



Home Learning Guide 2020

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Wellbeing

What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy! Support

Here's a short video which might give you some ideas about what 'well-being' means

<https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours:

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>.

Aimed at children but applicable to adults, to

If you need support from others:

- The Samaritans offer emotional support 24 hours a day - in full confidence. **Call 116 123** - it's **FREE** you can speak to someone as many times as you need or email jo@samaritans.org.uk
- <https://www.samaritans.org>
- <https://www.mind.org.uk/> - lots of mental health resources for adults
- <https://www.nhs.uk/>

Supporting children:

- Supporting children to cope without school
<https://www.bbc.co.uk/news/uk-politics-51959957>

Supporting ourselves:

- Looking after your own mental health during this period:
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Well-being <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

Mindfulness Websites and Apps



Smiling Mind
Short audio sessions to help with mindfulness.
<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube
Yoga videos designed for kids aged 3+
www.youtube.com/user/CosmicKidsYoga

Keeping Active

There are a huge range of at home workouts that grownups and children can do together.

Couch to 5 K: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/> -

Slowly building up to running a 5 K, this can count as your daily exercise allowance.

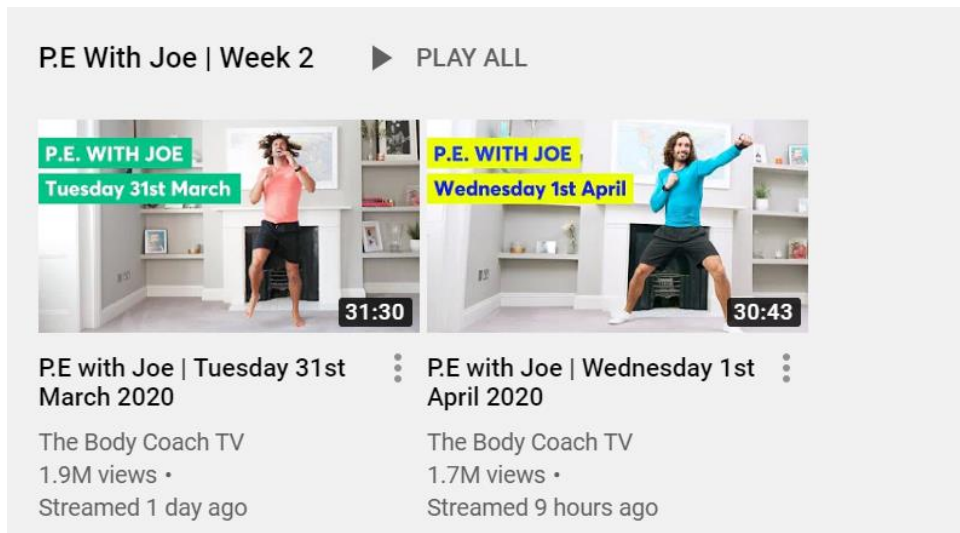
Disney Dance Workouts:

<https://www.thisgirlcan.co.uk/activities/disney-workouts/> - Dance workouts to Disney songs we all know! Good for Adults and Children.

Joe Wicks :

<https://www.youtube.com/user/thebodycoach1>

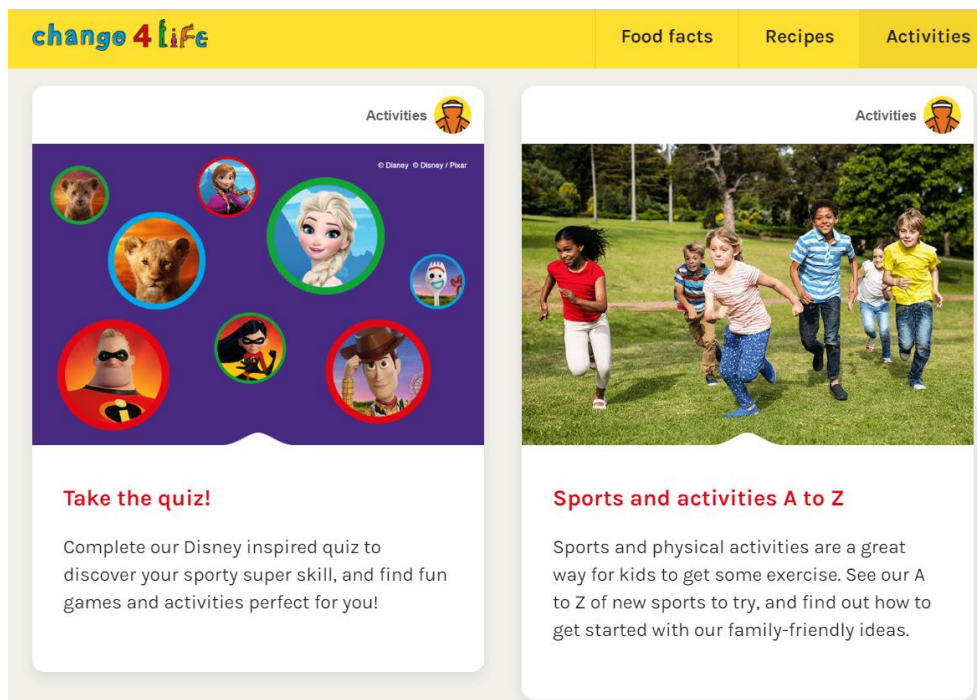
Live 9AM workouts every day. Brilliant exercise and a great way to start the day



Youth Sport Trust Home Learning:

<https://www.youthsporttrust.org/pe-home-learning> - Downloadable games and activities around physical fitness.

Change 4 Life : <https://www.nhs.uk/change4life/activities> - games to keep children active.



Jump Start Jonny_:

<https://www.jumpstartjonny.co.uk/home> - Free dance workouts for children

BBC Supermovers :

<https://www.bbc.co.uk/teach/supermovers> - Free workouts.

Indoor Olympics:

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity> - Many free P.E resources surrounding the 2020 Olympics.

Keep Active Apps



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+

www.youtube.com/user/CosmicKidsYoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

www.bbc.co.uk/teach/supermovers



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

www.youtube.com/user/GoNoodleGames/featured



Premier League Stars

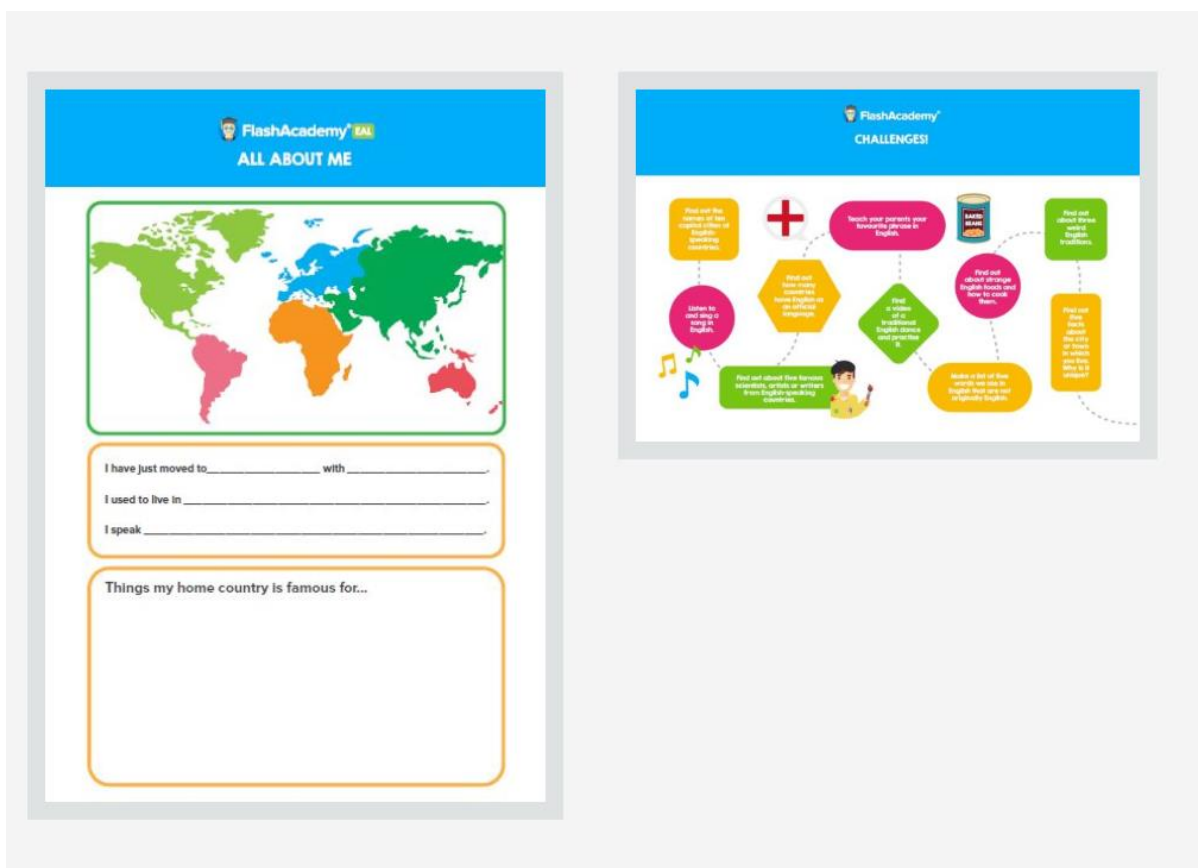
Videos and activities to support with Maths, Literacy, PSHE and PE.

www.plprimarystars.com

English as an Additional Language Support

If your child is learning English as an additional language these resources will help continue their language development.

<https://learnenglishkids.britishcouncil.org/> - videos to watch and excellent English writing and reading practise
https://flashacademy.com/resources/home-learning-project-packs/?mc_cid=700ab21885&mc_eid=2a430c7b27 – 4 weeks of English Home Learning suited for



children who are learning English.

<https://www.futurelearn.com/courses/basic-english-elementary> - This is an online course for parents who are learning English and would like to develop their language skills.

www.twinkl.co.uk also have some excellent 'learning english' resources

Phonics

What is Phonics?

Phonics is a way of teaching children how to read and write. It helps children hear, identify and use different sounds that distinguish one word from another in the English language.

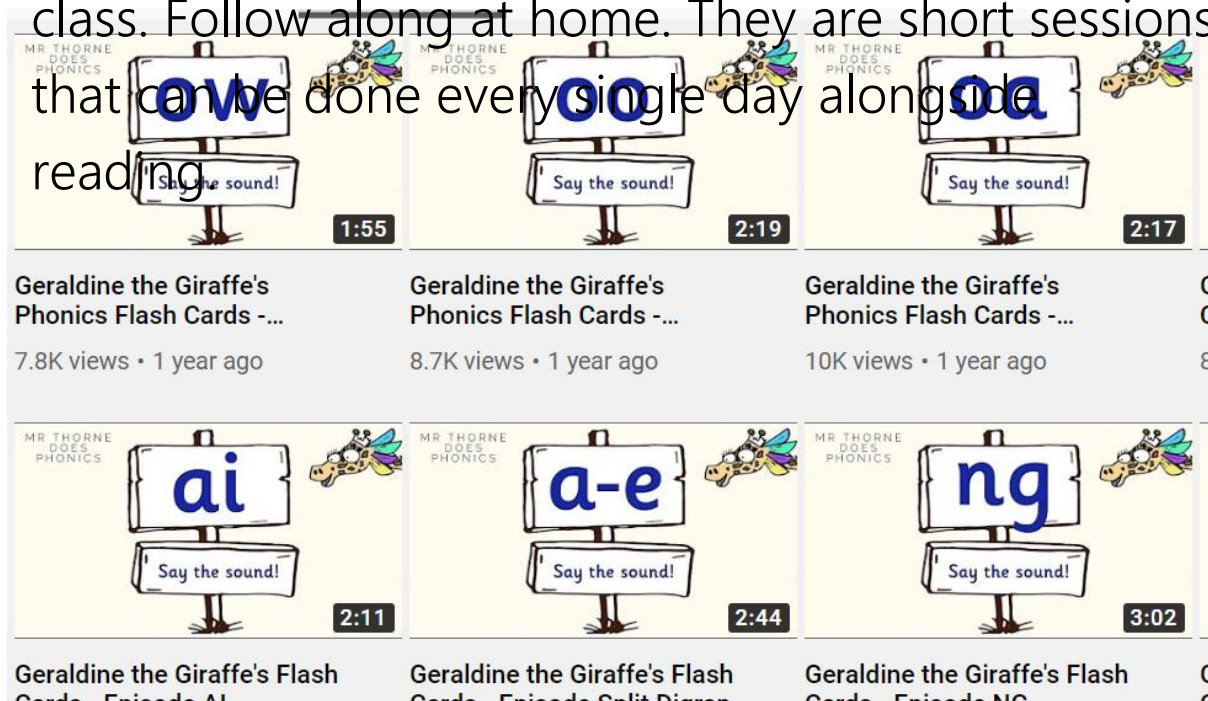
Written language can be compared to a code, so knowing the sounds of individual letters and how those letters sound when they're combined will help children decode words as they read.

Understanding phonics will also help children know which letters to use when they are writing words.

Mr Thorne Does Phonics:

<https://www.youtube.com/user/breakthruchris/featured> this is an excellent Youtube Channel teaching

UK phonics that your child would be learning in class. Follow along at home. They are short sessions that can be done every single day alongside reading.



Free Websites and Apps to support with...

Phonics and Early Reading



Phonics Play

www.phonicsplay.co.uk/freeIndex.htm



Phonics Bloom

www.phonicsbloom.com/



Letters and Sounds

www.letters-and-sounds.com/



Cheebies—Alphablocks

www.bbc.co.uk/cheebies/shows/alphablocks

Highly recommended!



Teach Your Monster to Read (Website is free. Paid App)

www.teachyourmonstertoread.com/



Oxford Owl

www.oxfordowl.co.uk/



Teach Handwriting—Cursive Practise

www.teachhandwriting.co.uk/index.html



Vooks—Storybooks Brought to Life

www.vooks.com/



Scholastic—Classroom Magazines

www.classroommagazines.scholastic.com/support/learnathome.html



Spelling Shed (Paid App or Free with School Subscription)

www.spellingshed.com/en-gb

PS: Reading DAILY with your children will always be beneficial for phonics skills.

Family Support and Mental Health

Self Isolating & Dealing With Conflict (The Children's Society)

With the current Coronavirus Covid-19 outbreak and Government recommendations to limit social contact, many people will be spending more time at home than they are used to.

This may mean spending more time with family, carers or friends and this may create difficult situations, especially for those coping with pre-existing family problems.

The Children's society asked one of their well-being practitioners to share her top tips for dealing conflict at home.

<https://www.childrenssociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>

Coronavirus: resources for Mental Health and Wellbeing (Heads Together)

[Heads Together have published a free toolkit with resources and tips to help address anxiety arising from these challenging times.](#)

[The toolkit includes a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus \(COVID-19\) and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.](#)

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Young Minds Helpline for parents and young people

[If there are concerns about a young person's mental health during this difficult time, you can contact the Young Minds Helplines.](#)

[Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm](#)

[YoungMinds Crisis Messenger: If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support](#)

[The Young Minds website is here: https://youngminds.org.uk/](https://youngminds.org.uk/)

Important Phone Numbers

Lorraine Whistler (Family Support Officer)

Whatsapp : 07375 557517

Phone Call : 0115 807 7755

Parent Helpline (Mental Health) - 0808 802

Samaritans (Adult support) – 116 123

At Home Learning (additional resources)

School subscription services that are providing guidance and resources to support with school closures



Twinkl - Subscription service used by schools is offering a free premium service for educators, parents and children to use whilst schools are closed—enter the code UKTWINKLHELPS Worksheets, PowerPoints and interactive games to support all areas of learning.

www.twinkl.co.uk/



Classroom Secrets - Maths and reading home learning packages for schools to use due to school closures. Free access to child version of site.

<https://classroomsecrets.co.uk/home-online-learning/>



White Rose Maths - Maths home learning packages for schools to use due to school closures.

www.whiterosemaths.com/resources/schemes-of-learning/primary-sols/



Master the Curriculum - Maths subscription service has made resources free for educators and parents.

www.masterthecurriculum.co.uk/

Thank you...



Primary Stars - Maths home learning packages for schools to use due to school closures. (KS1).

<https://primarystarseducation.co.uk/covid-19-year-1/>



Mrs Mactivity - Provide your email to be sent free activities and resources to support with home learning.

www.mrsactivity.co.uk/free-resources-2/

