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Dear Parents/Carers,

We are keen to provide support for children and families during the Covid-19 pandemic. Please don't hesitate to get in touch with any queries you may have.

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.

Information on coronavirus for children

[The BBC Newsround](#) site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Covibook – Supporting children and families around the world – Available in 18 different languages
<https://www.mindheart.co/descargables>

Hello I'm a virus

https://660919d3-b85b43c3a3ad3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Story books for children about the virus

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

Carol Gray has produced a [social story about coronavirus](#) and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.

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Information for parents of how to support children though COVID19

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

The British Psychological Society - <https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

The Incredible Years - <http://www.incredibleyears.com/parents-teachers/articles-for-parents/>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/coronavirus>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/>

Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.headspace.com/meditation/kids>

Managing anxiety about the virus as adults

<https://www.mind.org.uk/>

<https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrmzrte5gI7jSAHOA-cpgM7BPdJmoqN7pRwotNE>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

Inclusive resources

Pete Wells has some raucous free sensory stories available on his website - and the podcast is well worth a listen too!

<https://sensorystoriespodcast.com/free-special-stories/>

Pete's home learning kit

https://www.dropbox.com/sh/y3ni3ymgtlbrndd/AABDqPQS9fopyDIIT9VnFlnWa?dl=0&fbclid=IwAR1y_qXgQoSIG3gn3493UujII0KRN-12R-QByln7opkvJoPac-QQixKAtc

The Sensory Projects has project packs for inclusive learning

<http://www.thesensoryprojects.co.uk/free-educational-resources>

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and also some simple sensory games to play
<http://www.thesensoryprojects.co.uk/guides>

Access Art resources
<https://www.accessart.org.uk/art-resources-for-home/>

Top tips with 10 activities that can be done with your children during this period of time off nursery/school: Here are some preparation top tips:

Setting up a family meeting – calling a family meeting is important to set ground rules and expectations for the duration of this situation. Discussing everyone’s understanding of the situation, what this means and why are we doing this. 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.

Setting up a schedule – Having a calendar or a schedule outlining different activities will help create a routine and establish predictability.

Deciding 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.

What activities can we do from home? Here are some ideas of different educational, cognitive and creative activities that can be done at home...

- 1. Setting 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.
- 2. Setting up a learning place in the house and do learning 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
- 3. Cooking together** – Cooking is great as it also includes English and Maths tasks, such as, reading recipes or counting and measuring ingredients.
- 4. Puzzle, Lego, 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. Setting up a fun project** – A fun project could be: making a scrapbook of different drawings, paintings, making characters out of modeling 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.

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6. Starting a collection, playing 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. Sending 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. Learning a new skill together and/or teaching a new skill – There are lots of youtube videos nowadays 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 ok 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. Implement some self-care activities together such as doing a calming activity together, reading a book, relaxing, watching a film.

10. Exercising – 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, 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.

We want to be able to support pupils with their home learning as much as possible.

Please remember to continue to use the links we have provided on our website, to support children with their home learning. We suggest chunking up the time your child has in the day and focussing on short spells of learning in each subject.

If you have any queries or require help with any of the home learning information please email the following address: Homelearning.beacon@ldst.org.uk

Thank you for your continued support and hope your keeping safe.

Yours faithfully,

Kellie Mooney
Inclusion and Intervention and Safeguard Curriculum Lead

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