

Birmingham Virtual School

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Most young kids will remember how their family home felt during the Coronavirus panic more than anything specific about the virus.

Our kids are watching us and learning about how to respond to stress and uncertainty. Let's wire our kids for resilience, not panic.



Birminghamvirtualschool@birmingham.gov.uk

Birmingham Virtual School
Going 4 Success

Information for parents and carers

No one knows your young people better than you do, but in times like these we could all do with additional ideas, information and guidance. Although this time is not a holiday it is a time to spend quality time with loved ones, and in this resource are just some ideas. Not all activities are suitable for everyone, but we tried to make them as varied as possible, obviously you will have your own ideas and that's fine too. If you require further ideas and resources, your school may be able to offer support.

Always carefully consider ability, fitness levels, and medical and health conditions before doing any new activity. We reference many online sources here but please be mindful of how much time young people are online and keep their viewing safe. Check if the sources they are using are credible and can be trusted and if you're unsure you can set up filters and restrict potential inappropriate content. <https://nationalonlinesafety.com/guides>

We have put the content into the following headings for ease of use:

- Creative,
- Fitness,
- Podcasts/YouTube,
- Mental health,
- Advice & support,
- Supporting academic learning,
- Early Years,
- Post 16,
- Additional resources

There are numerous links in this resource to agencies and organisations who provide information. We are not able to validate these or guarantee they will be there forever. We accept no liability or responsibility for your use of these.

Creative

<p>Make a time capsule - Add in some of the things you are doing at home. Get your young person to write a letter to themselves explaining what it is like at the moment. Get them to do a favourites list (food, music, activity, tv show etc).</p> <p>https://www.smartschoolhouse.com/diy-crafts/ideas-for-kids</p>	<p>https://www.pawprintbadges.co.uk</p> <p>Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.</p>	<p>https://theimaginatrontree.com</p> <p>Creative art and craft activities for the very youngest.</p>	<p>https://www.tinkercad.com</p> <p>All kinds of making.</p> <p>Free primary school resources www.Servicesforeducation.co.uk</p>	<p>https://www.redtedart.com</p> <p>Easy arts and crafts for little one</p>
<p>https://outschool.com/classes/art-club-draw-animals-and-creatures-wqo1xnNS</p> <p>Drawing</p>	<p>ArtsLink – Give it a Go www.artslinkwm.org.uk/connect-create</p>	<p>https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg</p> <p>Drawing together with illustrator Rob Biddulph</p>	<p>Toy Theater https://toytheater.com/</p> <p>Educational online games</p>	
<p>This facebook group is full of people offering live classes, in dance, Yoga, storytelling, science, live nature reserves. They have useful activities you can do at home. There are ideas on here that don't involve your young person being on a laptop/ tablet as well.</p> <p>https://www.facebook.com/groups/871176893326326/?ref=share</p>				

Fitness

Obstacle course for kids with Paediatric Occupational Therapist

<https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>

30 min PE lesson every morning at 9am with Joe Wicks

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

Suitable for all ages.

Yoga for Kids, Yoga for Classroom, Rainbow Yoga

All Ages –

<http://yogawithadriene.com>

Nature Detectives

A lot of these can be done in a garden, or if you can get to a remote forest location!

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

Premier League – Primary Stars

A wide collection of free, curriculum-linked resources to educate and entertain children at home. Lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.

<https://plprimarystars.com/>

Podcasts/YouTube

Links to zoos that offer live web-cams of animals

<https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes->

'Big Life Kids' Mindfulness podcast

<https://biglifejournal-uk.co.uk/pages/podcast>

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

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

As above for a younger audience

Audible stories -

www.audible.com/kids

download and listen to the world's best storytelling.

Mental Health

- Coronavirus and your wellbeing by Mind UK: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Reframing anxiety <https://www.youtube.com/watch?v=8GmQijmUrkk> (useful for both adults and children in re-framing anxiety)
- Grounding exercise with Dr Helen Williams
<https://www.youtube.com/watch?v=bJHupiDtJKA&feature=youtu.be>
- Mood Boosters: a funny way to help re shift a mindset.
<https://www.bing.com/videos/search?q=ellen+mood+boosters&qpvt=ellen+mood+boosters&FORM=VDRE>

Advice & support

How to explain COVID-19		Free downloadable books :
Great video explaining Covid-19 to children https://vimeo.com/399311004	Primary age children (KS2), by Brainpop: https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/	https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/ https://www.elsa-support.co.uk/coronavirus-story-for-children/ https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/
Information for older children/adults, by WHO: https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be	Mencap - Easy Read guide to Coronavirus: https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf	Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/
National Autistic Society: https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx	Covibook – an interactive resource designed to support and reassure children aged 7 and under https://www.mindheart.co/descargables	Carers UK - Guidance for carers: https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19

Advice & Support

Adoption and fostering panel virtual meetings (Coram BAAF)

Covers factors to consider when planning a virtual meeting, including security and data protection issues. [Click Here](#)

Coronavirus (Covid-19) – support for foster carers

Includes advice on contact and respite and list of resources for foster carers including activities to do with children, home educating and managing their own wellbeing. Includes advice on maintaining foster carer recruitment during the outbreak and conducting virtual fostering panels. [Click Here](#)

Supporting Academic Learning

MyTutor have launched a **Free Online School** to provide extra support. They're sharing daily lunchtime live group webinar tutorials, as well as short explainer videos and written resources, covering common tricky topics across GCSE Maths, English, Physics, Chemistry and Biology. These are all completely free - learners just need to register using the link above and can join the live sessions via secure conference link

Maths – 4-11 year olds

www.themathsfactor.com

Maths & Computing all ages

www.khanacademy.org

Prodigy Maths - Is in U.S. grades, but good for UK Primary age.

www.prodigygame.com

Big History Project - teens

www.bighistoryproject.com/home

Multi disciplinary activities.

Geography Games

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

For those revising at GCSE or A level. Free revision content. Paid access to higher level material

www.senecalearning.com

Oxford Owl for Home - Lots of free resources for Primary age

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

Learn a language for free

<https://www.duolingo.com>

Web or app.

Free science lessons

<https://mysteryscience.com>

Online educational Resources
[Coronavirus \(COVID 19\): online education resources](#)

Early Years - Toddlers

Music and dance!

<https://www.firstdiscoverers.co.uk/music-activities-child-development/>

<http://www.musicandmovement.org.uk/learning-resources/themed-activities/>

Why not ask Alexa for a rhyme to learn

Or try:

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwdgwx>

Older sibling?

Can they make up a rhyme bag for you?

Draw a picture of the rhyme and let your smaller one choose a picture out of the bag to see which rhyme to sing

Interested in insects/minibeasts and the great outdoors?

Why not make a bug hotel together. You can use fir cones, moss and sticks to create little nooks for insects to live.

Do not have a garden?

You can make a bug hotel for the park and leave a sign asking for others to treat it with care and add to it if they wish?

If you have time you can watch this little video all about minibeasts

Playtime

<https://www.bbc.co.uk/tiny-happy-people/2-to-3-year-old-child-development-activities>

<https://www.phonicsplay.co.uk/#>

<http://www.letters-and-sounds.com/>

Early Years – under 2's



<https://www.pinterest.co.uk/minamunns/treasure-baskets/>

<https://www.twinkl.co.uk/blog/treasure-basket-activities-for-children>

PLAY GIVES
CHILDREN
A CHANCE
TO PRACTICE WHAT
THEY ARE
LEARNING.
-MR. ROGERS

Talking, reading and playing!



The Department for Education have updated the Hungry Little Minds [website](#)

<https://www.familylives.org.uk/advice/early-years-development/singing-with-your-baby/>

<https://handsonaswegrow.com/50-paint-activities-tools-methods-recipes>

<https://www.pinterest.com/noflashcards/activities-for-babies/>

<https://www.motherandbaby.co.uk/baby-and-toddler/more/toys-and-education/home-made-recipes-for-messy-play>

Early Years – 3-5 year olds

Time to talk, read and play.....

<https://www.worldofdavidwalliams.com/elevenses/>

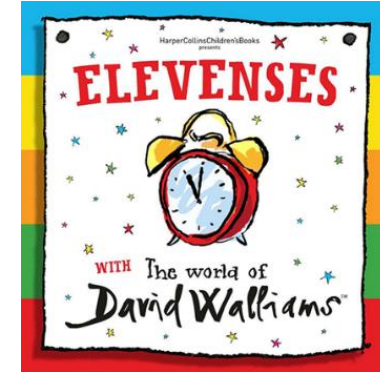
<https://www.bbc.co.uk/tiny-happy-people/activities/zjh8hbk>

<http://www.letters-and-sounds.com/>

Let's get moving.....

Startwell— based around 7 key messages to support early years settings, parents and health professionals, creating a healthier environment for our children and families.

<http://startwellbirmingham.co.uk/>



Let's explore!

<https://www.naturallylearning.co.uk/50-outdoor-activities-toddlers/>

<https://www.goodtoknow.co.uk/family/best-virtual-tours-for-kids-536089>

<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

Off to school in September?

<https://www.nurseryresources.org/resources/am-i-ready-for-school-free-download>

Get creative

<https://www.activityvillage.co.uk/school-closures>

<https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>

<http://bigfootartseducation.co.uk/free-creative-activities-for-kids/>

<https://www.creativereview.co.uk/kids-creative-activities-coronavirus/>

Post 16

Home Learning Resources

As you may already be aware, we have a new home learning page on our website here:

www.aimhigherwm.ac.uk/home-learning

We will be regularly updating this with useful resources to support your learning so please keep checking. You will be able to chat to our team and ask any questions you might have about school, college and higher education in a safe and secure environment. **www.aimhigherwm.ac.uk/ask**



Virtual work experience

Law: the website below covers some large firms, including White and Case, Pinsent Masons and Linklaters.

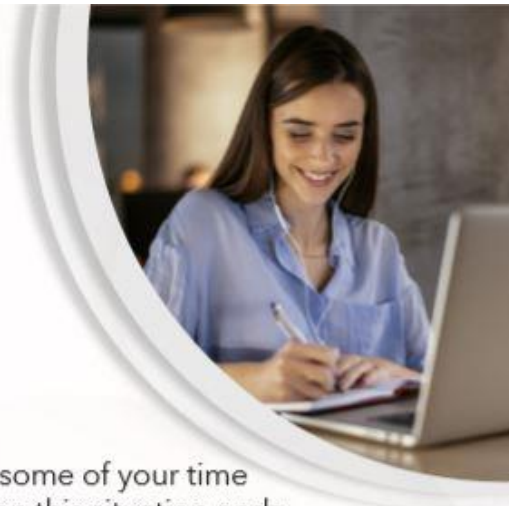
<https://www.thelawyerportal.com/free-guides/law-work-experience/virtual-work-experience-for-law-students/>

Architecture: for anyone considering a career in architecture or the wider construction industry <https://workexperience.hfm.co.uk/>

Medicine: Brighton and Sussex Medical School are offering 'virtual work experience'.

<https://bsmsoutreach.thinkific.com/courses/VWE>

The Medical Portal has also issued some general advice on things prospective Medical students can be doing at home. <https://www.themedicportal.com/blog/5-things-to-do-from-home-to-support-your-medicine-application/>



16-18? Courses for You!

If you are stuck at home right now why not use some of your time being productive and sowing the seeds for when this situation ends.

Our free online courses are a brilliant way to help you learn new things and help you land a new or better job in the future. They all come with a recognised qualification from a leading organisation.

Our courses are carefully selected and can help you to explore and develop:

- Digital Skills
- Excellence in Customer Service
- Retail Operations
- Warehousing and Storage
- Working with People with Learning Disabilities

If you don't see a course in the list that matches what you want to do in the future, they will all look good on your CV because at the end of the day, employers are looking for keen and motivated and enthusiastic young people.

Courses are supported by our expert staff without you having to leave the comfort of your own home.

To be eligible for these courses you cannot be enrolled on a school or college course full-time and progression routes are available through our Traineeships and Apprenticeships.

When you are ready to enrol contact Danny (danny.thomas@gbtraining.org.uk) and he will send you the necessary enrolment form.

We look forward to hearing from you soon!

GB Training (UK) Ltd, Wynner House, Birmingham, B5 6RG
T: 0121 622 4218 E: info@gbtraining.org.uk
www.gbtraining.org.uk

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Working with People with Learning Disabilities

In the UK around 1.5 million people have a learning disability and a good knowledge of the signs and symptoms, healthcare system and legislation are all essential because they are likely to find it more difficult to describe their own symptoms.

Learning at home at a time that suits you, this course includes:

- The context of supporting individuals with learning disabilities
- Principles of safeguarding and protection in health and social care
- Introduction to personalisation in social care
 - Principles of positive risk-taking for individuals with disabilities
 - Introductory awareness of Autism
- Principles of supporting individuals with a learning disability to access healthcare

Course duration: 143 hours

Qualification: Level 2 Certificate in The Principles Of Warehousing and Storage Skills for Work



Digital Skills

Having the right digital skills is one of the most important things you can do to ensure you have a rewarding and successful career in the modern world. This course will support you to acquire new skills and develop those you already have with progression to higher levels available at the end.

The course will give you benefits including a Level 1, nationally recognised qualification, evidence of your skills to show to employers and the opportunity to study at home at a time that suits you.

You will learn:

- To find and use information
- Security and safety when using digital devices
- Communications and teamworking online
- Using computers and word processing to develop documents
- Understanding of digital careers

Course duration: 120 hours

Qualification: Level 1 Certificate in Digital Skills

GB Training

GB Training LTD, Wynner House, Birmingham, B5 6RG
T: 0121 622 4218 E: info@gbtraining.org.uk
www.gbtraining.org.uk



Digital Skills for Work

A course designed so you can demonstrate your knowledge and digital literacy skills which help you to get a job where they are required. There are jobs in most sectors that require digital literacy including business and finance, retail, marketing including social media, design, engineering and more.....

The course will give you benefits including a Level 2, nationally recognised qualification, evidence of your skills to show to employers and the opportunity to study at home at a time that suits you.

You will learn:

- About data protection and cyber security
- Social and professional communications using technology
- To apply digital skills in business and personal situations
- To research and progress your career aspirations and progression

Course duration: 110 hours

Qualification: Level 2 Certificate in Digital Skills for Work



Creating a Business Start-up

This level 2 course will give you an understanding of starting a business. With a recognised qualification you will learn about the initial processes and requirements for starting a business including marketing, the legal and financial requirements and how to write a business plan - all the things you may have seen in 'The Apprentice'.

In completing this course, you will also develop important business awareness skills and improve your own self-awareness and personal development.

Our expert staff will support your learning which will focus on the study of starting a business and will support you in creating a business plan.

Course duration: 121 hours

Qualification: Level 2 Certificate in Creating a business Start-up

GB Training

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T: 0121 622 4218 E: info@gbtraining.org.uk
www.gbtraining.org.uk



Customer Service Excellence for Hospitality

The hospitality sector is at the forefront of everyone's working and personal lives and is one of the largest sectors in the UK.

The importance of excellent communication, teamworking alongside the essentials of hygiene when working with food are all essential parts of this course and all things employers look for when recruiting for their staff teams.

You will achieve a level 2 qualification and evidence of your skills and knowledge to show to employers. The course will help your personal development and professional understanding, all at a time that suits you at home.

Included in this course is an understanding of:

- Food allergy and intolerance
- Customer Service for hospitality
- Teamworking in hospitality
- Legislation and guidance relating to the sector
- Professional personal standards expected in the hospitality sector

Course duration: 125 hours
Qualification: Level 2 Certificate in Digital Skills for Work Skills



Understanding Retail Operations

Whilst it is currently under pressure, the retail industry remains essential to our life in the UK.

Changing patterns of shopping lead to new skills being required and a fully trained workforce is especially necessary to enable employer to meet the needs of customers and present the business in the best possible light.

In completing this course you will be able to:

- Achieve a nationally recognised Level 2 qualification
- Evidence your competency to employers
- Increase your understanding of customer service for retail
 - Understand the selling process
 - Improve your handling of customer payments
 - Improve how you deal with customer queries and complaints
- Further your personal and professional development and learn at a time that suits you.

Course duration: 118 hours
Qualification: Level 2 Certificate in Digital Skills for Work



Warehousing and Storage Principles

The UK economy is dependent on warehousing, storage and logistics to ensure the demand supply of our goods meet customer needs.

This level 2 course is ideal for those who want to consider a job in the sector and want to learn about processing orders, despatch and stock checking - all essential knowledge to support you in a role in the industry.

The course focusses on:

- The warehouse and storage, its size and range of services
- The development of sector knowledge to help you into employment in warehousing and storage
- Providing you with evidence to show employers when applying for jobs.

Course duration: 101 hours

Qualification: Level 2 Certificate in The Principles Of Warehousing and Storage

GB Training

GB Training LTD, Wynner House, Birmingham, B5 6RG
T: 0121 622 4218 E: info@gbtraining.org.uk
www.gbtraining.org.uk



<https://www.cgi.com/en/corporate-social-responsibility/communities/stem-at-cgi/stem-at-home>

CGI is delighted to be launching the 'STEM from Home' programme (Science, Technology, Engineering and Maths), which you are welcome to share with your family, friends and colleagues.

The programme consists of weekly STEM-based activity packs that can be completed by children

of all ages. Activities encompass all aspects of STEM, including coding, environmental

sustainability and robotics. A range of activities will be available each week, involving technical, practical and physical elements.

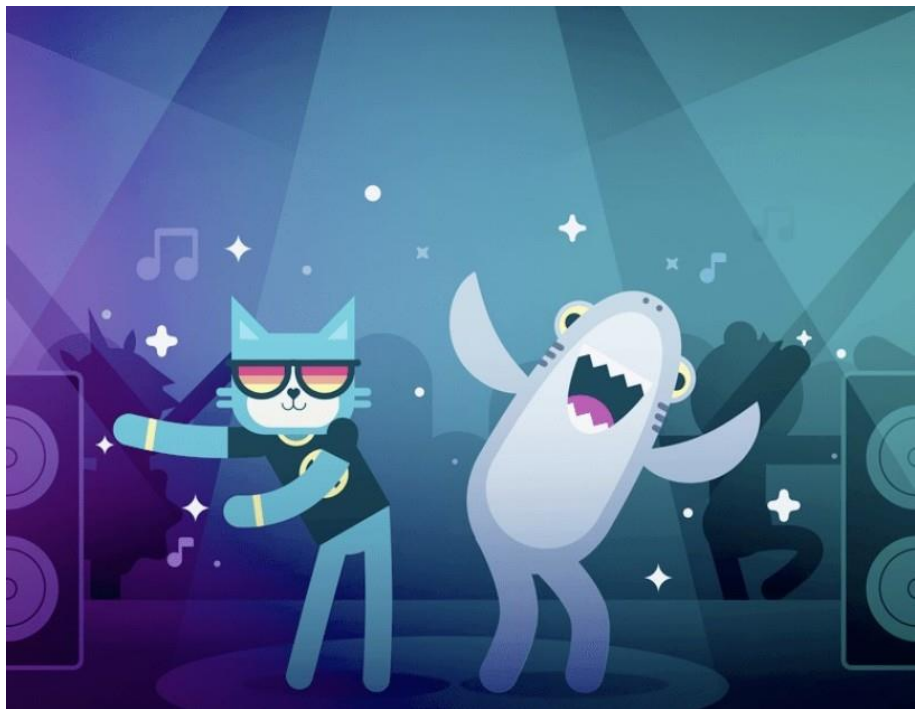
#STEMfromHome and #ExperienceCGI. The best entries will be shared across our Social Media channels.



Sign up to Amazon's FREE Future Engineer 'virtual coding programme'

Amazon Future Engineer has launched a free virtual coding programme to help build computer science skills for students learning at home.

Students can [sign up today](#) to access 20 hours of content which includes flying drones, designing smart cities and creating chat bots. Amazon Future Engineer's virtual coding programme will be available for two months from 3 April to 3 June 2020, and the resources cater



for students aged 12 to 17, covering computer programming aspects in line with Key Stage 3 and 4 of the English National Curriculum.

Additional Resources

	Example timetable
07.30	Breakfast & Free time
08.30	Reading – ongoing book
09.00	Online learning BBC Bitesize – do some maths, English, science
10.00	Practice hand writing, do some times tables, talk about book you are reading
10.30	Outside play
11.00	Break and snack
11.30	Garden - trampoline & games
12.30	Lunch break – food and free time, board games, sending messages to friends
13.30	Afternoon activity – Creative challenge or baking
15.00	Free time to carry on with any hobbies or interests

	Create your own

Additional Resources – Cookery

www.kidshealth.org/kid Doctor approved articles, games and resources to help children learn about their bodies and stay healthy. Subjects include human body, stay healthy, recipes and cookery, health problems explained, stay safe and more.

www.spatulatta.com Get into cooking on this child-friendly cooking website. Spatulatta teaches children to cook with free step-by-step videos, encourages children to eat more vegetables and fruit, and makes the link between farm and food on the table. For all small and big kids at heart!

www.jamieoliver.com/features/category/get-kids-cooking Cooking with Jamie Oliver

TheoCooks.com - <https://www.theocooks.com/kids-cookalong-live/> Mon, Weds, Fri at 4pm



30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5		Day 6		Day 7		Day 8	
You enter a contest to build the world's tallest tower. Will you win?		You are stuck on Mars and need to build a new ship to get home.		Ford hires you to create the toughest pick up truck in the world.		You and 4 friends are stranded on an island. Build a boat to find a way home.	
Day 9		Day 10		Day 11		Day 12	
Captain Hook needs a new pirate ship and wants you to build it.		You and your friends decide to build a tree house.		Prince Charming hires you to build a castle for him & Cinderella.		Dr. Who hires you to build a new TARDIS.	
Day 13		Day 14		Day 15		Day 16	
You are asked by the President to build a new monument to George Washington.		Mr. Hilton hires you to build a new hotel.		There is a circus in town. Build a place for the performance.		Help your fellow pioneers build a wagon to make it across the country.	
Day 17		Day 18		Day 19		Day 20	
Build the fastest car around and join the big car race.		Do you wanna build a snowman? Get in the winter mood and build a snow scene.		The city wants you to build a bridge to connect one side of the town to the other.		Pizza party! It is up to you to make a pizza for all the guests.	
Day 21		Day 22		Day 23		Day 24	
You are hired to build a brand new hospital.		The fence is broke and the dog keeps escaping. Build one he can't get out of.		You are now in medieval times. You are commissioned to build a jousting arena.		The local bank keeps getting robbed. Build a safe no one can crack.	
Day 25		Day 26		Day 27		Day 28	
Design and build your dream bedroom.		You are elected ruler. Build a flag for your land.		Allens are invading and you need to build a war robot to defeat them.		The aliens have taken over. They are impressed by your robot. They want you build one for them.	
Day 29		Day 30				What was your favorite day?	
You are hired to build a house entirely out of yellow Legos.		There is blizzard. You will need to build a snowmobile					

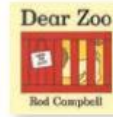
100 BEST BOOKS

Which is your number 1?

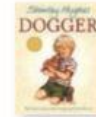
0-5 years



The Cat in the Hat
Dr. Seuss



Dear Zoo
Rod Campbell



Dogger
Shirley Hughes



Each Peach Pear Plum
Janet & Allan Ahlberg



The Elephant and the Bad Baby
Elfrida Vipont



Gorilla
Anthony Browne



Hairy Maclary from Donaldson's Dairy
Lynley Dodd



I Want My Hat Back
Jon Klassen



I Want My Potty
Tony Ross



I Will Not Ever Eat a Tomato
Lauren Child



The Jolly Postman
Janet & Allan Ahlberg



Little Mouse's Big Book of Fears
Emily Gravett



Lost and Found
Oliver Jeffers



Meg and Mog
Helen Nicholl & Jan Pienkowski



Not Now, Bernard
David McKee



Princess Smartypants
Babette Cole



Room on the Broom
Julia Donaldson



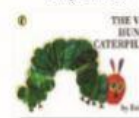
The Snowman
Raymond Briggs



Ten Little Fingers and Ten Little Toes



The Tiger Who Came to Tea



The Very Hungry Caterpillar



We're Going on a Bear Hunt



Where the Wild Things Are



Where's Spot?
Eric Hill



Would You Rather?
John Burningham

6-8 years



Amazing Grace
Mary Hoffman



The Arrival
Shaun Tan



Asterix the Gaul
René Goscinny and Albert Uderzo



A Bear Called Paddington
Michael Bond



The BFG
Roald Dahl



Charlotte's Web
E.B. White



Clarice Bean, That's Me
Lauren Child



Diary of a Wimpy Kid
Jeff Kinney



The Enchanted Wood
Enid Blyton



Finn Family Moomintroll
Tove Jansson



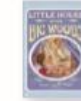
Five on a Treasure Island
Enid Blyton



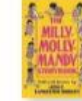
Flat Stanley
Jeff Brown



Horrid Henry
Francesca Simon



Little House in the Big Woods
Laura Ingalls Wilder



The Milly-Molly-Mandy Storybook
Joyce Lankester Brisley



Mister Magnolia
Quentin Blake



My Naughty Little Sister
Dorothy Edwards



Pippi Longstocking
Astrid Lindgren



The Queen's Nose
Dick King-Smith



That Rabbit Belongs to Emily Brown
Cressida Cowell



The Sheep-Pig
Dick King-Smith



The Story of Babar
Jean de Brunhoff



The True Story of the Three Little Pigs
Jon Scieszka



Winnie-the-Pooh
A. A. Milne



The Worst Witch
Jill Murphy

9-11 years



The Adventures of Tin Tin
Hergé



Artemis Fowl
Eoin Colfer



Ballet Shoes
Noel Streatfeild



The Borrowers
Mary Norton



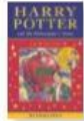
Carrie's War
Nina Bawden



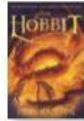
Flour Babies
Anne Fine



Goodnight Mister Tom
Michelle Magorian



Harry Potter and the Philosopher's Stone
J. K. Rowling



The Hobbit
J.R.R. Tolkien



Holes
Louis Sachar



Journey to the River Sea
Eva Ibbotson



The Lion, The Witch and The Wardrobe
C. S. Lewis



The Little Prince
Antoine de Saint-Exupéry



Matilda
Roald Dahl



Million\$
Frank Cottrell Boyce



A Monster Calls
Patrick Ness



Once
Morris Gleitzman



Private Peaceful
Michael Morpurgo



Skellig
David Almond



Stig of the Dump
Clive King



The Story of Tracy Beaker
Jacqueline Wilson



Swallows and Amazons
Arthur Ransome



Trickers: The First Book of the Normes
Terry Pratchett



The Witches
Roald Dahl

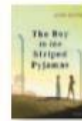


The Wolves of Willoughby Chase
Joan Aitken

12-14 years



Angus, Thongs and Full-Frontal Snogging
Louise Rennison



The Boy in the Striped Pyjamas
John Boyne



Coram Boy
Jamila Gavin



The Curious Incident of the Dog in the Night-Time
Mark Haddon



The Fellowship of the Ring
J.R.R. Tolkien



Forever
Judy Blume



The Graveyard Book
Neil Gaiman



How I Live Now
Meg Rosoff



The Hunger Games
Suzanne Collins



I Capture the Castle
Dodie Smith



Junk
Melvin Burgess



The Kite Rider
Geraldine McCaughrean



The Knife of Never Letting Go
Patrick Ness



Life: An Exploded Diagram
Mal Peet



Looking for JJ
Anne Cassidy



Maggot Moon
Sally Gardner



Mortal Engines
Philip Reeve



Northern Lights
Philip Pullman



Noughts and Crosses
Malorie Blackman



The Owl Service
Alan Garner



Revolver
Marcus Sedgwick



The Ruby in the Smoke
Philip Pullman



Stormbreaker
Anthony Horowitz



Watership Down
Richard Adams



Witch Child
Celia Rees

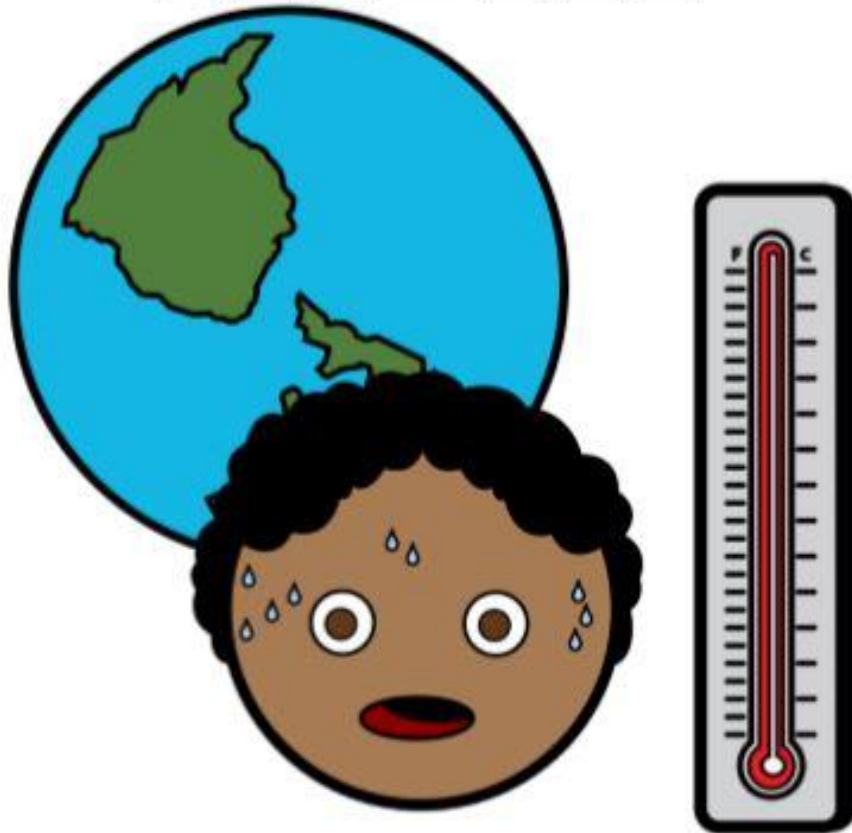
kindle

Resource: www.booktrust.org.uk

booktrust

WWW.THEAUTISMEDUCATOR.IE

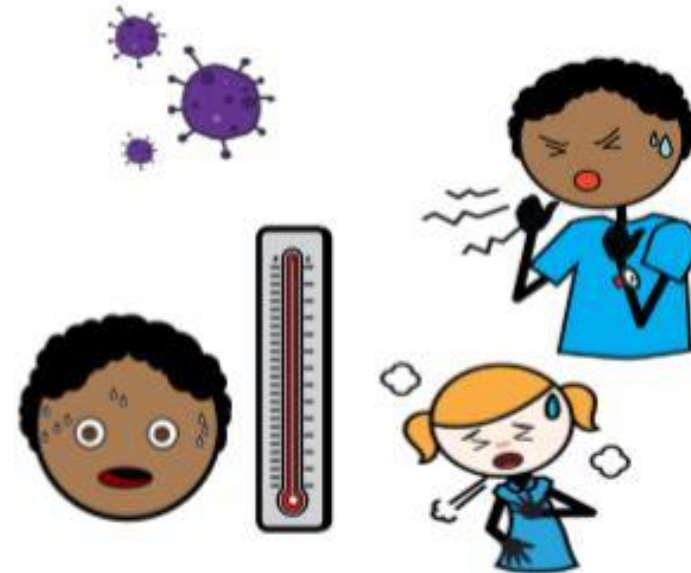
WHAT IS THE CORONAVIRUS?



Written by Amanda Mc Guinness

WWW.LITTLEPUDDINS.IE

The Coronavirus is a virus that can make people feel unwell.



The Coronavirus can also be called "COVID-19".

COVID-19 / CORONAVIRUS

WWW.THEAUTISMEDUCATOR.IE



People who have the Coronavirus may have:



Sore Throat/
Dry Cough

Fever



Shortness of breath



Most people who have the Coronavirus will stay at home to get better.

Some people who have the Coronavirus will go to the hospital to get better.



WWW.LITTLEPUDDINS.IE

I can help stop the spread of germs by washing my hands with soap and water.

I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands.

If I can't use soap I can use Hand Sanitizer.

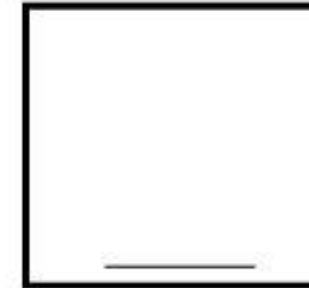


WWW.THEAUTISMEDUCATOR.IE

WWW.LITTLEPUDDINS.IE



There will be NO School for



School will reopen again.



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WWW.LITTLEPUDDINS.IE

I will stay at home while school is closed.



I will complete school-work /homework while I am at home.



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I know that I will be safe and I don't have to feel afraid.

I will be safe and happy at home with my family.



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WWW.LITTLEPUDDINS.IE



I will not be able to go to my favourite places for now.

Once the Coronavirus is gone I will be able to go to my favourite places again.

WWW.THEAUTISMEDUCATOR.IE

For Parents/Caregivers

Please note that this document is not a diagnostic tool for the Coronavirus.

It is a social story and by its very nature provides limited specific information.

If you require additional factual information about the Coronavirus please go to the following;

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

<https://www.who.int/health-topics/coronavirus>

Many thanks

Amanda (The Autism Educator)

RESILIENCE BINGO

Resilience is about how we bounce back from difficult times.

Worry and stress are normal in everyday life. We need to build our resilience to help us get stronger.

LIVE happily

Can you complete a line on this bingo card. Or maybe you can complete every challenge?!



HOW DID YOU FEEL WHEN YOU WERE DOING THE CHALLENGES?
HOW DO YOU FEEL NOW?



Resource found: family lockdown tips and ideas group on facebook



BREATHING

MINDFUL BREATHING:

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

IN - HOLD - OUT BREATHING

Inhale through your nose while counting to 5
Hold it while counting to 6
Exhale through your mouth while counting to 7

SQUEEZE AND BREATHE

1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

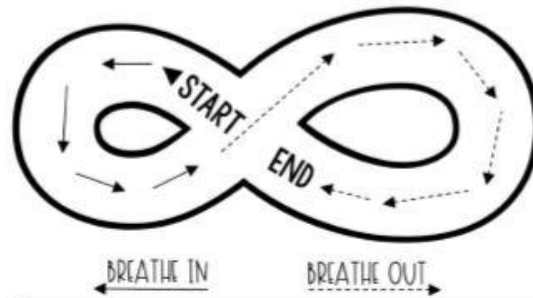



STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.



Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)





BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.

BREATHE THE RAINBOW

Imagine the color of the rainbow.

Take a deep breath while imagining you are breathing in each color.

Red: Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

Orange: Breathe in the zesty excitement of the color orange in through your nose. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

Yellow: Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

Green: Breathe in the morning dew of the color green through your nose. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

Purple: Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.











Resource by - Instagram: <https://www.instagram.com/thecounselingteacherbrandy/>

GRATITUDE SCAVENGER HUNT

Feeling grateful for things we have can help us to deal with setbacks and challenges.

Can you find:

-  Something that makes you feel happy
-  One thing you love to smell
-  Something you like to look at
-  Something to give to someone to make them smile
-  One song that makes you feel happy
-  Something that is your favourite colour
-  Something that makes you smile in nature
-  One thing that is very useful for you

Resource: family lockdown tips and ideas group on facebook

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk

www.spreadhappiness.co.uk



Coronavirus – Staying Safe



People are talking about Coronavirus because it is a new type of flu



Just like with all other colds or flu it is important to be healthy



Children and adults are very good at fighting the flu



Just like all colds or flus it can be harder for older people to stay healthy from flu



I can stay healthy by



When preparing food



FREQUENTLY
WASH HANDS
WITH SOAP



After sneezing or blowing my nose



Before eating



After using the bathroom



If they are dirty

Resource: tripleawicklow@gmail.com



Evolve is an award winning social enterprise that works closely with schools, teachers and headteachers to advance pupils' achievement by delivering programmes that bring together mentoring, physical activity and classroom support. We believe nurturing meaningful relationships to support pupil health, wellbeing and personal development is needed now more than ever.

Emotional wellbeing is a better predictor of success than demographics, your family income or grades.*



What we offer: Project HE:RO



A Health Mentor, employed by Evolve, working in your school for between one and five days per week, every week, developing much needed rapport with pupils, offering exciting learning opportunities and giving them the motivation to help them succeed.



Outcomes achieved



Benefits

- Inspire pupils and staff
- Outstanding role models within school
- Focused provision with bespoke objectives
- Impact measured, monitored and reported
- Support inside and outside the classroom
- Relieve pressure during several challenging times of the day
- Performance management included
- Flexible and convenient solution to numerous challenges



Testimonials

"The Health Mentors are a key element in the school's provision, not only in providing a high quality of basic care for pupils whose circumstances make them vulnerable, but also in promoting basic literacy and numeracy skills through individual support and providing positive role models in promoting a healthy lifestyle. As a result, the pupils feel safe and know that there is always someone who will listen"

OFSTED report on St George's CE Primary School, March 2011

"The impact that Health Mentors had at my previous school was outstanding, which is why they are now supporting me at Jessons Primary School..."

Sarah Lea, Headteacher Jessons Primary School, Dudley



How can your children access Evolve & their Health Mentor?

Classroom Movers



www.classroommovers.com

With a lot of pupils being based at home next week for care or homeschooling we are supporting those pupils with a range of activities.

We want to help. If you, parents and children would like access to our on-demand [#PhysicalActivity](#) programme whilst at home, they can make contact here <http://classroommovers.com/contact> and we will give them at-home access.

When we receive the notification they've sent a message (MUST INCLUDE AN E-MAIL) with a note of which school they're from, we will set a personal profile up for them.

PB:ME (Personal Best My Effort)

<https://www.evovesi.com/hero-at-home/>

Here will be your chance to test yourself in three unique activities daily!

- Speed Bounce
- Speed Typing
- Memory Test

Head to our site to see how to complete the challenges & how you can record your scores and share them with the Evolve Team!



Evolve: YouTube Channel

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

Here you will find videos from your Health Mentors!

They will include the following:

- Physical Activity Games
- Story Time Videos
- Daily Challenges

Thrive

All school staff & Parents can access one of our partner programmes Thrive which are offering their Mental Wellbeing App access. We have previously used this as staff and also with pupils as part of Mentoring sessions and it is very user friendly and tracks a lot of data & history.

In the current challenging climate if your employer does not offer the Thrive app, we are proud to offer free access through the @NHSuk apps library below

Upon completing the sign up for your access please state that your prompt for an access code was from the **HE:RO at Home** programme.

<https://thrive.uk.com/nhs.html>





Rethink Food



Our partner Rethink Food is a former head teacher and former primary school teacher, we are dedicated to educating people about food. Starting in 2015 to tackle the problem of children arriving to one of our school's hungry each day – at that point we vowed to remove hunger as a barrier to learning. They held an awareness event and provided 10,000 children with a breakfast made up of food that would otherwise gone to waste. They now deliver their programme to over one hundred schools, increase awareness, understanding and positive actions linked to food through an approach that references the United Nation's Sustainable Development Goals.

They would like you to watch the following videos below and send in your Top cooking tips after helping Mum, Dad and other members with the cooking. This could be as videos, pictures or on a list!

<https://www.rethinkfood.co.uk/helping-hands/>

Please send them too - Twitter - @RethinkFoodUK

Contact Us

Share your work & activities with us linking & tagging on our following channels

Twitter: @Evolve_Impact

Instagram: evolve_impact

GUIDE TO THRIVE!

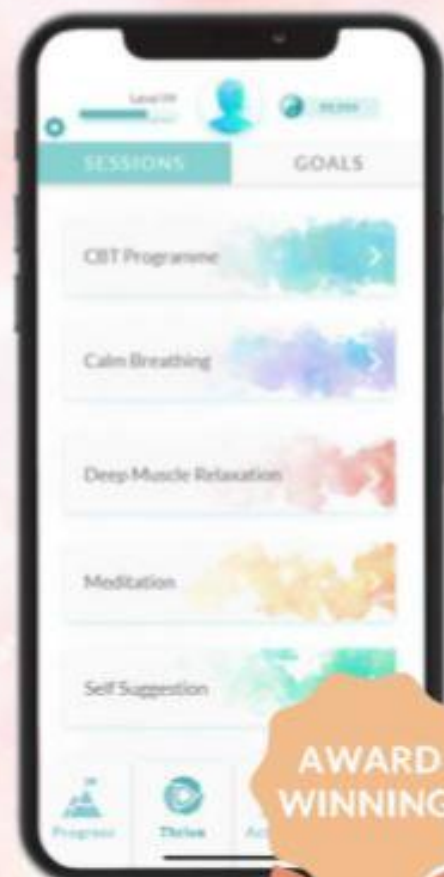
Your **NEW** clinically effective mental wellbeing app

WHAT IS IT?

Sometimes we can all feel like things are getting on top of us. That's why we have created **Thrive: Mental Wellbeing**, a clinically effective mental wellbeing app for members to build resilience against stress, anxiety and depression.



A clinically effective app which can be used for the prevention, screening and management of mental health conditions and stress



AWARD
WINNING



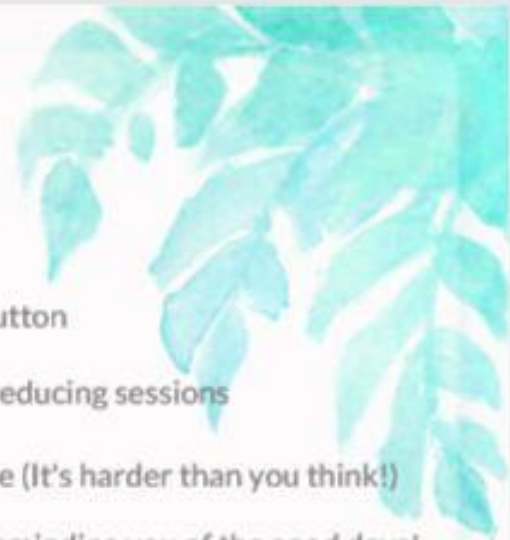
HOW DOES IT WORK?

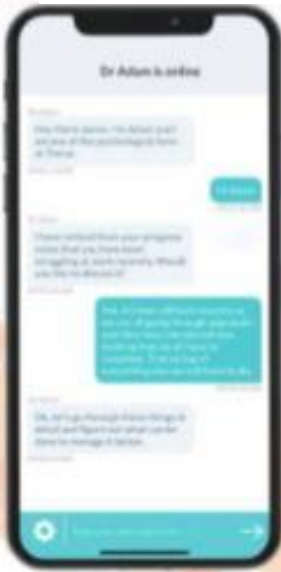
Thrive can work in many ways depending on the user. For the best results we recommend you follow the CBT process and unlock sessions one at a time.

You can try some of relaxation sessions, games or activities and see what works best for you! Training your mind to build resilience against stress and common mental health conditions has never been so easy!

WHAT'S IN THE APP?

- ✓ CBT (Cognitive Behavioural Therapy) programme
- ✓ The ability to seek further support with the touch of a button
- ✓ Over 100+ hours of content including a range of stress reducing sessions
- ✓ Games to distract your mind - try our 'Wise Words' game (It's harder than you think!)
- ✓ A progress journal tracking your moods, stressors and reminding you of the good days!





GET THE HELP YOU NEED

Along with seeking further help, you can speak to one of our wellbeing coaches with the touch of a button.

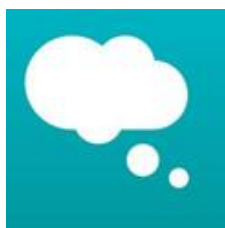
This is a text chat live service available to you. You can choose to text one of our coaches from 8am to 8pm Monday to Friday. Access our experts with one click.

DOWNLOAD NOW!

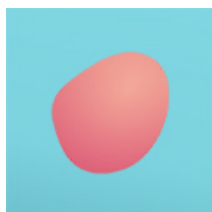
1. Visit offer.thrive.uk.com and Sign up using your email address, a password of your choice
2. Go to your email account and click the link to confirm your account
3. Download the Thrive: Mental Wellbeing app from your Apple or Android app store.
4. Return back to the app, log in and enjoy!



App for teens



Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



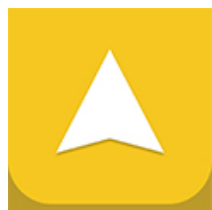
Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention.



The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated. Use the app to reduce your worries, feel more confident and get the support you need.



Stress & Anxiety Companion helps you on-the-go using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.



Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

Helplines

Anxiety UK - 03444 775 774 – www.anxiety.org.uk (charity offering support if you have been diagnosed with an anxiety condition)

Mind – 0300 123 3393 – www.mind.org.uk (Promotes the views and needs of people with mental health problems)

Papyrus – 0800 068 4141 – www.papyrus-uk.org (Young suicide prevention society)

YoungMinds – 0808 802 5544 www.youngminds.org.uk (Information on child and adolescent mental health)

Childline – 0800 1111 – www.childline.org.uk (a free, private and confidential service where you can talk about anything)



Text.

Text P2B to 85258 from anywhere in the UK, 24/7.



Connect.

You will connect with a trained Crisis volunteer who will listen without judgement and help you to move from crisis to calm.



Calm.

The conversation only ends once you are in a calm and safe place, ideally with a plan for support going forward.

P2B have teamed up with Shout Crisis Text Line to offer a new type of support for all students in Place2Be secondary schools.

Text 'P2B' to 85258 to get free, confidential support in a crisis any time, day or night.