

# Children and Young People's Service Occupational Therapy Services

This resource has been compiled to support families through the difficult period we are currently facing caused by the COVID-19 (Coronavirus) Pandemic.

We hope you find the information useful.


## Contents:

- Mindfulness & Supporting Mental Health
- What is Coronavirus? Including staying well, social distancing and handwashing
- Physical wellbeing
- Schedules
- Screen time
- Social time
- Additional resources including videos and parenting support
- 100 things to do indoors
- Websites and apps to support Maths and Science
- Websites and apps to support Phonics and Early Reading
- Websites that are currently providing free educational resources

## Mental health and Mindfulness:

Free Websites and Apps to support with...


# Mindfulness and Keeping Active



**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](http://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](http://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](http://www.youtube.com/user/GoNoodleGames/featured)



**Premier League Stars**

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


[www.plprimarystars.com](http://www.plprimarystars.com)



**Newsround**

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)



**Mindfulness for Children** – see these YouTube videos:

- Cosmic Kids Zen Den – 5 Mindfulness Exercises for Kids:

<https://www.youtube.com/watch?v=Wsy2L9VvX90&list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&index=3&t=0s>

- Peace Out Guided Relaxation for Kids: 2 Time Out:

[https://www.youtube.com/watch?v=9\\_vEZTrmtyA](https://www.youtube.com/watch?v=9_vEZTrmtyA)

General Mental Health and Mindfulness support -

- Anxiety UK - advice and helpline

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus>

- Mind - Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#TakeCareOfYourMentalHealthAndWellbeing>

- Mental Health Foundation - Looking after your mental health during coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

- OCD Action - skype/phone support groups

<https://www.ocdaction.org.uk/support-groups/online2>

**It's okay to feel worried because it means my brain is working well to keep me safe! There are lots of things I can do to help myself to feel better like...**

1. Repeating this affirmation: 'I am safe, I am calm and all is well' while I tap the point between my baby finger and ring finger 
2. Counting to four as I breathe in through my nose and 6 as I breathe out through my mouth
3. Doing something fun like colouring, playing a board game, or dancing!
4. Practice a balancing stretch that will focus my mind like tree pose 
5. Tracing the lines on my hands to give myself a gentle and calming massage
6. Smile and laugh even if I don't feel like it because my brain doesn't know the difference! Try and create a new laughter noise that no one has heard before! 
7. Eating my favourite fruit slowly. How does it feel between my fingers? How does it feel in my mouth? Does it smell of anything? Is it sweet or bitter? 
8. Blow my worries away by imagining they are like clouds. Lay down, take a deep breath in and slowly blow! 




## What is Coronavirus?

Advice from the Royal College of Occupational Therapists:

<https://www.rcot.co.uk/staying-well-when-social-distancing>

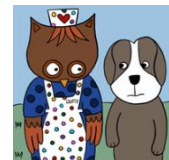
In particular, the advice for Parents who are social distancing with children is useful!

**Understanding Coronavirus** – a selection of links and stories to help explain Coronavirus to children:



Place2Be Talking to children about coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>



<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://660919d3-b85b-43c3-a3ad->

[de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

[https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus\\_INSwith-cover.pdf](https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf)



Support for children with ASD -

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



Lots of useful links and resources available on the National Autistic Society website-

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

### Handwashing:



To help keep everyone safe it is advised you wash your hands regularly throughout the day. Below are some resources to support children and young people to wash their hands effectively.

National Infection Prevention and Control Management have a number of ideas and materials for you and your child to use to help with hand washing including:

- A children's pack, a reward chart and handy hints for teachers.

**NIPCM**

<http://www.nipcm.hps.scot.nhs.uk/resources/hand-hygiene-wash-your-hands-of-them/childrens-pack/>

It also created this animation to help explain why, when and how hands should be washed:

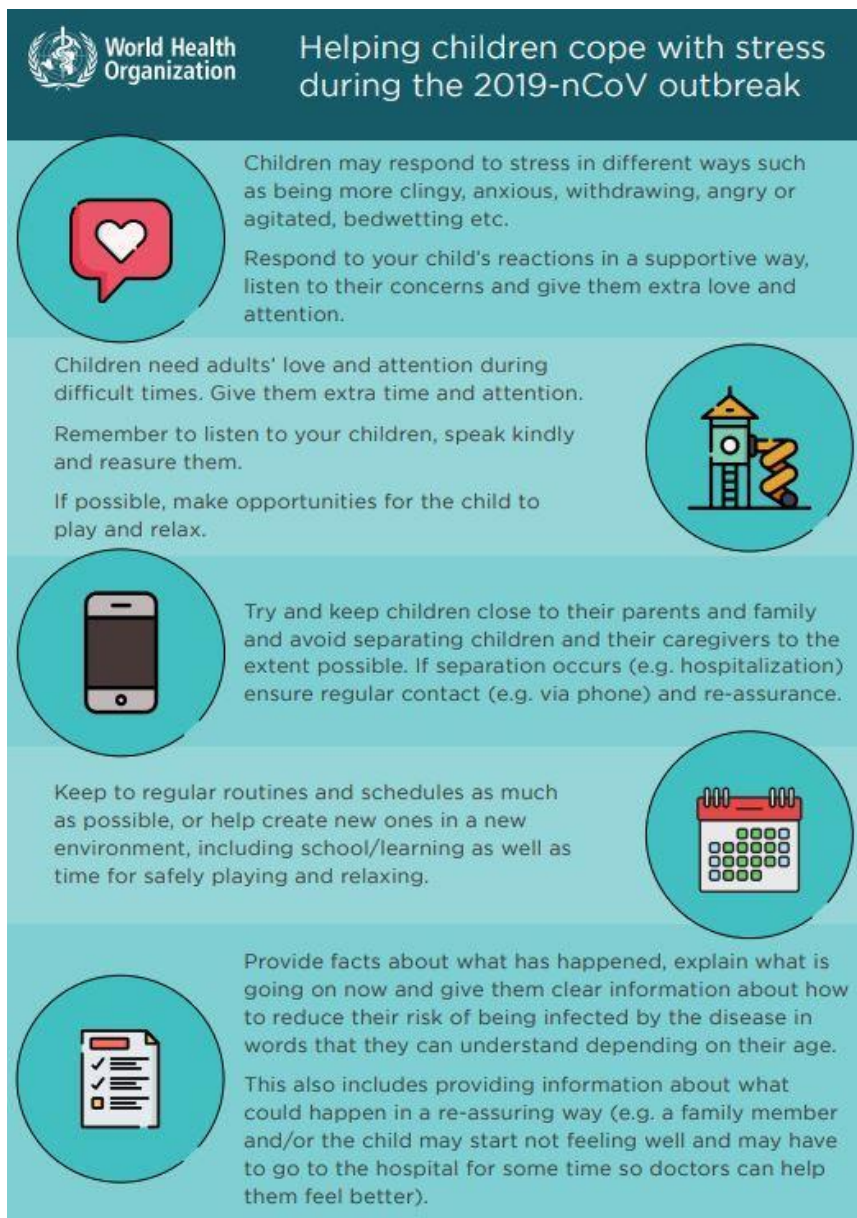
<https://youtu.be/07YNCFIS0il>



This animated song was created by the Health Hub to help young children wash their hands:

<https://youtu.be/zxlQn7KaCNU>

Advice from the World Health Organisation with regard to helping children cope during the COVID-19 outbreak:



**World Health Organization**

### Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for the child to play and relax.

Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

## Physical wellbeing:

See this page for information on physical activity guidelines for different age-groups, disabled people, pregnant women and for women for 12 months after childbirth:

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

**Leap** There are lots of lovely tips and ideas on this LEAP website for children, adults and people with disabilities –

<https://www.leapwithus.org.uk/2020/03/26/stayinworkout/>

Ideas for movement breaks:

See the age appropriate resources on our website for plenty of ideas for development of gross motor skills which can be used for movement breaks.

There are also a range of activities available via You Tube which would be great for movement breaks:

- PE with Joe Wicks (YouTube.com/TheBodyCoach – 9am on weekdays but can be viewed anytime)
- Dance with Oti Mabuse (YouTube.com/OtiMabuseOfficial – 11.30m on weekdays but can be viewed anytime)
- Cosmic kids also have lots of lovely child friendly yoga videos that are themed such as Moana, Harry Potter, The Hungry Caterpillar etc. These are on youtube and they have an app.



## Schedules:

It is good to involve the children in developing their daily schedule so that they feel they have control over something in their lives. These ideas can help with this:

### COVID-19 DAILY SCHEDULE

© Jessica McRale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc.
12:00	LUNCH	
12:30PM	Chore time	A: wipe all kitchen table and chairs B: wipe all our handsets, light switches, and desk tops C: Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, etc.
2:30-4:00	Academic time	ELECTRONICS ON Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight.

Daily Schedule

		Wake Up, Get Dressed, Brush Teeth, Breakfast, Morning Chores
10:00-11:00		Outside Play
11:00-12:00		Activity With Mom
12:00-1:00		Lunch
1:00-2:00		Nap Time
2:00-3:00		Learning Time
3:00-3:15		Snack
3:15		Cleanup



## Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS	MAINTAINS HEALTH & WEIGHT	CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
IMPROVES SLEEP	DEVELOPS MUSCLES & BONES	ENCOURAGES MOVEMENT & CO-ORDINATION

### Every movement counts

Aim for at least **180 Minutes per day** for children 1-5 years

PLAYGROUND	JUMP	CLIMB
MESSY PLAY	THROW/CATCH	SKIP
OBJECT PLAY	DANCE	GAMES
TUMMY TIME	SWIM	WALK
PLAY	SCOOT	BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

## Screen time:

At this time, there may be pressure to spend a lot of time using screens!! There are many fabulous activities available online, and these are often really good for enabling children to keep in touch with their friends too, however it is important to achieve a balance between screen time and other childhood activities.

Although the UK does not specify the maximum amount of time children (or adults) should spend on screen time each day, there are a series of useful questions which families can ask themselves to check the impact on their family life:



[https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\\_screen\\_time\\_parent\\_fact\\_sheet\\_-\\_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_parent_fact_sheet_-_final.pdf)



## Social time:

Remember this can be used to develop a range of skills too, here are the benefits of playing board games:

*Self control, teamwork, turn taking, flexibility, problem solving, focus, perseverance, patience and sportsmanship.*

This website has a useful blog and plenty of free downloadable documents with lots of lovely tips on supporting children with Social emotional learning:

<https://www.thepathway2success.com/>

## Additional Resources available:

Video for children about managing feelings (worth watching with them, or just by yourself if your children are too young): <https://youtu.be/M5z0GaNTM1g>

A wide range of resources, information, advice for being at home etc including for children with additional needs: <https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Parenting advice for lockdown: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://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](http://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 pamper 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 Mather 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](http://www.spreadthehappiness.co.uk)

Free Websites and Apps to support with...

# Maths and Science



**TopMarks**

[www.topmarks.co.uk/](http://www.topmarks.co.uk/)

← A great bank of interactive games!



**Dragon Box (Paid App)**

[www.dragonbox.com](http://www.dragonbox.com)



**Bee Bot App for Computing (Free App)**

<https://apps.apple.com/gb/app/bee-bot/id500131639>



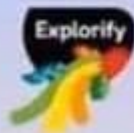
**Times Table Rockstars (Paid App or Free with School Subscription)**

<https://ttrackstars.com/>



**Cheebies - Numberblocks**

[www.bbc.co.uk/cheebies/shows/numberblocks](http://www.bbc.co.uk/cheebies/shows/numberblocks)



**Explorify for Science**

[www.explorify.wellcome.ac.uk/](http://www.explorify.wellcome.ac.uk/)



**ICT Games—For Literacy and Maths**

[www.ictgames.co.uk/](http://www.ictgames.co.uk/)



**Prodigy Maths (Free App)**

[www.prodigygame.com/](http://www.prodigygame.com/)

## Free Websites and Apps to support with... Phonics and Early Reading



### Phonics Play

[www.phonicsplay.co.uk/freeIndex.htm](http://www.phonicsplay.co.uk/freeIndex.htm)



### Phonics Bloom

[www.phonicsbloom.com/](http://www.phonicsbloom.com/)



### Letters and Sounds

[www.letters-and-sounds.com/](http://www.letters-and-sounds.com/)



### Cbeebies—Alphablocks

[www.bbc.co.uk/cbeebies/shows/alphablocks](http://www.bbc.co.uk/cbeebies/shows/alphablocks)

*Highly recommend!*



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

[www.teachyourmonstertoread.com/](http://www.teachyourmonstertoread.com/)



### Oxford Owl

[www.oxfordowl.co.uk/](http://www.oxfordowl.co.uk/)



### Teach Handwriting—Cursive Practise

[www.teachhandwriting.co.uk/index.html](http://www.teachhandwriting.co.uk/index.html)



### Vooks—Storybooks Brought to Life

[www.vooks.com/](http://www.vooks.com/)



### Scholastic—Classroom Magazines

[www.classroommagazines.scholastic.com/support/learnathome.html](http://www.classroommagazines.scholastic.com/support/learnathome.html)



### Spelling Shed (Paid App or Free with School Subscription)

[www.spellingshed.com/en-gb](http://www.spellingshed.com/en-gb)

## 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/](http://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/](http://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/](http://www.masterthecurriculum.co.uk/)



**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/](http://www.mrsactivity.co.uk/free-resources-2/)

Thank you...

