**EPSS Resources List**

**(last updated 8th April 2020)**

Hello and welcome to Educational Psychology & Specialist Support (EPSS) resources list.

The purpose of this list is to share resources and activities that may be helpful for children and young people, families and teachers. Included within this list is information to explain the Coronavirus to children, resources to support learning at home, and links to support mindfulness and wellbeing.

We will add to this list as we find further resources and some of the information listed may change as external websites are updated.

We hope that everyone stays safe and well in these difficult times.

With warm wishes and kind thoughts.  
  
The EPSS team

**Disclaimer**

The links and websites provided in this document are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by EPSS or Norfolk County Council of any of the products, services or opinions of the corporation or organisation or individual. EPSS and Norfolk County Council bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Please contact the external site for answers to questions regarding its content. We will aim to keep this document updated, if you have any feedback please email [cs.epss@norfolk.gov.uk](mailto:epss@norfolk.gov.uk).

**Using this document**

This resource is designed to be used efficiently and contains interactive features to allow quick access to the relevant content. To get the most out of the features this document has to offer, the user should follow a few simple steps to ensure that the appropriate settings are enabled.

When opening the resource, the first thing the user may notice is the ‘restricted editing’ box on the right-hand side. Simply click on the ‘x’ to close it and return to a full screen.

**Enabling Hyperlinks**

[](https://www.norfolkepss.org.uk/)This resource contains several hyperlinks. Most of the hyperlinks direct you to a webpage and can be accessed by clicking on the PC symbol

It is important to make sure that the ‘use CTRL + Click to follow hyper link’ option is NOT ticked.

**To do this:**

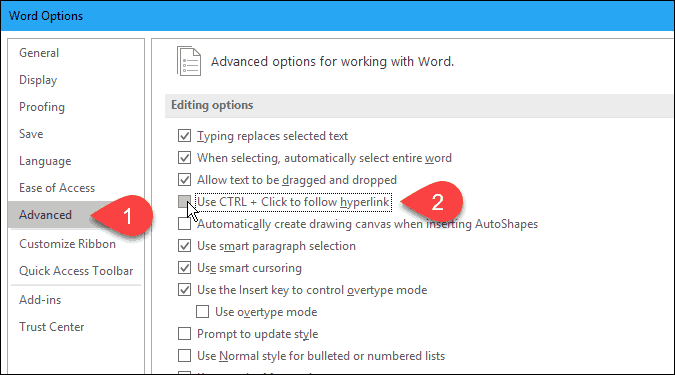
Click on **‘File’** then scroll down to **‘Options’**. Clicking options takes the user to further options. (See image)

1 – Click ‘Advanced’

2 – Untick ‘use CTRL + Click to follow hyperlink.

**This should enable the user to click on the links within the document.**

**[](#instructions2)**[**Click here**](#ribbon) **to continue viewing instructions.**



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| **1)** **Explaining the Coronavirus** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| **Resources for children** | | | |
| Children’s guide to Coronavirus *from the Children’s Commissioners* | **Children over 7** | Guide to exploring what is the Coronavirus | [Image result for computer website symbol](https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf) |
| Guide to Coronavirus *by Mencap* | **Children under 11** | An easy to read guide on the Coronavirus and how to prevent it from spreading | [Image result for computer website symbol](https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf) |
| Newsround video | **Children under 13** | A video explaining why the Coronavirus is not as scary as it sounds | [Image result for computer website symbol](https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjjpx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTrAs) |
| Coronavirus book *by MindHeart* | **Children under 7** | A short book exampling the Coronavirus with an activity on how a child feels | [Image result for computer website symbol](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf) |
| My Story about Pandemics and the Coronavirus *by Carol Gray* | **Children**  **5 - 11**  **Children with ASD** | Social story explaining the coronavirus with visual aids | [Image result for computer website symbol](https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKlM7Xy3VlKnA25b8Gi53N6YiFIeKB9Vx0LQypSPYzzg) |
| Someday: A story of Hope for children *by Carol Gray* | **Children**  **5 - 11**  **Children with ASD** | Social story about how to phrase discussion about the future | [Image result for computer website symbol](https://carolgraysocialstories.com/wp-content/uploads/2020/03/Someday-A-Story-of-Hope-for-Children-1.pdf) |
| BrainPOP video on Coronavirus | **Children under 7** | Video explaining the Coronavirus and how to prevent it spreading | [Image result for computer website symbol](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/) |
| Just For Kids: A Comic Exploring The New Coronavirus | **Children under 11** | An online comic exploring the Coronavirus | [Image result for computer website symbol](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506&t=1584721028058) |
| What is the Coronavirus *by Amanda McGuinness* | **Children under 7**  **Children with ASD** | Easy to read explanation of what is the Coronavirus | [Image result for computer website symbol](https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf) |
| Advice about the Coronavirus on *Easy Read Online* | **Children under 7** | Easy to read slides explaining the Coronavirus | [Image result for computer website symbol](https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf) |
| Coronavirus social situation on *twinkl.com* | **Children**  **5 - 11** | Social story about getting ill and how to stop spreading the Coronavirus | [Image result for computer website symbol](https://www.twinkl.co.uk/resource/coronavirus-social-situation-t-s-2548770) |
| What is the Coronavirus *from* *Open Arms Support Services* | **Children under 7** | Social story aimed at young children | [Image result for computer website symbol](https://35c607fe-1be7-4d7b-9124-f30e7754b768.filesusr.com/ugd/17a5b7_4c3e809fe74a4cf986130abd773bd55c.pdf) |
| **Resources for Parents** | | | |
| How to talk to your child about coronavirus disease 2019 (COVID-19) *from UNICEF* | **Parents / carers** | 8 tips to help comfort and protect children during the Coronavirus | [Image result for computer website symbol](https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19) |
| Talking to about the Coronavirus for children *by The British Psychological Society* | **Parents / Carers and Teachers** | A guide on why it is important to speak to children and how to reassure them about changes caused by the Coronavirus. | [Image result for computer website symbol](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf) |
| Talking to Children About COVID-19 (Coronavirus): A Parent Resource *from NASP* | **Parents / carers** | Article discussing how to speak to children about the Coronavirus and discussingstrategies including:   * Remaining calm and reassuring * Making yourself available. * Avoiding excessive blaming | [Image result for computer website symbol](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource) |
| Talking to Children About  Coronavirus (COVID19) *from*  *Child & Adolescent Psychiatry* | **Parents / carers** | Suggestions to help guide conversations about the virus | [Image result for computer website symbol](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19__Children.pdf) |
| Talking with children about  Coronavirus Disease 2019:  Messages for parents, school  staff, and others working with  children *from Centers for*  *Disease Control and Prevention* | **Parents / carers** | CDC guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the virus | [Image result for computer website symbol](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html) |
| Talking to Kids about the  Coronavirus *from the Child Mind*  *Institute* | **Parents / carers** | Youtube video giving tips on speaking to children about the Coronavirus | [Image result for computer website symbol](https://www.youtube.com/watch?v=WhVad8ToCiU) |
| Talking to your child about coronavirus *from youngmind.org* | **Parents / carers** | 10 tips from the Parents Helpline | [Image result for computer website symbol](https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/) |
| Talking to Kids About COVID-19  *from International OCD*  *Foundation* | **Parents / carers** | Tips for speaking to children about the Coronavirus and some tips specifically for parents / carers whose children have OCD | [Image result for computer website symbol](https://iocdf.org/covid19/talking-to-kids-about-covid-19/) |
| What to say to children about the Coronavirus *by* [*Klinikk for krisepsykologi*](https://krisepsykologi.no/) | **Parents / Carers and Teachers** | Advice for parents on the Coronavirus and what to say to children | [Image result for computer website symbol](https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/) |
| Talking to Your Child about COVID-19 Based on Their Age:*from Parents Lead* | **Parents / Carers and Teachers** | Advice on how to talk to children about the Coronavirus based on their age | [Image result for computer website symbol](http://www.parentslead.org/COVID-19) |
| Tips for families to explain the coronavirus *by Zero to Three* | **Parents / Carers and Teachers** | Tips for families to explain the coronavirus including age appropriate responses | [Image result for computer website symbol](https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus) |

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| **2) General Social Stories** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| A Social Story About Hand Washing | **Children**  **4 - 7** | A social story on the importance of washing your hands |  |
| School is closed social story | **Children with ASD** | Explaining why the school is closed using words and visuals |  |
| Seeing Tragedies on television | **Children**  **6 - 11** | Provides an explanation of the Coronavirus and how it affects people |  |

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| **3) Resources for learning at home** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| **Department of Education** | | | |
| List of online education resources for home education from *Gov.com* | **Parents / carers** | A list of online educational resources to help children to learn at home | [Image result for computer website symbol](https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education) |
| **Maths** | | | |
| Cbeebies – Numberblocks | **Early years** | Singalong videos for learning number | [Image result for computer website symbol](https://www.bbc.co.uk/cbeebies/shows/numberblocks) |
| Khan Academy | **Children**  **2 - 14** | Maths activities for all ages but other subjects at secondary level (Science, Engineering, Computing, Arts, Humanities, Economics and Finance)  NB: The material is based on the US grading system | [Image result for computer website symbol](https://www.khanacademy.org) |
| Oxford Owls for Home | **Children**  **3 - 11** | Reading, Maths and English activities for children | [Image result for computer website symbol](https://www.oxfordowl.co.uk/for-home/) |
| Doorway Online | **Children**  **4 - 7** | Maths and literacy activities | [Image result for computer website symbol](https://www.doorwayonline.org.uk/about/) |
| The Maths Factor | **Children**  **4 - 12** | Maths activities from Carol Vorderman.  *Currently free to use* | [Image result for computer website symbol](https://www.themathsfactor.com/) |
| ICT Games | **Children**  **5 - 8** | Games for maths and English | [Image result for computer website symbol](https://www.ictgames.com/) |
| Time Tables Rockstars | **Children**  **5 - 11** | A sequenced programme of daily times tables practice  *Currently free access to schools ONLY (schools need to sign up for free home access for pupils)* | [Image result for computer website symbol](https://ttrockstars.com) |
| White Rose Maths | **Children**  **5 - 13** | A series of maths lessons for each year group from Year 1-8. | [Image result for computer website symbol](https://whiterosemaths.com/homelearning/) |
| Sumdog | **Children**  **5 - 14** | Practice maths, spelling and grammar at home through games | [Image result for computer website symbol](https://pages.sumdog.com/) |
| Prodigy Math’s | **Children**  **6 - 13** | Maths activities  NB: The material is based on the US grading system | [Image result for computer website symbol](https://www.prodigygame.com) |
| Ronit Bird | **Children with dyscalculia or other specific difficulties** | For teaching maths in a hands-on and multisensory manner | [Image result for computer website symbol](http://www.ronitbird.com/) |
| **Literacy** | | | |
| Cbeebies - Alphablocks | **Early years** | Watch as the letters of the alphabet tell stories and sound out words | [Image result for computer website symbol](https://www.bbc.co.uk/cbeebies/shows/alphablocksbkgudD49l71ep8-sjXmrac) |
| Teach your Monster to Read | **Children**  **3 - 7** | A game to help children to learn letters and sounds and to read words and full sentences | [Image result for computer website symbol](https://www.teachyourmonstertoread.com/?gclid=Cj0KCQjw9tbzBRDVARIsAMBplx9j0OxB5Bzw19v2BW92l2KgVgMnDiSiBAlItBJtowrhVq3pT4SoaCIaAjXiEALw_wcB) |
| Oxford Owl for Home | **Children**  **3 - 11** | Reading, Maths and English activities for children; includes free e-books | [Image result for computer website symbol](https://www.oxfordowl.co.uk/for-home/) |
| Doorway Online | **Children**  **4 - 7** | Literacy and maths activities | [Image result for computer website symbol](https://www.doorwayonline.org.uk/literacy/) |
| Teach Handwriting – Cursive Practice | **Children**  **4 - 11** | Teaching children to form continuous cursive letters, using animations & worksheets. | [Image result for computer website symbol](https://www.teachhandwriting.co.uk/index.html) |
| Phonics Play | **Children**  **5 - 7** | Teaching resources and lessons plans to help phonics  *Currently free to use* | [Image result for computer website symbol](https://new.phonicsplay.co.uk/) |
| Letters and Sounds | **Children**  **5 - 7** | Printable handouts to support learning phonics | [Image result for computer website symbol](http://www.letters-and-sounds.com/) |
| ICT Games | **Children**  **5 - 8** | Games for English and maths  *Free to use* | [Image result for computer website symbol](https://www.ictgames.com/) |
| Phonics Bloom | **Children**  **5 - 11** | A range of online phonics games | [Image result for computer website symbol](https://www.phonicsbloom.com/) |
| Shakespeare Week | **Children**  **5 - 11** | This website has lots of themed activities in its Kids’ Zone. There is a printable booklet to track what children have been doing | [Image result for computer website symbol](https://www.shakespeareweek.org.uk/kids-zone/) |
| Stories read by Oliver Jeffers | **Children**  **5 - 11** | Children’s author, Oliver Jeffers will be reading a story on Instagram live every day at 6pm and talking about his book ideas. | [Image result for computer website symbol](https://www.oliverjeffers.com/abookaday/) |
| Nessy | **Children**  **5 - 12**  **Children with dyslexia or other specific difficulties** | Games to help children with literacy  *Currently free access to schools ONLY (schools need to sign up for free home access for pupils)* | [Image result for computer website symbol](https://www.nessy.com/uk/virtualschool/) |
| Clicker and DocsPlus software | **CYP**  **5 -18** | Educational software for home use  *Currently free access to schools ONLY (schools need to sign up for free home access for pupils)* |  |
| British Library | **Children**  **6 - 16** | The British Library’s website has lots of information about books and stories and some great activities | [Image result for computer website symbol](https://www.bl.uk/childrens-books?gclid=EAIaIQobChMI3Puf1OKe6AIVCbLtCh1p1AY4EAAYASAAEgKjxPD_BwE) |
| Poems by Michael Rosen | **Children and Young People (CYP) 12 – 18** | Michael Rosen reads and performs his poems | [Image result for computer website symbol](https://poetryarchive.org/poet/michael-rosen/) |
| **Science** | | | |
| [British Science Week](https://www.britishscienceweek.org/plan-your-activities/activity-packs/) | **Children**  **3 -14** | Website with downloadable ‘Diverse Planet’ activity packs for early years, primary school and secondary school children | [Image result for computer website symbol](https://www.britishscienceweek.org/plan-your-activities/activity-packs/) |
| DK Find Out | **Children**  **4 - 11** | A range of science topics but also other subjects at primary level | [Image result for computer website symbol](https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgudD49l71ep8-sjXmrac) |
| Science Museum | **CYP**  **5 - 16** | This website has a range of learning games and apps | [Image result for computer website symbol](https://www.sciencemuseum.org.uk/games-and-apps) |
| Explorify for Science | **Children**  **5 - 11** | A range of science activities including videos and hands-on activities | [Image result for computer website symbol](https://explorify.wellcome.ac.uk/) |
| Crest Awards | **CYP**  **5 - 18** | STEM projects for young people of all ages | [Image result for computer website symbol](https://www.crestawards.org) |
| Mystery Science | **Children**  **6 - 11** | Videos teaching science  *Currently free to use*  NB: The material is based on the US grading system | [Image result for computer website symbol](https://mysteryscience.com/) |
| Big History Project | **CYP**  **11 - 18** | Videos exploring the history of the Cosmos, Earth and Life | [Image result for computer website symbol](https://www.bighistoryproject.com/home) |
| Brain Story Certification | **CYP 15+** | An in-depth course for anyone who wants to learn more about the science of brain development | [Image result for computer website symbol](https://www.albertafamilywellness.org/training) |
| **Arts, Crafts and Design** | | | |
| The Imagination Tree | **Early years** | Craft activities for early years | [Image result for computer website symbol](https://theimaginationtree.com) |
| Paw Print Family  (Paw Print Badges section) | **Children**  **4 - 11** | Challenge packs, activities and resources | [Image result for computer website symbol](https://www.pawprintbadges.co.uk/) |
| The Artful Parent | **CYP**  **4 - 16** | Fun and creative ideas and activities    There is the option of using Facebook to access the activities | [Image result for computer website symbol](https://artfulparent.com/blog/)  [Image result for computer website symbol](https://www.facebook.com/artfulparent/) |
| Tinkercad | **CYP**  **4 - 18** | An easy-to-use 3D design tool. | [Image result for computer website symbol](https://www.tinkercad.com) |
| Red Ted Art | **CYP**  **4 - 18** | Fun and easy crafts for kids and grown ups | [Image result for computer website symbol](https://www.redtedart.com) |
| Google Art Project | **CYP**  **6 - 18** | Art from around the world | [Image result for computer website symbol](https://artsandculture.google.com/) |
| **Computer Programming** | | | |
| Bee-Bot App | **Children**  **4 - 11** | Helps children with programming sequences skills | [Image result for computer website symbol](https://apps.apple.com/gb/app/bee-bot/id500131639) |
| Blockly Games | **Children under 11** | Blockly is designed to teach computer programming to children who have no experience of this | [Image result for computer website symbol](https://blockly.games) |
| Scratch | **CYP 8 - 16** | Computer programming | [Image result for computer website symbol](https://scratch.mit.edu/explore/projects/games/) |
| **Enterprise Skills** | | | |
| iDEA Awards | **CYP 13 - 18** | Helps you develop and demonstrate your digital, enterprise and employability skills | [Image result for computer website symbol](https://idea.org.uk/#intro) |
| **Geography** | | | |
| National Geographic Kids | **Children under 11** | Activities, facts and quizzes for young children  Also includes other subjects at primary level | [Image result for computer website symbol](https://www.natgeokids.com/uk/) |
| Geography Games | **For all ages** | Geography gaming! | [Image result for computer website symbol](https://world-geography-games.com/world.html) |
| **Variety of Subjects** | | | |
| Norfolk County Council | **Early years** | Home learning tip for young children | [Image result for computer website symbol](https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/home-learning) |
| Cbeebies Radio | **Early Years** | Different listening activities for young children | [Image result for computer website symbol](https://www.bbc.co.uk/cbeebies/radio) |
| Scholastic | **Early Years** | Home learning pack | [Image result for computer website symbol](https://resource-bank.scholastic.co.uk/resources/439122) |
| TopMarks | **Early years**  **Children**  **5 - 9** | Learning and interactive games | [Image result for computer website symbol](http://www.topmarks.co.uk/) |
| Twinkl | **Early years**  **CYP 5 - 18** | Home Learning Hub with resources for schools and parents  *Currently free to use* | [Image result for computer website symbol](https://www.twinkl.co.uk/) |
| BBC Bitesize | **CYP**  **3 - 16** | Indepth online learning from the BBC | [Image result for computer website symbol](https://www.bbc.co.uk/bitesize) |
| Toy Theater | **Children**  **4 - 11** | Interactive online art, reading & math games for kids | [Image result for computer website symbol](https://toytheater.com/) |
| Scholastic | **Children**  **5 - 7** | Home learning pack | [Image result for computer website symbol](https://resource-bank.scholastic.co.uk/resources/439121) |
| Norfolk County Council | **Children**  **5 - 11** | Educational resources for learning at home | [Image result for computer website symbol](https://www.norfolk.gov.uk/education-and-learning/schools/educational-resources/subjects) |
| Scholastic – classroom magazines | **Children**  **5 - 10** | Magazines which cover the latest topics to enhance instruction in maths, science, reading and social studies | [Image result for computer website symbol](https://classroommagazines.scholastic.com/) |
| The Kids Should See This | **CYP**  **5 - 16** | A wide range of educational videos | [Image result for computer website symbol](https://thekidshouldseethis.com/) |
| Crash Course Kids | **Children**  **7 - 11** | A range of YouTube videos covering a variety of subjects aimed at younger children | [Image result for computer website symbol](https://www.youtube.com/user/crashcoursekids/about) |
| Scholastic | **Children**  **8 - 11** | Home learning packs | [Image result for computer website symbol](https://resource-bank.scholastic.co.uk/resources/439120)  [Image result for computer website symbol](https://resource-bank.scholastic.co.uk/resources/439108) |
| Ted Ed | **CYP**  **10 - 18** | A variety of educational video | [Image result for computer website symbol](https://ed.ted.com/) |
| Futurelearn | **CYP 16 +** | Access to hundreds of courses | [Image result for computer website symbol](https://www.futurelearn.com) |
| Openlearn | **CYP 18 +** | Taster courses provided by The Open University. | [Image result for computer website symbol](https://www.open.edu/openlearn/) |
| **PE** | | | |
| The Body Coach TV | **Children**  **4 - 18** | Daily PE works at 9am with Joe Wicks | [Image result for computer website symbol](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ) |
| **Revision site** | | | |
| Seneca | **CYP**  **7 - 18** | Revision content for those taking GCSE and A level as well as KS2 and KS3 content in a range of subjects | [Image result for computer website symbol](https://www.senecalearning.com) |
| **Recreational** | | | |
| Nature Detectives | **CYP**  **4 - 16** | Activities which can be adapted for use in the garden | [Image result for computer website symbol](https://naturedetectives.woodlandtrust.org.uk/naturedetectives/) |
| Blue Peter Badges | **Children**  **6 - 15** | Eight different badges for children to earn | [Image result for computer website symbol](https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges) |
| Virtual Museums Tours | **CYP**  **6 - 18** | Links to 12 famous museums from around the world | [Image result for computer website symbol](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours) |
| NASA | **CYP**  **6 - 18** | Online tour | [Image result for computer website symbol](https://oh.larc.nasa.gov/oh/) |
| London Zoo | **CYP**  **6 - 18** | Online activities | [Image result for computer website symbol](https://www.zsl.org/zsl-london-zoo/zsl-london-zoo-online-resources) |
| Harry Potter at Home | **CYP 10+** | Fun articles, quizzes and puzzles on the wizarding world | [Image result for computer website symbol](https://www.wizardingworld.com/collections/harry-potter-at-home) |
| Duolingo | **CYP**  **11 - 18** | Teaches foreign languages through use of videos and games | [Image result for computer website symbol](https://schools.duolingo.com/) |
| origami.me | **Children**  **11 - 18** | Learn origami | [Image result for computer website symbol](https://origami.me/) |
| National Theatre live | **CYP 15+** | Showing screenings of plays every Thursday | [Image result for computer website symbol](https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw) |
| Citizens Science Projects: SciExplorer | **CYP 17 +** | Articles discussing a range of scientific areas of interest | [Image result for computer website symbol](https://sciexplorer.blogspot.com/search/label/ARTICLE%20INDEX) |
| zooniverse | **CYP 17 +** | Volunteer to assist professional researchers with their projects | [Image result for computer website symbol](https://www.zooniverse.org/) |
| **Creating a routine** | | | |
| Home Learning Schedules *by Tobii Dynavox and Boardmaker* | **Children with ASD** | Resources to create a routine for children. |  |
| **Tips for parents /carers** | | | |
| The Communication Trust (Early Years) | **Parents / carers** | Tips for parents to support your child’s speech, language and communication. | [Image result for computer website symbol](https://www.thecommunicationtrust.org.uk/media/262306/npdw_homework_ey.pdf) |
| The Communication Trust (Primary School Children) | **Parents / carers** | Tips for parents to support your child’s speech, language and communication at home | [Image result for computer website symbol](https://www.thecommunicationtrust.org.uk/media/262309/npdw_homework_p.pdf) |

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| **4)** **Resources for Mindfulness, Wellbeing and Keeping Active** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Smiling mind | **Early years**  **Children**  **5 - 9** | Short audio sessions to help with mindfulness | [Image result for computer website symbol](https://www.smilingmind.com.au/) |
| Cosmic Kids | **Children**  **3 - 11** | Yoga, mindfulness and relaxation for kids | [Image result for computer website symbol](https://www.youtube.com/user/CosmicKidsYoga)  [Image result for computer website symbol](https://www.cosmickids.com/) |
| How to Avoid Becoming a Lizard | **Children**  **5 - 10**  **Parents and Carers** | You Tube video helping children and adolescents to manage stress and anxiety | [Image result for computer website symbol](https://www.youtube.com/watch?v=n1ooIOMoFts) |
| Belly Breathing | **Children**  **5 - 10**  **Parents and Carers** | You Tube video on managing stress | [Image result for computer website symbol](https://www.youtube.com/watch?v=mb0g-z9g8eQ) |
| BBC Supermovers | **Children**  **5 - 11** | Fun curriculum linked resources to get your children moving while they learn | [Image result for computer website symbol](https://www.bbc.co.uk/teach/supermovers) |
| Go Noodle | **Children**  **5 - 11** | Movement and mindfulness videos | [Image result for computer website symbol](https://www.gonoodle.com/) |
| CBBC | **Children**  **6 - 12** | Videos and games you could play when at home | [Image result for computer website symbol](https://www.bbc.co.uk/cbbc/games)  [Image result for computer website symbol](https://www.bbc.co.uk/cbbc/quizzes) |
| Mindfulness Exercises from section 3 | **CYP**  **8 - 16** | A range of activities which each take around 15 minutes | [Image result for computer website symbol](https://www.youthdeved.ie/sites/youthdeved.ie/files/Mindfulness%20Exercises.pdf) |
| Dot-B | **CYP**  **11 - 16** | Mindfulness animations that aim to support children at home | [Image result for computer website symbol](https://www.youtube.com/channel/UC7bI_SnFw_MjCkiHZLGUQvA/videos) |
| Calm.com | **CYP**  **14 - 18**  **Parents and Carers** | Content to support mental and emotional wellness for both adults & children | [Image result for computer website symbol](https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZhT61XBFMVm) |
| Headspace | **CYP 14+**  **Parents and Carers** | This mindfulness website has free meditations and exercises | [Image result for computer website symbol](https://www.headspace.com/covid-19) |
| Thriving adolescent | **CYP**  **15 - 18** | Free audio mindfulness exercises | [Image result for computer website symbol](https://thrivingadolescent.com/adolescent-resources/thriving-adolescent-book-downloads/) |
| Every Mind Matters | **Parents and Carers** | Expert advice and practical tips to help you look after your mental health and wellbeing. | [Image result for computer website symbol](https://www.nhs.uk/oneyou/every-mind-matters/) |
| Resources *from The Anna Freud*  *National Centre for Children and*  *Families* | **Parents and Carers**  **Teachers** | Website providing advice for helping manage mental health and wellbeing during the Coronavirus | [Image result for computer website symbol](https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/) |
| Resources For Mental Health  And Wellbeing Toolkit *from*  *Mentally Healthy Schools* | **Parents and Carers**  **Teachers** | A free toolkit with resources and tips to help support the mental health and wellbeing of school staff, parents, carers and children | [Image result for computer website symbol](https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/) |

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| **5) Advice and strategies for staying at home** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Coronavirus guidance *from Carers UK* | **Carers** | Article discussing:   * Being prepared for the coronavirus * Do I need to stay away from others? * How do I protect someone I care for? * Care workers and other home help * Guidance for working carers | [Image result for computer website symbol](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19) |
| Coronavirus and your wellbeing *from Mind* | **Parents / carers** | Article discussing helping individuals feeling anxious & worried about staying at home. | [Image result for computer website symbol](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/) |
| Guide to helping parents answer questions from their children and to support family wellbeing *from Place2Be* | **Parents / carers** | Article discussing:   * how parents can deal with their worries * talking to a child * being reassuring * taking precautions to stay safe | [Image result for computer website symbol](https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/) |
| Calming Coronavirus anxiety in children (and everyone else) *from specialneedsjungle.com* | **Schools and parents / carers** | Article discussing:   * Keeping yourself and child calm * How to respond to anxiety from children to Coronavirus? * Teaching children to wash their hands properly * Helping children understand the Coronavirus | [Image result for computer website symbol](https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/) |
| Child Mind Institute | **Parents / carers** | Range of articles to support:   * Coping with the coronavirus * Managing anxiety * Helping child behaviors | [Image result for computer website symbol](https://childmind.org/coping-during-covid-19-resources-for-parents/) |
| Keeping calm and providing supportive parenting during the Coronavirus *fro*m *Jonathan Woodall* | **Parents / carers** | Advice on how to manage with school closures | [Image result for computer website symbol](https://www.gracepointechurchofchrist.org/blog/Keeping-Calm-and-Providing-Supportive-Parenting-During-the-Coronavirus) |
| Five Ways to View Coverage of the Coronavirus *from the American Psychological Association* | **Parents / carers** | Some tips to help manage anxiety from the media coverage of the Coronavirus | [Image result for computer website symbol](https://www.apa.org/helpcenter/pandemics) |
| Tips for handling work and kids during COVID-19 isolation *from livescience* | **Parents / carers** | Article discussing explaining the Coronavirus to children and creating A new routine | [Image result for computer website symbol](https://www.livescience.com/coronavirus-tips-for-homebound-kids-parents.html) |
| Premier League Stars | **Schools and parents / carers** | Helps to promote movement and wellbeing | [Image result for computer website symbol](https://plprimarystars.com/resources?filter%5Bsubject%5D%5B%5D=PE&viewSample=SamplePack)  [Image result for computer website symbol](https://plprimarystars.com/resources?filter%5Bsubject%5D%5B%5D=PSHE&viewSample=SamplePack) |
| Survival tips for parents *from 3ppsychologies.com* | **Schools and parents / carers** | 10 Activities to do at home | [Image result for computer website symbol](https://3ppsychologies.com/2020/03/13/resources-48-covid-19-survival-tips-for-parents-10-activities-for-home/) |
| ‘FACE COVID’ by Dr Russ Harris | **Parents / carers** | A set of practical steps for responding effectively to the Corona crisis | [Image result for computer website symbol](https://services.unimelb.edu.au/__data/assets/pdf_file/0005/3327008/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_author_of_The_Happiness_Trap_-1.pdf) |

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| **6) Resources to support Schools and Parents: General** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Extra support for schools and parents to help cope with coronavirus *from gov.uk* | **Parents / carers** | Details of the extra support which schools and parents can access. | [Image result for computer website symbol](https://www.gov.uk/government/news/extra-support-for-schools-and-parents-to-help-cope-with-coronavirus) |
| Resource Paper  *from the British Psychological Society (Division of Educational and Child Psychology)* | **Parents / carers**  **Teachers** | Support and advice  for schools and parents/carers regarding school closures. |  |
| Educational Psychologist guidance for advisors/teachers during school closures (due to COVID-19) | **Parents / carers**  **Teachers** | Advise for one parent from an Educational Psychologist in Hong Kong | [Image result for computer website symbol](https://docs.google.com/document/d/18KBl5MYzK09muSoAGpwz1n-E4s6t5LJfAnmwdTsSaSs/edit) |
| Inclusion Development Programme | **Parents / carers**  **Teachers** | A suite of materials aimed to support teachers, teaching assistants & trainee teachers to increase their knowledge and skills in working with children & young people with a range of special educational needs | [Image result for computer website symbol](http://www.idponline.org.uk/) |
| The Communication Trust | **Parents / carers**  **Teachers** | Summary of the different resources available on their website to support children and young people with speech, language and communication needs. | [Image result for computer website symbol](https://www.thecommunicationtrust.org.uk/media/562220/tct_resourcesguide_a4_2018.pdf) |
| ACE’s | **Parents / carers**  **Teachers** | Introductory resources and training around adverse childhood experiences (ACEs). | [Image result for computer website symbol](https://www.acesonlinelearning.com/resources) |
| Hand Washing Advice For Children With Sensory Processing Difficulties | **Parents / Carers** | Occupational therapy advice sheet around trying to make hand washing an easier process for children with sensory processing difficulties. |  |
| Supporting Individuals with Autism through uncertain times *from UNC* | **Parents / Carers** | Booklet with strategies and resources to support children with autism during uncertain times (specifically tailored towards the coronavirus pandemic). |  |

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| **6) Resources to support Schools and Parents:** **Community Support** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Covid 19 Food Support for Norwich Area | **Parents / carers** | List community fridge schemes, foodbanks and other support within the community | [Image result for computer website symbol](https://www.norfolklscb.org/wp-content/uploads/2020/04/COVID19-FOOD-support-Norwich-v1.1.pdf) |
| Resources for families | **Parents / carers** | Early Help Norwich list of different resources available to families | [Image result for computer website symbol](https://thehamletcharity.org.uk/media/3853/c-19-resource-pack-v11.pdf) |

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| **6) Resources to support Schools and Parents: Online safety** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Thinkuknow | **Children**  **4 -14+**  **Parents / carers** | Explore one of the six age appropriate websites for advice about staying safe when you're on a phone, tablet or computer | [Image result for computer website symbol](https://www.thinkuknow.co.uk/) |
| Rough Guide to social media use for Teens with Autism *by Autistic Adolescents* | **Parents / carers**  **For Children with SEN** | Guide to using social media safety |  |
| Staying safe online *by Autism West Midlands* | **Parents / carers**  **For Children with SEN** | Do’s and Don’t for using the internet | [Image result for computer website symbol](https://www.autismwestmidlands.org.uk/wp-content/uploads/2017/11/Internet_safety_and_autism.pdf) |
| Learning disabilities, Autism and Internet safety *by Cerebra* | **Parents / carers**  **For Children with SEN** | Suggestions on how to reduce the risks of their child having a negative experience online | [Image result for computer website symbol](https://cerebra.org.uk/download/learning-disabilities-autism-and-internet-safety/) |

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| **6) Resources to support Schools and Parents: Free online training** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| The Open University | **Young adults**  **Parents / Carers**  **Teachers** | A range of free online courses which provide a taster of studying an undergraduate degree | [Image result for computer website symbol](https://www.open.edu/openlearn/education/free-courses) |
| The Communication Trust | **Parents / carers**  **Teachers** | A short course on speech, language and communication | [Image result for computer website symbol](https://www.thecommunicationtrust.org.uk/projects/professional-development/online-short-course/) |
| ACE’s | **Parents / carers**  **Teachers** | Free trauma awareness training | [Image result for computer website symbol](https://www.acesonlinelearning.com/resources) |
| Future Learn | **Young adults**  **Parents / Carers**  **Teachers** | Future Learn offers a range of different courses which vary in length from 2 to 3 weeks long to 6 to 10 weeks long | [Image result for computer website symbol](https://www.futurelearn.com/) |

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| **6) Resources to support Schools and Parents: Podcasts** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Podcasts on building resilience and coping with trauma | **Young adults**  **Parents / Carers**  **Teachers** | Links to the following podcasts:   * [Trauma Resonance Resilience](https://open.spotify.com/show/5FrpQOVZI2iuziTglCylQi) * [The Adoption and Fostering Podcast](https://open.spotify.com/show/4ch8jO5kL2Sf3zhqBrjGTu) * [The Polyvagal Podcast](https://open.spotify.com/show/6TbuyYAaySmj3jXFgYHk3Y) * [The Trauma Therapist](https://open.spotify.com/show/0FgLwflezXYy3lHL2y4V7v) * [Pivotal Podcast](https://open.spotify.com/show/2Uj2BsMn02zOGRiCrCoB0P) * [Happy Place](https://open.spotify.com/show/1J6Ddy4dcXjFZDmWQs3Pu0) * [Under The Skin](https://open.spotify.com/show/5NzC2VbpEKYas4IRSauhNi) * [Give Me Strength](https://open.spotify.com/show/5PXDbPywWrSDMTvCyTYYjx) | [Image result for computer website symbol](https://www.lisacherry.co.uk/8-top-podcasts/) |
| PsychCrunch | **Young adults**  **Parents / Carers**  **Teachers** | Podcast from the British Psychological Society’s Research Digest | [Image result for computer website symbol](https://digest.bps.org.uk/podcast/) |
| The Brain Architects | **Young adults**  **Parents / Carers**  **Teachers** | Podcast considering the neurodevelopment of children | [Image result for computer website symbol](https://developingchild.harvard.edu/resources/the-brain-architects-podcast-brain-architecture-laying-the-foundation/) |
| Child in Mind Podcasts | **Young adults**  **Parents / Carers**  **Teachers** | Podcast discussing important issues in child and family mental health | [Image result for computer website symbol](https://www.annafreud.org/what-we-do/schools-in-mind/expert-advice-and-guidance/child-in-mind-podcasts/) |
| Speaking of Psychology: Coronavirus Anxiety | **Young adults**  **Parents / Carers**  **Teachers** | Podcast explaining why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined. | [Image result for computer website symbol](https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety) |
| Emerging Minds Podcasts | **Parents / Carers** | Podcast discussing the importance of play for child social and emotional wellbeing. | [Image result for computer website symbol](https://emergingminds.com.au/resources/podcast/the-power-of-play/) |

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| **6) Resources to support Schools and Parents: Bereavement Support** | | | |
| ***Resource available*** | ***Suitable for*** | ***What*** | ***Where can I find out more?*** |
| Child Bereavement UK | **Parents / Carers**  **Teachers** | Supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement. | [Image result for computer website symbol](https://www.childbereavementuk.org/) |
| Winston's Wish | **Parents / Carers**  **Teachers** | Charity providing specialist child bereavement support services across the UK. | [Image result for computer website symbol](https://www.winstonswish.org/) |
| Cruse Bereavement Care | **Parents / Carers**  **Teachers** | They offer support, advice and information to children, young people and adults when someone dies. | [Image result for computer website symbol](https://www.cruse.org.uk/) |
| Nelson’s Journey | **Parents / Carers**  **Teachers** | Local bereavement charity offering support, advice and guidance for bereaved families | [Image result for computer website symbol](http://www.nelsonsjourney.org.uk/blog/) |