

Educational resource List

We have compiled a list of websites that contain useful resources for families. For further advice and support please go to the PHA website

<https://www.publichealth.hscni.net/>

Carol Gray

CAROL GRAY
SOCIAL STORIES

Virus social story

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Twinkl



Educational resource website (free to NI parents for a month using code CVDTWINKLHELPS)

<https://www.twinkl.co.uk/offer>

Little Puddins



Additional virus social story

<https://littlepuddins.ie/coronavirus-social-story/>

World Book

WORLD BOOK

World book online is now offering all ebooks and audios free for children

<https://worldbook.kitaboo.com/>

Do 2 Learn



Educational, behaviour and emotional regulation resources

<https://do2learn.com/>

Scholastic

SCHOLASTIC

Free online education resources with daily learning plan

<https://classroommagazines.scholastic.com/support/learnathome.html>

Educational resource List

Widgit Online



Create visual, communication and learning supports (free 21 day trial)

<https://widgitonline.com/?fbclid=IwAR2TIBoEzi-QS5ec0IxzcoQBhQZVk2RYDZ69rQYnUFWtQf9V6CJEy65DJI>

Free printable behaviour charts



Free Printable Behavior Charts

Various schooling and routine charts

<https://www.freeprintablebehaviorcharts.com/>

Sen Teacher



Printable maths and literacy worksheets

<https://www.senteacher.org/>

Teachers pay teachers



Teachers Pay Teachers

Lots of free resources and a special education section

<https://www.teacherspayteachers.com/>

Tts Group



Free home learning packs due to school closures

<https://www.ttsgroup.co.uk/home+learning+activities.html>

Classroom Secrets



Free home learning packs and interactive games due to school closures

<https://classroomsecrets.co.uk/>

- **Additional home educating resource links**

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3B6i0cyg89pbqalsTd0aLyHbSHGvxt6CBvmxiyhVqT0GHZS5VBAVwg3aY>

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

Meditation and mindfulness

Calm



Meditation and
sleep

Headspace



Meditation and
mindfulness

Smiling mind



Meditation and
Mindfulness

Exercise

Kids fitness-yoga



Yoga for kids

Go Noddle kids



Movement and mindfulness
videos (Also on Ytube)

Morning Exercises for kids



exercise routine video

Education and Learning

Khan academy



Educational games
and activities

Mathletics



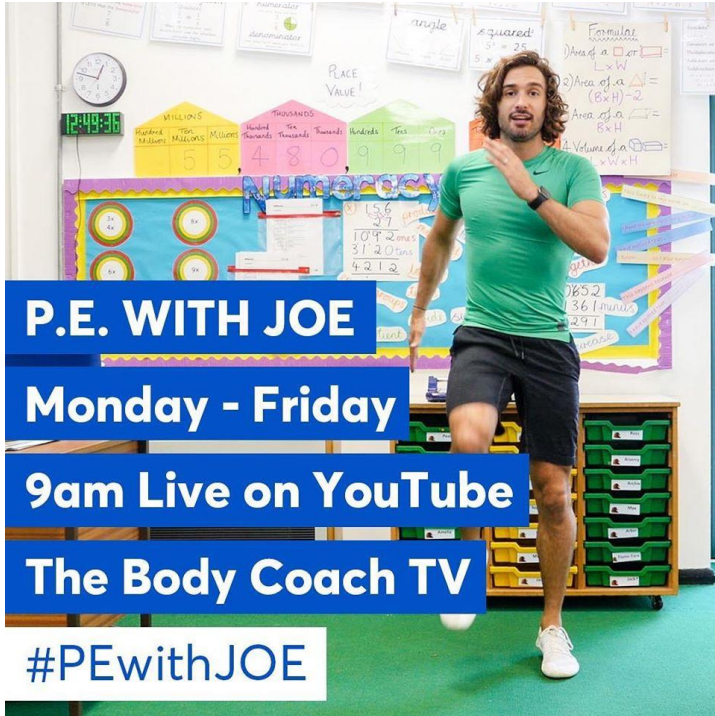
Mathematics
program

YouTube Kids



Various educational
videos

Online social media Resources



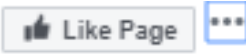
ONLINE STORYTIME

Every Saturday
at 11.30am
on our Facebook Page

Wee Bookworms



Baby Sensory Belfast, North Down and Ards is 😊 feeling excited.
23 hrs · 🌐



💛💚 Baby Sensory @Home is coming SOON 💚💛 You can't come to us, so we will come to you! 🥰💛💚

We are SOOOOO excited to be launching our online platform very soon - so we won't have to wait too long to Say Hello to the Sun - and each other! 🌞

We will be bringing class to your home - meaning you still get your weekly Baby Sensory fix, get to socialise with your friends from class, even if you're self-isolating! 🥰

We feel this is a great way to continue to spread the Baby Sensory love across the area during this very stressful time!

Keep an eye out for lots more info coming in the next couple of days!
#babysensory@home #sayhellotothesun #covid_19 #wevegotthis #ourgrownupsrock #belfast #northdown #hellobaby #babysensory



Additional Resources and Ideas

EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

SCIENCE

- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)

FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

- | | |
|--------------------------|--------------------------|
| PBS Kids | Youngzine |
| Make Me Genius | Fuel the Brain |
| Starfall | Mr. Nussbaum |
| The Magic School Bus | Exploratorium |
| Cool Math | Turtle Diary |
| Highlights Kids | e-Learning for Kids |
| ABCya | Sesame Street |
| National Geographic Kids | Fun Fonix |
| The KIDZ Page | Seussville |
| Funbrain | Tvokids |
| NGAkids Art Zone | The Story Starter |
| BBC History for Kids | NASA Kids' Club |
| Storyline Online | Crypto Club |
| Steve Spangler Science | Earthquakes for Kids |
| Mission US | Smithsonian Learning Lab |
| The Happy Scientist | Study Jams |
| Khan Academy | Grid Club |
| Cells Alive | Magic Tree House |

Additional Resources and Ideas

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Red hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.
Day 29	Day 30		
There is blizzard. You will need to build a snowmobile.	What was your favorite day?		

Additional Resources and Ideas

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



Movement Breaks



Everyday Sensory Integration



Jump on the trampoline
Run on the trampoline
Roll on the trampoline
Jump in a body sock



Carry the groceries in
Put the groceries away
Push the trolley
Load the car
Put items in the trolley

The whole activity of shopping has some great heavy work activities to help destress the body



Relax and unwind in a bath
Add Epsom salts to ease stress



Use a straw when drinking
It is a great fun oral relaxation
Wide or curly straws are better



Yoga stretches and relaxes muscles
It helps focus breathing

Draw
Paint
Playdough
Threading
Sand
Rice
Shaving cream
Table work reduces sensory input

Listening to music blocks external noise and reduces sensory input
Indy soothes sensory input



Snuggle up in tight fitting sheets
Use a weighted blanket
Use calm colours in the bedroom

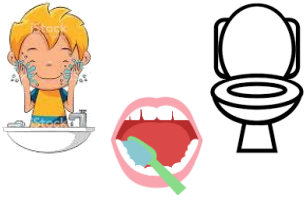
Run Outdoor play use the big muscles in your body
Swing
Walk
Ride
Scoot
Skate



Daily Schedule pictures

cut out and put into your schedule

Toilet/
washing



Lunch



Get
changed



Break



Breakfast



Exercise/
Movement
break



School work
Study time



Free time



School work
Study time



Dinner



Computer
work



Wash
hands/
Use sanitizer



Bedtime



Wash
hands/
Use sanitizer



I can wash my hands

Get hands wet.



Squirt soap on.



Scrub

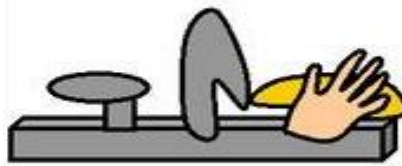


Sing

Rinse



Turn off water.



Dry



I am learning to wash my hands more
Its important to keep my hands clean
Sometimes my hands don't look dirty but they still need to be
washed. Sometimes we cant see all the dirt with our eyes
because it is so small.

I will wash my hands during these times



Before I
eat food

After I go
to the
toilet

I will follow the pictures above when I wash my hands
Washing my hands keeps me and my family healthy
Washing my hands is a good thing to do

