

'Stay at Home' resources for children, families, adults and key workers

tri.x and Reconstruct have been providing some of the best information, guidance and support to the social care sector for over 15 years. As part of the Antser group of companies, our mission is to deliver improved outcomes for some of society's most vulnerable.

In these unprecedented times we want to do all we can to support children, families, adults and key workers on the frontline so we have gathered together some of the best ideas, solutions, plans and support from a range of websites to help you stay well and occupied over the coming weeks.

Just use the links below to find what you are looking for.

1. [Guidance and Advice about Coronavirus](#)
2. [Education Resources](#)
3. [Fun and Games](#)
4. [Reading and Music](#)
5. [Keeping Fit and Active](#)
6. [Wellbeing and Mental Health](#)



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1. Guidance and Advice about Coronavirus

<https://rights4children.org.uk/coronavirus-were-all-pulling-together/>

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

<https://www.bbc.co.uk/news/health-51873799>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

2. Education Resources

<http://homelearninguk.com>

http://www.amazingeducationalresources.com/	
https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/	
https://www.twinkl.co.uk/resources/covid19-school-closures https://www.twinkl.co.uk/offer	Promotion Code: UKTWINKLHELPS 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.
https://www.bbc.co.uk/bitesize	
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).
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.
https://blockly.games	Learn computer programming skills - fun and free.
https://ed.ted.com	All sorts of engaging educational videos
https://theimaginationtree.com	Creative art and craft activities for the very youngest.
https://www.brainpop.com/	BrainPOP is here to help you and your curious learners stay informed and on-track with free access during school closures.
https://www.discoveryeducation.co.uk/free-resources	A sample of engaging resources for pupils at Foundation to Upper Key Stage 2, including: videos, interactive activities, quizzes and worksheets.

3. Fun and Games

https://www.chatterpack.net	A list of free, online boredom-busting resources
https://theguideliverpool.com/coronavirus-14-ways-you-can-keep-the-kids-entertained-at-home/	Fun and games (toddlers upwards)
https://www.edinburghzoo.org.uk/	Watch live stream webcams of the animals in the zoo
https://www.coerverpartnerclub.info/homestudy	Football skills and challenges
https://www.jcb.com	fun activities for children to get creative whilst not at school
https://www.worldofdavidwalliams.com/elevenses/	Free audio books for children
https://youtu.be/4BUU2wTF7ro	Virtual quiz for children aged 8-10

4. Reading and Music

https://www.lifewire.com/download-free-books-3482754	
https://www.oxfordowl.co.uk/	
https://www.globalcitizen.org/en/campaign/stand-together-to-beat-coronavirus/	Watch free virtual concerts posted by a range of stars, including Chris Martin and Niall Horan.

visit [facebook.com/royaloperahouse](https://www.facebook.com/royaloperahouse)

The Royal Opera House is offering free broadcasts of its opera and ballet shows throughout April, with audiences able to stream world-class performances through its social media channels during the Coronavirus lockdown. Broadcasting live on YouTube every Friday evening in April, the performances can be enjoyed anywhere and anytime by self-isolators all over the world.

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

A list of all major classical events or concerts being streamed online. (charges may apply)

5. Fitness and Keeping Active

Youtube - The Body coach	Visit YouTube.com, Search The Body Coach TV, Hit Subscribed, then you will be notified when he goes live each morning at 9am
https://www.youtube.com/user/CosmicKidsYoga	Visit YouTube.com, Search Cosmic Kids yoga, Hit Subscribe
https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/	10 minute cardio workout, strengthening workout and cooldown workout videos from the NHS
https://www.nhs.uk/live-well/exercise/10-minute-workouts/	Six 10 minute equipment free workouts from the NHS
https://www.nhs.uk/conditions/nhs-fitness-studio/	24 instructor led online videos across categories of aerobics exercise, strength and resistance, Pilates and yoga.

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/your-wellbeing/>

Advice on wellbeing from AGE UK. Also includes tips on gardening and a video of chair exercises.

6. Wellbeing and Mental Health

<https://autisticandunapologetic.com>

How to support Autistic People during the Coronavirus Pandemic

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/your-wellbeing/>

Advice on wellbeing from AGE UK. Also includes tips on gardening and a video of chair exercises.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Wellbeing for Young People/teenagers

<https://www.talkout.org.uk/>

TalkOut is the voice of Mental Health in the workplace and has one mission; to make it okay not to be okay in the workplace. Working hard to break the stigma around mental health in the workplace.

<https://www.fostertalk.org/>

If you are already fostering you will be aware that fostering children and young people can be both challenging and rewarding, and FosterTalk believes that all foster carers should have access to effective support networks and resources to help them in their fostering role.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for->

Advice to help adults with caring responsibilities look after them mental health and wellbeing of children and young people. Guidance includes 'Helping children and young people cope with stress', 'How children and

[parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak](#)

young people of different ages may react' and 'Looking after your won mental health'.

[Coronavirus \(COVID 19\): Looking after your feelings and your body](#)

An easy read guide from Public Health England to help adults with caring responsibilities look after the mental health and wellbeing of children and young people, including those with additional needs and disabilities.

Disclaimer:

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