

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

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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](#)

5. [Wellbeing](#)



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# 1. Guidance and Advice about Coronavirus

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

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

## 2. Education Resources

<a href="http://homelearninguk.com">http://homelearninguk.com</a>	
<a href="http://www.amazingeducationalresources.com/">http://www.amazingeducationalresources.com/</a>	
<a href="https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/">https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/</a>	
<a href="https://www.twinkl.co.uk/resources/covid19-school-closures">https://www.twinkl.co.uk/resources/covid19-school-closures</a> <a href="https://www.twinkl.co.uk/offer">https://www.twinkl.co.uk/offer</a>	Promotion Code: <a href="#">UKTWINKLHELPS</a> 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.
<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	
<a href="https://www.futurelearn.com">https://www.futurelearn.com</a>	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).
<a href="https://www.khanacademy.org">https://www.khanacademy.org</a>	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.
<a href="https://blockly.games">https://blockly.games</a>	Learn computer programming skills - fun and free.
<a href="https://ed.ted.com">https://ed.ted.com</a>	All sorts of engaging educational videos
<a href="https://theimaginationtree.com">https://theimaginationtree.com</a>	Creative art and craft activities for the very youngest.

<a href="https://www.brainpop.com/">https://www.brainpop.com/</a>	BrainPOP is here to help you and your curious learners stay informed and on-track with free access during school closures.
<a href="https://www.discoveryeducation.co.uk/free-resources">https://www.discoveryeducation.co.uk/free-resources</a>	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

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

### 4. Reading

<a href="https://www.lifewire.com/download-free-books-3482754">https://www.lifewire.com/download-free-books-3482754</a>	
<a href="https://www.oxfordowl.co.uk/">https://www.oxfordowl.co.uk/</a>	

## 5. Wellbeing

<a href="https://autisticandunapologetic.com">https://autisticandunapologetic.com</a>	How to support Autistic People during the Coronavirus Pandemic
<a href="https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/your-wellbeing/">https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/your-wellbeing/</a>	Advice on wellbeing from AGE UK. Also includes tips on gardening and a video of chair exercises.
<b>Youtube - The Body coach</b>	Visit YouTube.com, Search The Body Coach TV, Hit Subscribed, then you will be notified when he goes live each morning at 9am
<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	Visit YouTube.com, Search Cosmic Kids yoga, Hit Subscribe
<a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/</a>	Wellbeing for Young People/teenagers
<a href="https://www.talkout.org.uk/">https://www.talkout.org.uk/</a>	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.
<a href="https://www.fostertalk.org/">https://www.fostertalk.org/</a>	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.

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