knex, bricks	Birdwatch in the garden and learn to identify birds	Water play- plastic trays, containers, washing up bowls	Finger painting Handprints
Make dens using sheets and blankets	Watch films together	Painting and collage	'Paint' in the garden with water	Measure things with a rule or tape.
Play board games	Puzzles	Play shops	Play cafes	Make a house with a cardboard box
Make obstacle course	Trampoline	Make puppets out of socks	Scrapbooks	Make collages out of old magazines
Look at photos of animals, places etc	Look after pet and do a project about it	Simple cooking, sandwich making.	Baking – measuring, recipes, decorating.	Make your own play dough-slat dough
ipad games/ tablet games	Make a show	Dance to music	Do a workout	Play card games
Make up a quiz and send it to friends by email	Treasure hunt- e.g. in the house and garden find 10 items to go in a matchbox.	Word games - I spy, 20 questions, alphabet memory games	Make musical instruments with containers and rice etc	Make your own board game
Make a recipe book	Colouring in	Sandpit	Take photos of nature	Research a country
Do origami and send photos to friends	Do a chore in the house	Child led project about an interest	Audible books/ story tapes	Learn to draw Make cartoons
Write an alphabet of ... eg. Animals A- aardvark	Make a quiz for the family online.	Older children deliver a lesson to younger children- could do online.	Learn a new language e.g. <i>Duolingo</i> <i>website</i>	Practice a musical instrument-use YouTube to learn.
Find a virtual tour of a museum or zoo	Google virtual tours	Webcams of volcanoes etc	Get out a map or look at one online, can you identify your home? Those of friends or relatives?	Create outfits and do a fashion show

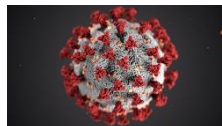
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Take photos of things close up - challenge people to guess	Junk modelling	Papier Mache	Ready steady cook challenge- What can be made?	Press flowers collect leaves.
Make pretend potions in the garden.	Science experiments- float or sink in the washing up bowl or bath.	Make decorations like paper chains, pom poms, paper bunting.	Make a video to share with the family	Write stories or make a comic book
Make a joke book	Paint on pebbles	Karaoke? Find lyrics on google	Chalk drawing on the patio/doorstep.	Sewing activities. Learn to knit or crochet.
Grow cress seeds or grow an apple pip etc	Sketch in the garden or items in the house.	Create a playlist	Listen to podcasts	Relaxation exercises
Learn a new word a day	Watch a nature programme	Make up a 'Strictly' routine	Design a dream island/theme park on plain paper	Make shadow puppets using hands and a lamp on the wall
Paper plate crafts- make faces, decorate	Make jewellery from house hold or rolled newspaper tubes	Doodle/ scribble and make pictures from the doodle	Make paper planes and see who's can fly the furthest	Indoor games – e.g. bowling alley out of plastic bottles, indoor cricket with a wooden spoon/spatula.
Tea party for toys	Hide and seek/ Simon says	Make a picnic and have it indoors or in garden	Create a time capsule with messages, pictures etc	Write letters or cards
Write a play script	Make your own word searches	Learn magic tricks	Learn the alphabet in sign language	Cutting and sticking activities
Play charades with movie/book/TV titles. Play Pictionary on scrap paper	Fact learning challenges- counties of the UK, capital cities, Kings and Queens	Make up stories using model characters such as lego/ play mobile	Ice cube experiments- melt, float, shine light through	Make ice lollies with squash and water.
Write a daily diary of what you have been doing	Draw portraits of your family or landscapes of what you can see out of your windows.	Record yourself reading or acting out your favourite story	Write a newspaper report, real or imagined.	Learn to play a new board game such as chess or scrabble

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Useful links and resources

About Coronavirus



Highlight the links - then press ctrl and click to open the site

These links have stories and information that might make it easier to answer questions.

- How to talk to children about the virus.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- Good visual ppt about coronavirus-primary aged and upwards.

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

- Short story about Coronavirus- very visual and good for younger children

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

- Social story about social distancing

<http://l.ead.me/bbPKG6>

- Film about handwashing

https://www.thesun.co.uk/tvandshowbiz/11173751/mcfly-tom-fletcher-coronavirus-experiment/?utm_source=twitter&utm_medium=social&utm_campaign=sharebarweb

- TES resources around Coronavirus – **All ages**

<https://www.tes.com/resources/search/?rawFilter=%28title%3ACoronavirus%20OR%20Covid-19%20OR%20Covid%29%20AND%20-%28price%3A%5B%2A%20TO%20%2A%5D%29>

If your child has special educational needs and you are concerned about school provision:

<https://www.ipsea.org.uk/news/ipsea-update-on-covid-19-school-closures-and-sen-provision>

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Resources to help with learning at home

Many resources online can help you provide some activities for your child.

Websites/links with resources that are suitable for all ages

- #drawwithrob on twitter

Children's book author -daily videos for children step by step how to draw simple characters/animals

- <https://whiterosemaths.com/resources/> online maths resources which may be useful All ages. You will need to register to get links to interactive resources.
- National Literacy Trust **All ages – literacy resources**

https://literacytrust.org.uk/free-resources/?gclid=EAlalQobChMlyP2lsfmj6AlVybTtCh2G1QNiEAMYASAAEgKiyfD_BwE

- UK Safer Internet Centre **All ages (except Early Years).How to stay safe online**

<https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources>

- BBC Learning **All ages**

<http://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.

<https://www.bbc.co.uk/bitesize> **All ages (except Early Years)**

Resources for English language learning

- Twinkl

<https://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/carers in the event of school closure.

- BookTrust

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

Interactive stories and games

- <https://artsandculture.google.com/> has access to some of the world's finest museums and galleries. **Primary and Secondary**
- <https://thekidshouldseethis.com>
Wide range of cool educational videos

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- <https://www.intofilm.org/>

Online film club with activities related to films for primary and secondary aged children

Resources/links for younger children -early years/primary

- Cbeebies Radio **KS1 and Early Years**

<https://www.bbc.co.uk/cbeebies/radio> Listening activities

- Cbeebies **Early Years**

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

Lots of fun games to play, songs to sing, stories to listen to – linked to children’s favourite TV characters/programmes

- The Imagination Tree **Early Years**

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

- Hungry Little Minds **Early Years**

<https://hungrylittleminds.campaign.gov.uk/>

Supported by the DfE – activities for parents/carers to engage in with children Birth to five years old. Includes electronic links to a variety of other EY online resources.

- Five Minute Mum’s **Early Years**

<https://fiveminutemum.com/>

Lots of fun ideas. Provides an outline of how parents/carers could structure their day. In addition, she is planning to provide a video a day on what games to play.

- Teach your Monster to Read **Early Years**

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

Phonics’ and early reading. Free to register. Promoted and used by Oxfordshire schools

- Instagram **Early Years**

@oliverjeffers – he is going to read a story every night at 6pm

- Scratch **Primary**

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

Creative computer programming

- Ted Ed **Primary**

<https://ed.ted.com>

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All sorts of engaging educational videos

- National Geographic Kids **Primary**

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids

- Crash Course Kids **Primary**

<https://m.youtube.com/user/crashcoursekids>

Twice weekly short science videos-cartoons.

- iDEA Awards **Primary**

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

- <https://blockly.games>

Learn computer programming skills - fun and free.

- Crash Course Kids **Primary**

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

- Paw Print Badges **Primary**

<https://www.pawprintbadges.co.uk>

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

- Oxford Owl for Home **Primary and Reception**

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources

- <https://dogonalogbooks.com/printables/>

Books for struggling readers- downloadable

- Mystery Science **Primary**
<https://mysteryscience.com>

Free science lessons

- <https://www.cricksoft.com/us/clicker/clicker-at-home>

Clicker software-image based reading and writing programme -good for emerging to struggling writers. Free during school closures.

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Older children-Older primary

- <https://thecrashcourse.com>

You Tube videos on many subjects

- Geography Games **Primary and Secondary**

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

Geography gaming!

- Blue Peter Badges **Primary and Secondary**

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

- Toy Theatre **Primary and Secondary**

<https://toytheater.com/>

Educational online games

How to get children motivated?!

Children often separate school from home so the idea of doing 'school type' work at home might be challenging for some.

Children vary in their abilities across lots of skills. Age will play a part in what kind of activities will work best. Some children may have special educational needs and may need adapted activities.

Ideas for motivation include...

Short bursts of work with breaks and rewards (which could be choosing time, praise.)

Try and make some things a competition or a choice.

Be flexible.

If you can, work alongside the child or get older children to help younger ones.

Try to get some tasks done in the morning and then enjoy down time.

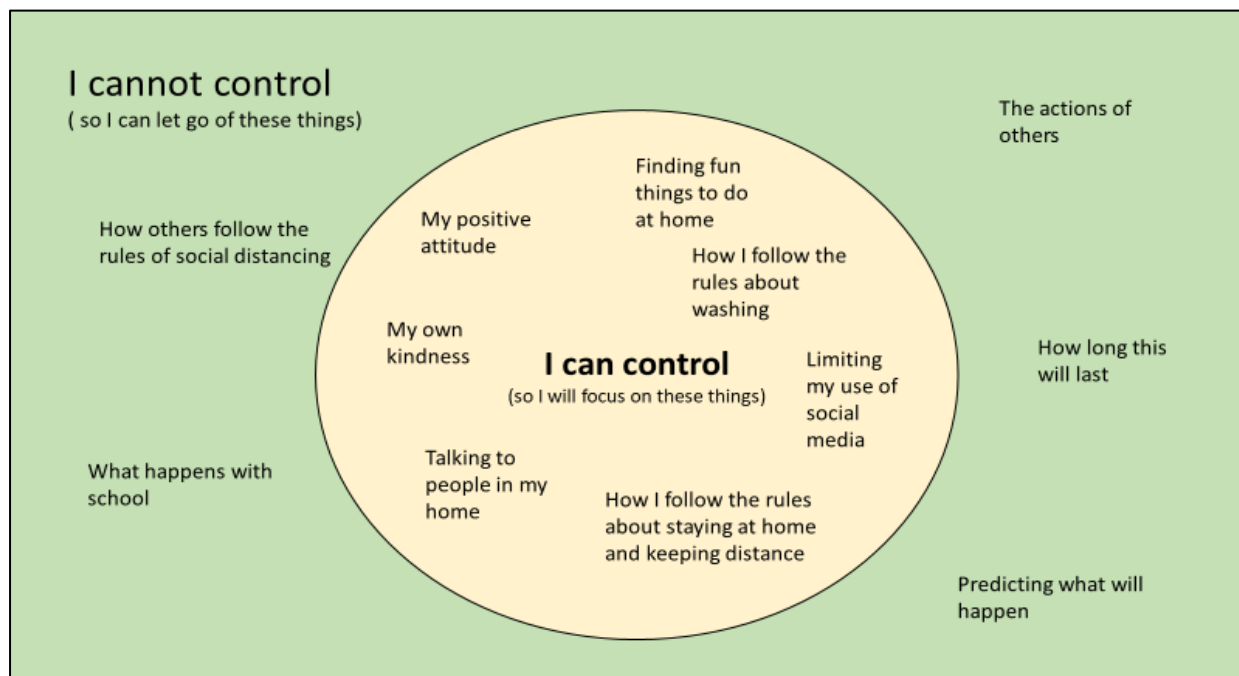
Turn things into a game.

Allow children to be imaginative and creative. Let them go with their own interests.

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Well-being resources

Helpful graphic to help anxieties



- <https://theteacherist.com/2020/03/17/resource-pupil-wellbeing/> Over 30 links to story books that help with emotional well-being. Free to download.
- PE with Joe Wicks #PEwithJOE
9am every morning for 30 minutes live on You Tube. Free PE class for children of all ages- can follow in the living room!
- <https://thecounselingteacher.com/>

Ideas for social and emotional activities

- <https://www.twinkl.co.uk/resources/daily-routine/indoor-play-activities/wet-play-colouring-sheets>

Colouring sheets

- <https://www.elsa-support.co.uk/category/free-resources/>

Free downloadable resources of all kinds -helpful for pupils anxious about being off school.

- <https://www.justcolor.net/>
Free printable colouring sheets for relaxation
- Free to download meditation exercises
- The Top 5 Free Mindfulness Apps -Headspace, Calm , Aura, Stop, Breathe and Think, Insight Timer

Physical and mental health is going to be very important for your children and families.

Links here to activities and information for emotional and physical well-being.

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Enjoy learning and make the most of opportunities to learn important skills for life. Remember that school does not expect you to be a teacher. If you are not confident or unsure – ask your child's class teacher for advice through the email address:
sibfordgowerhomehelp@gmail.com

Stay connected with school and check emails, Facebook pages and websites to keep up to date with what's going on and any advice and resources they have put in place.

Enjoy reading

Just a little bit of daily reading can boost a child's vocabulary, decoding and understanding of the text.

10 minutes a day makes a huge difference.

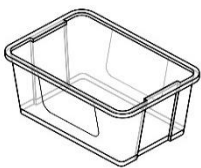
Fiction or fact books are both great.



Maybe set up a book box for children to choose from.

<https://stories.audible.com/start-listen>

Audible have put lots of children's books up on their site for FREE and you don't need to sign up- you just press listen and hear a story.



Children of all ages enjoy being read to. It is especially important to read to younger children but why not do a bedtime story for all ages?

