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# **HOME-SCHOOL RESOURCES AND WELLBEING GUIDE**

By Sarah Ashford, BSc, PGCE



# Welcome!

I'm Sarah Ashford, and many of you know me as a quilter, writer and Instagramer. But I'm also a qualified Primary School Teacher, and I wanted to use all my knowledge of teaching to help you navigate the uncharted waters of home-schooling. All of the below are just suggestions and things for you to consider as we embark on this journey, and I've provided as many links to resources as I can to help you educate your child during this difficult time. They range from early years up to GCSE but the main focus is on primary resources. I've also given ideas for a daily routine and the wellbeing of your child and yourself. This list is not conclusive, and it is accurate as of 22<sup>nd</sup> March 2020.

If you have any questions at all, please don't hesitate to contact me and I will do my very best to help you. I shall also be home-schooling my 2 children, so we are in this together...good luck!

Sarah x

Email: [sarah.ashford@sarahashfordstudio.com](mailto:sarah.ashford@sarahashfordstudio.com)

Instagram: @sarahashfordstudio

Facebook: sarahashfordstudio

Website: sarahashfordstudio.com

## Daily Routine Top Tips:

- Try to differentiate home-school days to weekends/holidays. For home-school days, try to make sure your child/children are up at the same time every day, dressed, have made their bed, had breakfast, brushed their teeth and ready for learning. At the weekend, these expectations can be relaxed. (We are sometimes in Pjs till midday on a Sunday!)
- Create and share a timetable with your child, and adapt the expectations according to their age. Try not to be too rigid and put too much pressure on yourself or your child. This will only lead to friction and fall out.
- Try to be dressed and ready for school as well. Save tracksuit bottoms and pyjamas for the weekend. If the children see that you're not trying, they won't try either.
- Have a few activities that are the same every day eg. 9.00am Joe Wicks Live Youtube Workout, Lunch at 12.30pm, reading time at the same time everyday, bedtime at the same

time in the week.

- Try to incorporate some fresh air and exercise into the routine each day while maintaining social distancing.
- Maintain age related bedtimes during home-school days.
- Children learn mostly by 'doing' so use all the resources you have available at home. eg. Lego bricks for counting, sorting, multiplying, money for counting, rulers and tape measures for measuring, acting out stories with teddies, baking and cooking, gardening. By involving them as much as possible, they will be engaging and learning all the time.
- Make use of online -games, tutorials, videos. Children love digital technology. I have provided a list of resources below.
- Try to praise and reward as much as possible. Focus on the positives. Use star charts, stickers or incentives. Try to avoid threats and confrontation. This is easier said than done but remember your child is probably very confused about what is happening right now. If in doubt, walk away for a few minutes and then return. Sometimes all they need is a hug. Then they will be ready to return to learning.
- Factor in break-times, free play and creative time.
- Paint a rainbow and put it in the window for other children to see on their walks. Read more about it here: <https://www.bbc.co.uk/newsround/51953553>
- Your child/children are likely to be missing their friends. See if you can set up video calls with their friends, ideally after their 'schooling' has finished. This is a nice reward after working in the daytime and a great way for them to maintain friendships.

## **Parental Wellbeing**

- If the first day/week doesn't go well, don't beat yourself up. Everyone likes stability and routine and we are in the process of working out our new routines and new 'normal.' It will take time. Manage your expectations of what can be achieved and be kind to yourself.
- Make some time for 'you' when you can, most likely in the evening. Watch your favourite TV show, sew, take a bath, video call a friend. Even if it's just for an hour, this time is important for your mental health.
- Make time for exercise, whether it be a walk, run or home workout. Staying fit and healthy needs to be a priority for us all right now.
- If you also have to work from home, try to manage your expectations about how much you can achieve.

- Don't stay up too late. You will need to maintain your energy. Getting run down and tired is not going to help anyone.
- Try not to fixate on the news. Take enjoyment from simple things such as your child's achievements, the spring flowers, the birds singing, a new recipe or creation.
- If you need a distraction from this situation we're in, try listening to an audio book, your favourite music, or doing something you enjoy such as painting, sewing, drawing, cooking. It could be a good time to start a new hobby. There are lots of tutorials on Youtube!
- Stay connected – virtually of course. Use social media, group chats, online classes, phone calls. Compare notes on your day, and laugh with each other about what went wrong, and all the funny things that make our children wonderful. We need to keep our spirits up and remain positive, and offloading and unwinding with friends and family can be a great way to do this.

### Subject Resources:

Subject	Name/Website	Notes
All Subjects	<p>Twinkl</p> <p><a href="http://www.ictgames.com">www.ictgames.com</a></p> <p><a href="http://www.topmarks.co.uk">www.topmarks.co.uk</a></p> <p><a href="http://www.primaryresources.co.uk">www.primaryresources.co.uk</a></p> <p><a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a></p> <p><a href="http://www.crickweb.co.uk/ks11iteracy.html">http://www.crickweb.co.uk/ks11iteracy.html</a></p> <p>Sumdog <a href="https://pages.sumdog.com">https://pages.sumdog.com</a></p>	<p>Fantastic resources for all subjects. Code CVDTWINKLHELPS for a free months access</p> <p>(Highly recommend, this is a very valuable resource for teachers and is updated daily with relevant content)</p> <p>Fantastic selection of games for 5-8 year olds in Literacy and Maths</p> <p>All subjects, all ages</p> <p>Worksheets and presentations on all subjects and primary ages</p> <p>From KS1 up to KS3, GCSE and post 16. All subjects</p> <p>Early years to KS2. Online resources for all subjects</p> <p>Personalised maths and spelling practice. Free during school closure</p>

English	<p><a href="https://www.literacyshed.com/s/carlett.html">https://www.literacyshed.com/s/carlett.html</a></p> <p>Audible <a href="https://stories.audible.com/disc/overly">https://stories.audible.com/disc/overly</a></p> <p>Marlory Towers Series <a href="https://www.bbc.co.uk/iplayer/episode/p0872gy6/malory-towers-preview-full-series-available-monday">https://www.bbc.co.uk/iplayer/episode/p0872gy6/malory-towers-preview-full-series-available-monday</a></p>	<p>Ideal for KS1 and KS2</p> <p>Free children's books to listen to, from toddler to young adult. Also includes foreign languages</p> <p>Available from Monday 23<sup>rd</sup> March</p>
Maths	<p>Times Tables Rock Stars <a href="https://trockstars.com/page/covid19support">https://trockstars.com/page/covid19support</a></p> <p>Maths Frame <a href="https://mathsframe.co.uk/en/resources/category/22/most-popular">https://mathsframe.co.uk/en/resources/category/22/most-popular</a></p>	<p>Free trial. No card details needed. A fun way to learn times tables</p> <p>Free online games</p>
Science	<p>Nasa Kids <a href="https://www.nasa.gov/kidsclub/index.html">https://www.nasa.gov/kidsclub/index.html</a></p> <p>National Geographic <a href="https://www.natgeokids.com/uk/category/discover/science/">https://www.natgeokids.com/uk/category/discover/science/</a></p> <p>Science Fun <a href="http://www.sciencefun.org/kidszone/experiments/">http://www.sciencefun.org/kidszone/experiments/</a></p>	<p>Lots of online games and activities</p> <p>Videos, activities, games</p> <p>Lots of great experiment ideas, bringing science to life</p>
History	<p>Videos about key people in history – KS1 upwards <a href="https://www.bbc.co.uk/teach/class-clips-video/history-ks1--ks2-true-stories/z72wpg8">https://www.bbc.co.uk/teach/class-clips-video/history-ks1--ks2-true-stories/z72wpg8</a></p> <p>BBC History for Kids <a href="http://www.bbc.co.uk/history/fo rkids/">http://www.bbc.co.uk/history/fo rkids/</a></p>	<p>Incredible resource, told in short video stories. Highly recommend.</p> <p>Lots of info, games activities</p>

	<p>History for Kids  <a href="https://www.historyforkids.net/history-of-egypt.html">https://www.historyforkids.net/history-of-egypt.html</a></p>	Lots of great resources
Geography/ world news	<p>National Geographic Kids  <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a></p> <p>Reach Out Reporter  <a href="https://www.reachoutreporter.com">https://www.reachoutreporter.com</a></p> <p>Newsround  <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a></p>	<p>Lots of info, videos etc.</p> <p>Great short videos on current topics</p> <p>Child friendly news, games</p>
French/languages	<p>Duolingo  <a href="https://www.duolingo.com">https://www.duolingo.com</a></p>	Free, but you need an account
Art/Creative	<p><a href="http://www.pinterest.com">www.pinterest.com</a></p> <p>Drawing with Rob  <a href="http://www.robbiddulph.com/drawing-with-rob">http://www.robbiddulph.com/drawing-with-rob</a></p> <p>Red Ted Art  <a href="https://www.redtedart.com/?cn-reloaded=1">https://www.redtedart.com/?cn-reloaded=1</a></p> <p>Tate Kids  <a href="https://www.tate.org.uk/kids">https://www.tate.org.uk/kids</a></p> <p>Mum in the Madhouse  <a href="https://www.muminthemadhouse.com">https://www.muminthemadhouse.com</a></p> <p>Netflix Series – Abstract: The Art of Design  Trailer:  <a href="https://www.youtube.com/watch?v=DYaq2sWTWAA">https://www.youtube.com/watch?v=DYaq2sWTWAA</a></p>	<p>A wealth of creative ideas – click through to links . Great for adults and children alike</p> <p>A drawing a day with Rob Biddulph, children's author and illustrator</p> <p>Lots of art and craft activities</p> <p>Lots of fun makes, games, quizzes</p> <p>Fantastic resources, free printables, activities. Seasonal crafts, cooking, arts and crafts (Jen is a friend of mine, this is her website. )</p> <p>Great for older teenagers. (Some minor bad language)  Very inspiring look at design from many viewpoints</p>

Drama/Cultural	<p>Royal Opera House</p> <p><a href="https://www.thestage.co.uk/news/2020/royal-opera-house-to-release-archive-productions-on-demand-free-of-charge/">https://www.thestage.co.uk/news/2020/royal-opera-house-to-release-archive-productions-on-demand-free-of-charge/</a></p> <p>Andrew Lloyd Webber – Composers in Isolation Series</p> <p><a href="https://www.facebook.com/AndrewLloydWebber/">https://www.facebook.com/AndrewLloydWebber/</a></p>	<p>Free screenings on Facebook and Youtube</p> <p>Andrew plays his favourite musical pieces on the piano from his home each day.</p>
PE	<p>Jo Wicks – Live PE With Joe</p> <p><a href="https://www.youtube.com/watch?v=K6r99N3kXME">https://www.youtube.com/watch?v=K6r99N3kXME</a></p>	<p>9.00am Weekdays, 30 minutes, Youtube. Wear PE kit!</p>
PSHE/Wellbeing	<p>BBC Bitesize</p> <p><a href="https://www.bbc.co.uk/bitesize/subjects/zmpfb9q">https://www.bbc.co.uk/bitesize/subjects/zmpfb9q</a></p> <p>Cosmic Kids Yoga</p> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>	<p>A range of topics, from Family to the Environment</p> <p>Ideal for younger children</p>
IT	<p>Harry Potter Digital Escape Room</p> <p><a href="https://kidsactivitiesblog.com/136211/digital-escape-room-harry-potter/">https://kidsactivitiesblog.com/136211/digital-escape-room-harry-potter/</a></p> <p>Scratch</p> <p>Tynker</p> <p><a href="https://www.tynker.com">https://www.tynker.com</a></p> <p>Hour of Code</p> <p><a href="https://hourofcode.com/uk/learn">https://hourofcode.com/uk/learn</a></p>	<p>Problem solving, teamwork. - Great for HP fans!</p> <p>Create stories, games and animation. Free, but registration required. KS2</p> <p>Coding for children</p> <p>Games to code</p>
Music	<p>Rock Choir – Facebook @rockchoir</p> <p>Songs for Teaching</p> <p><a href="https://songsforteaching.co.uk/ideas-teaching-music-ks2/?doing_wp_cron=1584873976.2307341098785400390625">https://songsforteaching.co.uk/ideas-teaching-music-ks2/?doing_wp_cron=1584873976.2307341098785400390625</a></p>	<p>Live Sing-Alongs at 3.pm every day on their facebook page</p> <p>Songs linked by subject and topic</p>