

## Early Help Calderdale

To help and support families during the isolation period of Covid-19 we have coordinated a list of things to do at home to keep you and your family busy!

Self-isolating is an uncommon experience for many of us and we acknowledge the struggle some parents will have trying to balance work, child care and self-care while keeping worries, your children's and your own, under control.

Over the past couple of weeks the Internet has become an integral part of our and our children's lives. A world has opened up which offers many activities for children and families. It is therefore important as parents and carers you understand ways in which your children use the Internet. It is important that as parents we know enough about the Internet to keep our children safe and that we equip our children with the skills they need to keep themselves safe. Before accessing any of the links we would recommended that you familiarise yourself with online safety, such as parental controls and oversee any access with your children.

The NSPCC have some useful guides that can help you and your children stay safe Online <https://www.nspcc.org.uk/>

Hopefully you will find the following resources helpful. Just control and click the links to access.

### EARLY YEARS (0-5 YEARS)

David Walliams	Free Audio Stories daily!	<a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>
One Day Creative	Singing and Dancing on line!	<a href="https://m.youtube.com/watch?v=-PSuHbRY-dU">https://m.youtube.com/watch?v=-PSuHbRY-dU</a>
Incredible Years	Support for parents for children aged 0 -12 years	<a href="http://www.incredibleyears.com">www.incredibleyears.com</a>
Hungry Little Minds	Simple, fun activities for children 0-5 years	<a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>
Calderdale Council	50 things to do in Calderdale before you're 5!	<a href="https://calderdale.mumbler.co.uk/50-things-to-do-in-calderdale-before-youre-five/">https://calderdale.mumbler.co.uk/50-things-to-do-in-calderdale-before-youre-five/</a>
Tri.x and Reconstruct	A website with links ideas, solutions, plans and support from a range of organisations.	<a href="https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf">https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf</a>
Powol Packets	Preschool science, craft and many more ideas!	<a href="http://preschoolpowolpackets.blogspot.com/2012/04/science-experiment-sparkly-explosion.html">http://preschoolpowolpackets.blogspot.com/2012/04/science-experiment-sparkly-explosion.html</a>
BBC	Keep learning with lots of educational resources and games.	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>

Mind Heart	Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
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## PRIMARY SCHOOL

David Walliams	David Walliams Free Audio Stories daily!	<a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>
One Day Creative	Singing and Dancing on line!	<a href="https://m.youtube.com/watch?v=-PSuHbRY-dU">https://m.youtube.com/watch?v=-PSuHbRY-dU</a>
Incredible Years	Support for parents for children aged 0 -12 years	<a href="http://www.incredibleyears.com">www.incredibleyears.com</a>
Twinkl	Lesson Plans, printable and online resources.	<a href="http://www.twinkl.co.uk/offer">www.twinkl.co.uk/offer</a>  Create a FREE account for full access. Use code: UKTWINKLHELPS (This should already be in the offer code box).
Teach It Primary	Lesson plans, printable and online resources.	<a href="https://www.teachitprimary.co.uk/">https://www.teachitprimary.co.uk/</a>  You can sign up for FREE for 'free members' access.
Literacy Shed	Short animations to watch before access to Teaching Activities.	<a href="https://www.literacyshed.com/home.html">https://www.literacyshed.com/home.html</a>  Free access – no sign up required.
Corbett Maths Primary	Worksheets, Study Cards, Quizzes and Practice Papers.	<a href="https://corbettmathsprimary.com/">https://corbettmathsprimary.com/</a>
Classroom Secrets	Resource packs for each year group to support home learning.	<a href="https://classroomsecrets.co.uk/free-home-learning-packs/">https://classroomsecrets.co.uk/free-home-learning-packs/</a>
BBC Bitesize	Daily content that supports your education and wellbeing	<a href="https://www.bbc.co.uk/bitesize/primary">https://www.bbc.co.uk/bitesize/primary</a>

Blocky games	Games for tomorrow's programmers!	<a href="https://blockly.games">https://blockly.games</a>
Scratch	Activities to help with computer programming skills.	<a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a>
National Geographic Kids	Downloadable lessons, games and activities.	<a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a>
Duolingo	Learn different languages online.	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>
Ted Ed	Education website, covering all subjects and age groups through high-quality, interactive, video-based lessons on a daily basis.	<a href="https://ed.ted.com">https://ed.ted.com</a>
Mystery Science	Lesson plans, printable resources and videos.	<a href="https://mysteryscience.com/school-closure-planning">https://mysteryscience.com/school-closure-planning</a>
Cbeebies	Games, watch and sing, make and colour, shows.	<a href="https://www.bbc.co.uk/cbeebies">https://www.bbc.co.uk/cbeebies</a>
Nature Detectives	Activities for children to do inside and outside.	<a href="https://naturedetectives.woodlandtrust.org.uk/naturedetectives/">https://naturedetectives.woodlandtrust.org.uk/naturedetectives/</a>
Oxford owl	Activities, games revision, downloadable books.	<a href="https://www.oxfordowl.co.uk/for-home/">https://www.oxfordowl.co.uk/for-home/</a>
World geography games	Geography games.	<a href="https://world-geography-games.com/world.html">https://world-geography-games.com/world.html</a>
The imagination tree	A guide and idea's for all sorts of activities to keep busy, including outdoor activities, reading, writing, messy play and art activities.	<a href="https://theimaginationtree.com/stay-at-home-survival-guide/">https://theimaginationtree.com/stay-at-home-survival-guide/</a>
Learning and exploring through play	Sensory activities. Art and craft. This website also has 140 fun things to do indoors for children.	<a href="https://www.learningandexploringthroughplay.com/">https://www.learningandexploringthroughplay.com/</a>

Top Marks	Resources and games for all year groups.	<a href="http://www.topmarks.co.uk">www.topmarks.co.uk</a>
Phonics play	Phonics activities and games.	<a href="http://www.phonicsplay.co.uk/">http://www.phonicsplay.co.uk/</a>
TES – home learning pack	Home learning student pack includes: Powerpoint, printables PDF documents.	<a href="https://www.tes.com/teaching-resource/covid-19-home-learning-pack-coronavirus-12267191">https://www.tes.com/teaching-resource/covid-19-home-learning-pack-coronavirus-12267191</a>
Elsa Support	Support for emotional well-being as well as a guide to explaining corona virus to children.	<a href="http://www.elsa-support.co.uk/category/free-resources">www.elsa-support.co.uk/category/free-resources</a>
Chatter Pack	Website that links to lots of different website to support in lots of curriculum areas for all ages.	<a href="http://www.chatterpack.net/blogs/blog/resources-list-for-home-learning">www.chatterpack.net/blogs/blog/resources-list-for-home-learning</a>
Robin Hood Mat	A good selection of resources to support young people of all ages.	<a href="http://www.robinhoodmat.co.uk/learning-projects/">www.robinhoodmat.co.uk/learning-projects/</a>
Home Education	A selection of ideas and links to access support.	<a href="http://www.home-education.org.uk/resources-educational">www.home-education.org.uk/resources-educational</a>
Grassroot Footballs	Football focused colouring worksheets	<a href="http://www.teamgrassroots.co.uk/grassroots-football-colouring-book">www.teamgrassroots.co.uk/grassroots-football-colouring-book</a>
Tri.x and Reconstruct	A website with links ideas, solutions, plans and support from a range of organisations	<a href="https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf">https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf</a>
Harptoons Publishing	Drawing lessons for kids!	<a href="https://www.youtube.com/user/tgif38">https://www.youtube.com/user/tgif38</a>
Joe Wicks	Daily PE lessons for all ages	<a href="https://www.youtube.com/thebodycoachtv">https://www.youtube.com/thebodycoachtv</a>
Science Kids	Kids zone full of science experiments, games, jokes and trivia quizzes.	<a href="http://www.sciencefun.org/kidszone/">http://www.sciencefun.org/kidszone/</a>
NSPCC	Information and advice, support and toolbox.	<a href="https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/">https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</a>

Wonder Adventures	Fun and free garden activities	<a href="https://wonderadventures.co.uk/fun-and-free-garden-activities-for-kids/">https://wonderadventures.co.uk/fun-and-free-garden-activities-for-kids/</a>
BBC	Podcasts for kids -	<a href="https://www.bbc.co.uk/podcasts?q=children">https://www.bbc.co.uk/podcasts?q=children</a>
BBC	Keep learning with lots of educational resources and games.	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
Scholastic	Free worksheets and activities for home schooling.	<a href="https://teachables.scholastic.com/teachables/learn-at-home.html">https://teachables.scholastic.com/teachables/learn-at-home.html</a>
Starfall	Educational resources for preschool – phonics, reading and writing.	<a href="http://more.starfall.com/?t=290578935&amp;nrb=1&amp;y=1">http://more.starfall.com/?t=290578935&amp;nrb=1&amp;y=1</a>
Switch Zoo	Learn about interesting facts animals! Animal games.	<a href="https://www.switchzoo.com/">https://www.switchzoo.com/</a>
Mind Heart	Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>

## SECONDARY SCHOOL

Open Minds	For young people, parent/carers or professionals looking for professional information, support and advice about coronavirus.	<a href="http://www.openmindscalderdale.org.uk/category/help-and-support-coronavirus">http://www.openmindscalderdale.org.uk/category/help-and-support-coronavirus</a>
Young Minds	A library full of useful toolkits, publications, reports and policy information about children and young people's mental health.	<a href="http://www.Youngminds.org.uk">www.Youngminds.org.uk</a>

Teentips	Resources for keeping your teenager entertained during the isolation period.	<a href="http://www.teentips.co.uk">www.teentips.co.uk</a>
Woodlandtrust	Discover 10 ideas you can do indoors or in the garden if you're self-isolating - minibeast hunts, bird feeders, Lego....	<a href="https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/">https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/</a>
Tri.x and Reconstruct	A website with links ideas, solutions, plans and support from a range of organisations	<a href="https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf">https://www.trixonline.co.uk/media/1456/stay-at-home-resources-for-children-families-adults-and-key-workers.pdf</a>
Harpoons Publishing	Drawing lessons for kids!	<a href="https://www.youtube.com/user/tgif38">https://www.youtube.com/user/tgif38</a>
The Maths Factor	Carol Vorderman - Maths for all ages	<a href="http://www.themathsfactor.com">www.themathsfactor.com</a>
Joe Wicks	Daily PE lessons for all ages	<a href="https://www.youtube.com/thebodycoachtv">https://www.youtube.com/thebodycoachtv</a>
Ted Ed	Education website, covering all subjects and age groups through high-quality, interactive, video-based lessons on a daily basis.	<a href="https://ed.ted.com">https://ed.ted.com</a>
BBC Bitesize	Daily content that supports your education and wellbeing.	<a href="https://www.bbc.co.uk/bitesize/primary">https://www.bbc.co.uk/bitesize/primary</a>
Smart School House	Recipes, crafts and homemade gift ideas.	<a href="https://www.smartschoolhouse.com">https://www.smartschoolhouse.com</a>
NSPCC	Information and advice, support and toolbox.	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
BBC	Podcasts for kids -	<a href="https://www.bbc.co.uk/podcasts?q=children">https://www.bbc.co.uk/podcasts?q=children</a>
BBC	Keep learning with lots of educational resources and games.	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>

Travel and Leisure	Virtual tours of museums from around the world!	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a>
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## SUPPORT FOR PARENTS

NHS	Help for parents to understand the virus and tips to do while staying at home.	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips</a>
Open Minds	If you are a young person, parent/carer or professional looking for information, support and advice about coronavirus.	<a href="http://www.openmindscalderdale.org.uk/category/help-and-support-coronavirus">http://www.openmindscalderdale.org.uk/category/help-and-support-coronavirus</a>
Relate	Healthy Relationships - Covid-19 -Here you can find blogs, advice and tips for helping your relationships stay healthy during the pandemic.	<a href="https://www.relate.org.uk/relationship-help/covid-19-advice-and-information">https://www.relate.org.uk/relationship-help/covid-19-advice-and-information</a>
Thinkuknow	Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.	<a href="https://www.thinkuknow.co.uk">https://www.thinkuknow.co.uk</a>
NSPCC	A guide on how to keep your children safe online.	<a href="https://www.nspcc.org.uk/keeping-children-safe">https://www.nspcc.org.uk/keeping-children-safe</a>
NSPCC	Talking to a child worried about coronavirus.	

Kidsactivitiesblog	Website detailing a list of education companies offering free subscriptions due to school closings.	<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>
Calderdale Safeguarding	Booklet which helps you to identify when to report your child missing, who to contact etc.	<a href="https://safeguarding.calderdale.gov.uk/wp-content/uploads/2018/10/Missing-Children-Booklet-Parent-Carer.pdf">https://safeguarding.calderdale.gov.uk/wp-content/uploads/2018/10/Missing-Children-Booklet-Parent-Carer.pdf</a>
NSPCC	A list of books to help you support children who are worried or anxious.	<a href="https://library.nspcc.org.uk/HeritageScripts/Hapi.dll/retrieve2?SetID=3773524F-40ED-41A5-A9C2-D089337FEE6D&amp;DataSetName=LIVEDATA">https://library.nspcc.org.uk/HeritageScripts/Hapi.dll/retrieve2?SetID=3773524F-40ED-41A5-A9C2-D089337FEE6D&amp;DataSetName=LIVEDATA</a>
British Psychological Society	Information and advice on how to talk to children about illness.	<a href="https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf">https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf</a>
Like Me	Like Me has audible books.	<a href="https://likeshop.me/audible">https://likeshop.me/audible</a>
The Association for Child and Adolescent Mental Health	Podcast – Autism, a parent’s guide!	<a href="https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/">https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/</a>
Carers Uk	Help and Advice for carers.	<a href="https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19">https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19</a>

### Local Children’s Centres

New Road Children’s Centre, Sowerby Bridge.	<a href="https://www.facebook.com/NewRoadCC/">https://www.facebook.com/NewRoadCC/</a>
Siddal Children’s Centre	<a href="https://www.facebook.com/siddalchildrenscentre/">https://www.facebook.com/siddalchildrenscentre/</a>
Boothtown Children’s Centre	<a href="https://www.facebook.com/BoothtownCC/">https://www.facebook.com/BoothtownCC/</a>
Todmorden Children’s Centre	<a href="https://www.facebook.com/todmordenchildrenscentre/">https://www.facebook.com/todmordenchildrenscentre/</a>
Jubilee Children’s Centre, Halifax.	<a href="https://www.facebook.com/JubileeChildrensCentre/">https://www.facebook.com/JubileeChildrensCentre/</a>
Field Lane Children’s Centre, Brighouse.	<a href="https://www.facebook.com/Sure-Start-Childrens-Centres-NHP/">https://www.facebook.com/Sure-Start-Childrens-Centres-NHP/</a>