

'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, Music and Theatre](#)
5. [Keeping Fit and Active](#)
6. [Wellbeing and Mental Health](#)



1. Guidance and Advice about Coronavirus

https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/	For children
https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/	For children
https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-young-people	Social distancing guidance for children and young people from the government
https://rights4children.org.uk/coronavirus-were-all-pulling-together/	For children and young people
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/877678/coronavirus-leaflet.pdf	Information leaflet for adults
https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance#guidance-for-the-public	Wide range of government guidance
https://www.gov.uk/coronavirus	Gov.UK Coronavirus webpage



https://www.nhs.uk/conditions/coronavirus-covid-19/	NHS Coronavirus webpage
https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/	NHS self-isolation webpage
https://www.bbc.co.uk/news/health-51873799	BBC: How to protect your mental health
https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers	Information for parents and carers about educational provision, home schooling resources, exams etc.

2. Education Resources

https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/english-resources	Online English resources for home education from the government	Children of all ages
https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/list-of-online-maths-resources-for-home-education-during-coronavirus-outbreak	Online maths resources for home education from the government	Children of all ages
https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/online-science-pe-wellbeing-and-send-resources-for-home-education	Online science, PE, wellbeing and SEND resources for home education from the government	Children of all ages



https://homelearninguk.weebly.com/parents.html	Loads of ideas for parents on home learning including online links, YouTube channels, and links to free learning websites.	Children of all ages
http://www.amazingeducationalresources.com/	A phenomenal collection of links to some of the best free educational resources.	Children of all ages
https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/	A list of education companies offering free subscriptions due to school closures.	Children of all ages
https://theimaginationtree.com	Creative art and craft activities for the very youngest.	Early years
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.	KS1 and KS2
https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html	Dyson engineers have designed these challenges specifically for children; encouraging inquisitive young minds to get excited about engineering!	KS2 and KS3
https://www.twinkl.co.uk/resources/covid19-school-closures https://www.twinkl.co.uk/offer Promotion Code: UKTWINKLHELPS	Our School Closure Resource Packs make it as stress-free as possible for parents to teach their children from home. All of the worksheets, activities and games have simple instructions and are easy to download and use at home. Aligned to the country curriculums, our resources are made by teachers and trusted by parents.	Children from KS1 to KS4
https://www.bbc.co.uk/bitesize	BBC Bitesize daily online lessons for all ages. Also a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.	Children from KS1 to KS4+
https://ed.ted.com	All sorts of engaging educational videos	KS2 to KS4



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.	KS2 to KS4
https://blog.aboutamazon.co.uk/in-the-community/sign-up-to-our-free-amazon-future-engineer-virtual-coding-programme	Amazon Future Engineer has launched a free virtual coding programme to help build computer science skills.	KS3 to KS4
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).	Older children and adults
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.	Children of all ages and adults
https://blockly.games	Learn computer programming skills - fun and free.	

3. Fun and Games

https://hungrylittleminds.campaign.gov.uk/	Simple, fun activities for kids, from newborn to five
https://theguideliverpool.com/coronavirus-14-ways-you-can-keep-the-kids-entertained-at-home/	Fun and games (toddlers upwards)



https://www.chatterpack.net	A list of free, online boredom-busting resources
https://www.icb.com	fun activities for children to get creative whilst not at school
https://www.coerverpartnerclub.info/homestudy	Football skills and challenges
https://youtu.be/4BUU2wTF7ro	Virtual quiz for children aged 8-10
https://www.royalmint.com/kids/	We've pulled together a host of quizzes, games and educational tools – brought to life through iconic coins, and popular children's characters such as The Gruffalo and Wallace and Gromit. Ideal for families and children staying home and looking to fill their time with fun, factual and coin-related activities.
https://www.cardsagainsthumanityfamilyedition.com/	Cards Against Humanity: Family Edition is a new fill-in-the-blank comedy game that's just like Cards Against Humanity, but it's written for kids and adults to play together. Ages 8+ (parental advisory). Free download.
https://scratch.mit.edu	With Scratch, you can program your own interactive stories, games, and animations — and share your creations with others in the online community.
https://www.hotukdeals.com/deals/free-virtual-tours-louvre-british-museum-wall-of-china-exoplanet-nasa-uffizi-van-gogh-salvatore-dali-museum-and-more-3429850	A host of virtual tours, live webcams and other ways to see major world landmarks, museums, zoos etc. (best opened on Chrome)
https://360.visitlondon.com/#	Virtual tours of famous London landmarks, including Royal Albert Hall, Harrods, Buckingham Place and London Zoo.....
https://www.edinburghzoo.org.uk/	Watch live stream webcams of the animals in the zoo



http://www.dyfiospreyproject.com/live-streaming	<p>The Dyfi Osprey Project has been running at Cors Dyfi Nature Reserve near Machynlleth since 2009. Watch the live webcam streaming of this year's birds.</p>
---	--

4. Reading, Music & Theatre

https://www.worldofdavidwalliams.com/elevenses/	<p>Free audio books for children</p>
https://www.oxfordowl.co.uk/	<p>Free e-books for children aged 3-11</p>
https://stories.audible.com/discovery	<p>A range of free audio books from Audible, including books for young children, older children, teenagers and literary classics (no membership needed).</p>
https://archive.org/details/twilight-zone-radio-dramas/	<p>All 176 episodes of the Twilight Zone radio dramas which were produced and aired during the 2000's</p>
<p>visit facebook.com/royaloperahouse</p>	<p>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.</p>
https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/	<p>A list of all major classical events or concerts being streamed online. (charges may apply)</p>



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

Free full-length plays available every Thursday on Youtube from the National Theatre. Click the link for timetable.

5. Fitness and Keeping Active

Youtube - The Body coach PE lessons for children	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://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples->

Advice to help adults with caring responsibilities look after the mental health and wellbeing of children and young people. Guidance includes



Part of the Antser Group

Signis Limited | 4 Vicarage Road | Edgbaston | Birmingham | B15 3ES | 024 7667 8053 | www.trixonline.co.uk | Company Registration No. 8983010 |



mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak	'Helping children and young people cope with stress', 'How children and young people of different ages may react' and 'Looking after your own 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.
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/	Advice for young people/teenagers who may be anxious about coronavirus
https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/	Wellbeing for Young People/teenagers
https://autisticandunapologetic.com/2020/03/20/autism-covid-19-how-to-support-autistic-people-during-the-coronavirus-pandemic/	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://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://blog.calm.com/take-a-deep-breath	A range of meditations, sleep stories, music and more, all hand-picked to support mental and emotional wellbeing.
https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/	Free online meditation resources for times of social distancing/COVID-19

Disclaimer:

The Site [and our mobile application] may contain (or you may be sent through the Site [or our mobile application]) links to other websites or content belonging to or originating from third parties or links to websites and features in banners or other advertising. Such external links are not investigated, monitored, or checked for accuracy, adequacy, validity, reliability, availability or completeness by us. We do not warrant, endorse, guarantee, or assume responsibility for the accuracy or reliability of any information offered by third-party websites linked through the site or any website or feature linked in any banner or other advertising. We will not be a party to or in any way be responsible for monitoring any transaction between you and third-party providers of products or services.

