



Resources for families



Educational

BBC Learning <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This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision.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.

Futurelearn <https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca <https://www.senecalearning.com>

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

Openlearn <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.

Khan Academy <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.

Blockly <https://blockly.games>

Learn computer programming skills - fun and free.

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

Creative computer programming

Ted Ed <https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids <https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo <https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science <https://mysteryscience.com>

Free science lessons

The Kids Should See This <https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course/Crash Course Kids <https://thecrashcourse.com>
<https://m.youtube.com/user/crashcoursekids>

You Tube videos on many subjects

Crest Awards <https://www.crestawards.org>

Science awards you can complete from home.

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

Lots of free resources for Primary age

Big History Project <https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

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

Geography gaming!

Magformers <https://magformers.co.uk/>

FREE Magformers maths worksheets and lesson plans are available if you email schools@magformers.co.uk

Creativity

Paw Print Badges <https://www.pawprintbadges.co.uk>

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

Tinkercad <https://www.tinkercad.com>

All kinds of making.

Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

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

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

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

If you have a stamp and a nearby post box.

The Artful Parent <https://www.facebook.com/artfulparent/>

Good, free art activities

The world of David Walliams <https://www.worldofdavidwalliams.com/>

David Walliams is reading stories every day at 11am

Red Ted Art <https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree <https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmpaxqZbkqudD49I71ep8-sjXmrac>

Activities and quizzes

Live animal webcams around the world

<https://www.countryliving.com/uk/wildlife/countryside/q31784857/live-animal-webcam-zoo/>

12 live animal webcams to get you through social distancing, including badgers, penguins, polar bears and elephants...

100 things to do indoors

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.roberttrivest.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 pampers day
32. Have a scrunched 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

Exercise

The Body Coach <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Join Joe Wicks for his live workouts for kids every weekday at 9am on his YouTube channel

Disney dance-alongs <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

'This Girl Can' have teamed up with Disney to create dance routines to help you get active with your kids

Change 4 Life <https://www.nhs.uk/change4life/activities/indoor-activities>

Easy ways for kids to keep active if you cannot get outdoors

Change 4 Life <https://www.nhs.uk/change4life/activities/accessible-activities>

Accessible exercises/games for children with disabilities

Debbie Doo Kids TV <https://www.youtube.com/channel/UCMyyXCurk6jXXOWt2eKyCgg>

Simple movement exercises set to music for younger kids

Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>

A series of yoga workouts targeted at children which will help young ones to burn energy and relax

Move to Learn <https://www.youtube.com/user/MovetoLearnMS>

A library of fitness workouts for energy-packed kids to enjoy

Wellbeing

Sleep Meditations for Kids (Free app for Apple and Android)

Aimed at children aged 12 and under and can help with sleep issues, insomnia, stress and anxiety, as well as promoting feelings of wellbeing

FOCUS On The Go! (Free app for Apple and Android)

Aims to teach resilience – a key part of mental wellbeing – to every member of the family. It helps your child develop five essential skills: problem-solving, goal-setting, communication, emotional regulation, and managing trauma and stress

Breathe, Think, Do with Sesame Street (Free app for Apple and Android)

Features your child's favourite Sesame Street characters to help teach two to five year olds skills such as problem-solving, self-control, planning and perseverance

Three Good Things (Free app for Apple)

Evidence suggests that if you write three good things down every day, your happiness and positivity increase. This simple little app is a great way for your child to record what they're grateful for

Powerme (Free for Apple and Android)

This app aims to teach children coping mechanisms that they can put into practise in everyday life, through a series of bitesize videos

Kooth www.kooth.com

Free online counselling and emotional wellbeing platform for young people

Shout Text 85258
Free crisis text line

Papyrus <https://papyrus-uk.org/>
Prevention of young suicide

Young Minds <https://youngminds.org.uk/>
Advice and support for young people affected by mental health concerns

Mind <https://www.mind.org.uk/>
Mental health charity

Childline <https://www.childline.org.uk/>
Support online or over the phone

NHS Harmless <https://www.harmless.nhs.uk/>
Information and support on self-harm

The Mix <https://www.themix.org.uk/>
Essential support for under 25's

Calm Harm <https://calmharm.co.uk/>
NHS app designed to help young people resist or manage the urge to self-harm

MEETWO <https://www.meetwo.co.uk/>
The NHS endorsed app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. There is anonymous advice from experts or other teenagers going through similar experiences

Calm <https://www.calm.com/>
App supporting meditation, mindfulness and healthy sleep patterns