



ENTERTAINING AND EDUCATIONAL RESOURCES FOR SCHOOL AGE CHILDREN

The next few months are going to be challenging for all of us. These are unprecedented times and it's understandable that many of us are struggling with worry and anxiety.

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

Here are a few ideas that might help.

First remember the basics:

Eat well and drink regularly

Exercise regularly - preferably outside whilst maintaining the 2m social distancing requirement - exercise is a proven natural stress buster.

Sleep - this is vital but may be difficult at present with many struggling to switch off their thoughts. Try keep to your regular sleep routine and look at the resources below.

Rest and relax - if you find your mind spiraling stop close your eyes and breathe for 30 seconds whilst being aware of the sensation of the ground beneath your feet. Try an absorbing activity, this in itself is a form of mindfulness.

Connect with others - for once social media gets a good press

The following are a list of resources that might help:

Since many kids are/will be home from school here's an awesome list of ideas from a parent who home-schools.

Online resources:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

YouTube Channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School



- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake

Lots of board games, library books (and Kindle), tinkering/upcycling with household junk, etc

If you have a library card join **Libby app** for free to download books.

***Scholastic** has created a free learn-from-home site with 20+ days of learning and activities.

<https://classroommagazines.scholastic.com/support/learnathome.html>

***Pretend to travel the world.** Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

*This is the awesome **free curriculum** that we use. Everything from preschool activities to 12th grade is here!

<https://allinonehomeschool.com/>

*List of thinking games by grade: <https://allinonehomeschool.com/thinking/>

****More awesome free learning websites that we like to use****

<https://www.starfall.com/h/>

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

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

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

<https://www.storylineonline.net/>

Above all remember:

You are not alone

Remember self-care

Connect with others - share your own vulnerability

Distraction, mindfulness, absorbing activities

We are all in this together and together we will get through this

