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Support Pack 2: Supporting children and parents/carers with learning at home

This booklet contains advice for parents and carers who may find themselves looking for ideas to support children's learning at home. There are suggestions about structuring the day; links to free resources; recommendations for apps; and links to educational websites.

We hope you find it helpful.

Supporting Children and Parents/Carers with Learning at Home

(with credit to Monmouthshire EPS for the tips and timetables)

For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

- Try and keep to a **structure and routine** that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring. Encouraging them to get up and dressed during the week will help maintain some difference between weekdays and weekends.
- Keep **boundaries** firm and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.
- Make sure they get some time to **burn off energy** every day. Younger children will enjoy assault courses, discos etc. Older children and teens might respond better to fitness videos.
- Expect children to do **some learning every day**. In the longer-term schools are likely to provide opportunities for online learning. In the short term, or as extra activities there are a wealth of helpful websites, many of which they will be able to access independently. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.
- Find **opportunities for them to interact** with their friends remotely. For tweens and teens, contact with their peers is especially important. Technology provides lots of opportunities for older children to connect, chat and game together. But be wary of giving unsupervised access to platforms that you would not normally allow your child onto; the internet still poses the same risks as in normal times.
- **Balance screen time** with other activities. Challenge children to learn new skills that don't involve screens e.g. tying shoe laces, juggling, baking. Older children might want to set their own goals.
- Give children **opportunities to have a say** in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. Older children and teenagers will be more able to understand the risks in too much screen time, too little sleep, inactivity etc. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. Family meetings where children and adults problem-solve together can be helpful for this. (<https://bristolchildparentsupport.co.uk/ready-family-meetings/>)
- There are some example timetables on the next page. These are just shared as a guide but may be helpful in terms of thinking about how to maintain some structure and routine throughout days at home. Remember to intersperse activities with breaks, and don't forget healthy snacks and drinks!

Note – Home schooling is challenging – be kind to yourself and your children. If the amount of work set seems overwhelming, remember that children learn at different levels and would not all be expected to complete the same amount of work in class. Keep the lines of communication open with your child's teacher so they can help and support you. If you are trying to work at home as

well as educate your children – take a deep breath and try not to set your expectations high for either role. You can only do so much.

The last pages in this pack have links to websites with helpful ideas and activities covering a range of topics.

Example Timetables

Get ready for the day	•have breakfast, have a wash, get dressed.
9am - Activity 1	•Online learning from school OR a craft activity (cutting and sticking, painting, baking)
10am - Activity 2	•Online learning from school OR some writing or maths write a story, count coins
11am - Get Active!	•Play in the garden, do an exercise video, go for a walk (following the social distancing rules)
Lunchtime	
Help around the House	•Help tidy up, Hoover, wash up
2pm Quiet Time	•Do something calm like reading colouring or mindfulness
3pm Activity 3	•Online learning from school OR be creative make some music, design an outfit, learn a dance move, practice musical instrument
4pm Free Time	•Enjoy toys, devices and tech
5pm Dinner Time	•Help prepare dinner, help tidy up too
6pm Family Time	•Play a game, watch a movie, spend time together, video call grandparents and other extended family members
Get Ready for Bed	•Have a bath, get pyjamas on, read a story

Get ready for bed
45 mins Academic learning
45 mins Creative Activities
45 mins Exercise
Have lunch
Downtime
45 mins Academic learning
45 mins Help around the house
Free time
Have dinner
Contact family and friends -phone, Facetime, email
Free time
Get ready for bed

Resources for Home Education

Many schools will be setting their own learning. However, if you need something else to keep them usefully occupied then this non-exhaustive list might help those affected by school closures due to coronavirus, compiled by home educators:

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.

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 license 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. Tons 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.

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 <https://thecrashcourse.com>
You Tube videos on many subjects

Crash Course Kids <https://m.youtube.com/user/crashcoursekids>
As above for a younger audience

Crest Awards <https://www.crestawards.org>
Science awards you can complete from home.
iDEA Awards <https://idea.org.uk>
Digital enterprise award scheme you can complete online.

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.

Prodigy Maths <https://www.prodigygame.com>
Is in U.S. grades, but good for UK Primary age.

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!

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!

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

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.

Toy Theater <https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktnmpaxqZbkgudD49I71ep8-sjXmrac>

Activities and quizzes

Twinkl <https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures. Use code PARENTTWINKLHELPS

Widgit <https://widgitonline.com/>

Website to make visual timetables for younger children or those with additional needs (free trial available for 21 days)

Virtual tours

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

Virtual tours of some of the world's best museums

Eparenting https://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_-_a_level_11_plus_and_sats.php

Chatterpack <https://www.chatterpack.net>

A list of free, online, boredom-busting resources!

Learning Apps

Literacy

Teach Your Monster to Read. Ideal for Foundation phase children. It has three levels: the first for children learning their first letters and sounds, the second for children who are confident with letter sound combinations and starting to read sentences and the third for children who have mastered basic letter-sound combinations and who can manage short sentences.

Hairy Letters

Designed for 4-6 year olds. Learn the name and sound of each letter.

Hairy Phonics 1,2 and 3

Designed for 4-6 year olds. Introduces the 9 most common digraphs e.g. ch, th, ng (Hairy Phonics 1) then moves onto common vowel digraphs e.g.ai, ee, oi, oy, oo (Hairy Phonics 2) and then finally vowel-r and magic 'e' (Phonics 3).

Hairy Words 1 and 2

Designed for 5-7 year olds. Teaches the first 100 high frequency words (Hairy Words 1) and the next 100 (Hairy words 2)

Spelling Shed

A bee themed spelling game with two main settings. A traditional spelling bee (a voice reads out a word for the child to spell) and an old school guessing game a bit like Hangman (The Hive).

Maths

Sumdog

Free during the COVID-19 outbreak. Maths games where children can play against other children from all across the world safely. There is no chat feature. Maths sums and problems are personalised to the pupil's ability level and difficulty increases as they show progress with their learning. Reports on progress can be generated for parents.

Squeebles

Times tables game with engaging characters and an addictive sling shot game that gets better the more children play.

Free Educational Content During School Closure

First News <https://www.firstnews.co.uk/>

A newspaper for children and young people (and adults who are time limited). Can be delivered for a cost or accessed for free online (digital copy) during the COVID-19 outbreak.

Audibles <https://www.audible.co.uk/>

Audiobooks for children and adults. Free streaming of hundreds of children's books during the COVID-19 outbreak.

Borrowbox <https://www.borrowbox.com/>

Free audiobooks and ebooks from your local library. Download the app to log in with your library membership.

Live Classes and Sessions during the Home School Day

These are dip in and out suggestions and it is not advisable to try and do them all in one day or indeed every day.

9am – PE with Joe Wicks <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

10am – Maths with Carol Vorderman <https://www.themathsfactor.com/>

11am – Reading with David Walliams <https://www.worldofdavidwalliams.com/>

12.00pm – Lunch (cooking with Jamie Oliver) <https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.00pm- Music with Myleene Klass <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm – Dance with Darcy Bussell <https://ddmixforschools.com/>

2.00pm – History with Dan Snow (free for 30 days)

https://tv.historyhit.com/signup/package/?utm_source=TopMenu&utm_medium=COM

4.00pm – Home Economics with Theo Michaels (Mon/Wed/Fri) <https://www.thecooks.com/kids-cookalong-live/> <https://www.instagram.com/thecooks>

Non daily events:

Science with Prof. Brian Cox, Robin Ince and guests <https://cosmicshambles.com/> (see ‘stay at home festival’)

Read Write Inc (Ruth Miskin) <https://www.ruthmiskin.com/en/find-out-more/help-during-school-closure/>

Daily phonics films available 24 hours via Facebook and on YouTube.

9.30am - Speed Sounds Set 1

10.00am Speed Sounds Set 2

10.30am Speed Sounds Set 3

White Rose Maths <https://whiterosemaths.com/homelearning/>

Daily videos of 20-30 mins for each year group (Early Years through to Year 8)