

## Home Learning Family Resources

This information has been collated in response to school closures due to the Coronavirus to help parents and carers support their child's education and wellbeing at home. The information will be regularly updated as new opportunities become available.

### Content:

1. Early Years Online Resources
2. Early Years and Upward Online Resources
3. Primary and Upward Online Resources
4. Secondary Online Resources
5. Primary & Secondary Timetable Activity Suggestions
6. Wellbeing Activities

### General Considerations for Working/ Educating at Home

As many of us learn to adapt to a home-working environment or supervising our children's education it is helpful to ensure a positive [home working environment](#). Here are some things to consider:

- Is there a space you can set apart for working?
- Establish a daily routine or timetable. Could your family plan out times for learning, playing and taking breaks – this will not be the same as school or work. If you have a partner who is also working from home, this might include a schedule of responsibilities for supervising small children around work expectations.
- Keep communicating with managers about work schedules and expectations – what flexibility might be available?
- What reasonable boundaries could you establish?
- Ensure you keep active – take regular breaks, have a walk and stretch
- What methods of communication can you use to keep in touch - phone, email, video conferencing etc.
- You may have guidance or resources provided by your school, but further links are provided to enhance your child's learning are attached.
- Consider a range of activities that don't just involve being in front of a screen and have regular screen breaks
- Encourage positive social action and interaction.

### Our Wellbeing

Evidence suggests there are 5 steps that you can take to improve your [mental health and wellbeing](#). By undertaking these steps will help you feel more positive and make the most out of opportunities.

1. **Connect** with other people – good relationships help build our sense of belonging and self-worth and allow us to provide and receive emotional support. We are stronger together.
2. Be physically **active** – it's good for our mental and physical wellbeing – being physically active raises our self-esteem and can positively change our mood.
3. **Learning** new skills can boost our self-confidence and our self-esteem. It helps build our sense of purpose and will help us to connect with others
4. **Give** to others and helping others – simple acts of kindness create positive feelings and self-worth.
5. Pay attention to the present moment (mindfulness) – our wellbeing is improved when we **notice** our thoughts, feelings, our body and the world around us.



# 1. Early Years Online Resources

We are sharing lots of information via our Facebook page too - find us '[Grow in Tameside](#)'



Hungry Little Minds <https://hungrylittleminds.campaign.gov.uk/>

Simple, fun activities for kids, from new-born to five

Small Talk from the National Literacy Trust <https://small-talk.org.uk/>

Story-telling, rhymes and activity ideas for under 5's

Tiny Happy People <https://www.bbc.co.uk/tiny-happy-people>

Simple video ideas that can help you develop your child's language and communication skills

The Literacy Trust <https://literacytrust.org.uk/family-zone/>

You'll be able to access free reading and writing resources, audiobooks, videos, competitions and reading challenges. Every resource is available for free, although to access some you may need to create a free account.

Look Say Sing Play <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/look-say-sing-play/>

Fun and easy tips to support your young children

PACEY's Parent essentials <https://www.pacey.org.uk/parents/parent-essentials/>

A range of factsheets, videos, activities and guides for parents to help extend your child's learning

Cbeebies <https://www.bbc.co.uk/cbeebies>

Games, puzzles, topics, craft suggestions fro

Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the pre-school children

Big Little Moments <http://www.smallstepsbigchanges.org.uk/biglittlemoments>

Learning skills with the youngest children

Home Learning <https://www.peeple.org.uk/HLE>

Information for parents and child carer's about how to support their young child's development

Naturally learning <https://www.naturallylearning.co.uk/50-outdoor-activities-toddlers/>

Outdoor activities for young children



## 2. Early Years & Upwards Online Resources

### Books & Reading

Online books <https://www.studentuk.com/>  
Free illustrated books to read on line, aged 3+

Booktrust <https://www.booktrust.org.uk/>  
Advice on reading and what stories to choose

Sooper books <https://sooperbooks.com/bedtime-stories>  
Free on line story books

Love Reading <https://www.lovereadng4schools.co.uk/>  
Suggested reading books for preschoolers and primary children



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### Creative

The Imagination Tree <https://theimaginationtree.com>  
Creative learning activities

The Artful Parent <https://www.facebook.com/artfulparent/>  
Arts and crafts activities

Red Ted Art <https://www.redtedart.com>  
Easy arts and crafts for preschool upwards

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### Science & Nature

Nature Detectives <https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>  
Nature based activities you can do at home

Dad Lab [https://www.youtube.com/channel/UCc\\_-hy0u9-oKINdMKHBudcQ](https://www.youtube.com/channel/UCc_-hy0u9-oKINdMKHBudcQ)  
Fun science videos for young children on You Tube

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### Across the Curriculum

Twinkl <https://www.twinkl.co.uk>  
Curriculum downloads and printable resources early years and for primary ages

Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/>  
Learning resources and ideas for children aged 3 - 11

Classroom secrets <https://kids.classroomsecrets.co.uk/>  
Curriculum games and learning for pre-schoolers and primary children



### 3. Primary & Upwards Online Resources

#### Across the Curriculum

BBC Bitesize for KS1 <https://www.bbc.co.uk/bitesize/levels/z3g4d2p>

BBC Bitesize for KS2 <https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

Collins <http://collins.co.uk>

Teaching resources for a range of subjects at primary and secondary levels, includes more than 300 e-books

Starfall <https://www.starfall.com/h/>

Reading and maths for reception aged children

ABCYA <https://www.abcya.com/>

Maths and reading skills

Ted Ed <https://ed.ted.com>

All sorts of engaging educational videos for primary & secondary age upwards

The Kids Should See This <https://thekidshouldseethis.com>

Wide range of educational videos

IXL <https://uk.ixl.com/math/>

On line maths and English curriculum from reception upwards

CBBC <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

Games, quizzes and blue peter badges for primary ages

Toy Theater <https://toytheater.com/>

Interactive educational games for primary children

DK Find Out <https://www.dkfindout.com/uk>

Educational activities, quizzes and videos

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#### Get Active

Joe Wickes [https://www.youtube.com/watch?v=6v-a\\_dpwhro&feature=youtu.be](https://www.youtube.com/watch?v=6v-a_dpwhro&feature=youtu.be)

Half an hour active session each weekday at 9am

Darcy Bussell <https://ddmixforschools.com/>

School / dance fitness sessions each day



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#### Reading / Literacy

The Literacy Trust <https://literacytrust.org.uk/family-zone/>

You'll be able to access free reading and writing resources, audiobooks, videos, competitions and reading challenges. Every resource is available for free, although to access some you may need to create a free account.

British Council <https://www.britishcouncil.org/school-resources/find>

Activities & lesson plans to support English language learning for primary & secondary

David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

Audio books and stories by David Walliams

Tameside  READING



## Science, Maths & Computing

The Maths Factor <https://www.themathsfactor.com/>

Primary maths with Carol Vorderman

Blocky <https://blockly.games>

A series of educational games that teach programming, designed for children who have not had prior experience with computer programming.

Scratch <https://scratch.mit.edu/explore/projects/games/>

Learn creative computer programming, aimed at aged 8 – 16's

Mystery Science <https://mysteryscience.com/school-closure-planning>

Free on line science lessons for primary upwards

Crash Course Kids <https://m.youtube.com/user/crashcoursekids>

Science videos aimed at children 9+

Crest Awards <https://www.crestawards.org>

Science awards you can complete from home, aged 5+, and minimal cost (£1+)

Tinkercad <https://www.tinkercad.com>

Free online software tools to help digital creativity, older primary upwards

Prodigy Maths <https://www.prodigygame.com>

American maths games site for primary aged children

Science Buddies <https://www.sciencebuddies.org/parent-resources>

Simple science projects to do at home and clips to watch

STEM Club <https://www.stem.org.uk/audience/primary>

Ideas, videos and resources for maths and science in primary and secondary

The Exploratorium <https://www.exploratorium.edu/>

Science facts, experiments and other stuff for children 8 - secondary

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## Geography

Google Earth – [https://www.google.co.uk/intl/en\\_uk/earth/](https://www.google.co.uk/intl/en_uk/earth/)

Explore anywhere in the world from your living room – see your own street from space

Kids National Geographic – <https://www.natgeokids.com/uk/>

Fun facts -great for setting a fact-finding task

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## Languages

Duolingo <https://www.duolingo.com>

Learn languages for free primary school upwards

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## Music

Myleene Klass [https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/videos?disable\\_polymer=1](https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/videos?disable_polymer=1)

Introductory music videos

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## 4. Secondary Online Resources

### Across the Curriculum

BBC Bitesize KS3 <https://www.bbc.co.uk/bitesize/levels/z4kw2hv>

BBC Bitesize KS4 <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

Ted Ed <https://ed.ted.com>

All sorts of engaging educational videos for primary & secondary age upwards

Collins <http://collins.co.uk>

Teaching resources for a range of subjects at primary and secondary levels, includes more than 300 e-books

Futurelearn <https://www.futurelearn.com>

Free to access 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).

Openlearn <https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to older children and young people.

Crash Course <https://thecrashcourse.com>

You Tube videos on many subjects for secondary aged pupils

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### Technology

iDEA Awards <https://idea.org.uk>

Digital world award scheme – nationally recognised certificates with free access aimed at secondary pupils upwards

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### Geography

Geography games <https://world-geography-games.com/world.html>

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### Literacy

Collins <http://www.collins.co.uk>

Teaching resources for a range of subjects at primary and secondary levels, includes more than 300 e-books

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### Languages

Duolingo <https://www.duolingo.com>

Learn languages for free

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### History

Hit History <https://tv.historyhit.com/signup/package>

Free for 30 days

Big History Project <https://www.bighistoryproject.com/home>

Natural history aimed at secondary age +



## 5. Home Learning – Primary & Secondary Timetable & Activity Suggestions

### Primary Timetable & Activity Suggestion

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9 am</b>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>
	<b>Maths</b> <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a>	<b>Design &amp; Technology</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z9r9wmn">https://www.bbc.co.uk/bitesize/subjects/z9r9wmn</a>	<b>Computer Science</b> Introducing Scratch <a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a>	<b>Humanity</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zbkw2hv">https://www.bbc.co.uk/bitesize/subjects/zbkw2hv</a>	<b>Maths</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z826n39">https://www.bbc.co.uk/bitesize/subjects/z826n39</a>
<b>Break</b>	<b>Free Play</b>	<b>Free Play</b>	<b>Free Play</b>	<b>Free Play</b>	<b>Free Play</b>
	<b>Literacy</b> <a href="https://literacytrust.org.uk/family-zone/">https://literacytrust.org.uk/family-zone/</a>	<b>Maths</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z826n39">https://www.bbc.co.uk/bitesize/subjects/z826n39</a>	<b>Creative</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zn3rkqt">https://www.bbc.co.uk/bitesize/subjects/zn3rkqt</a>	<b>Literacy</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zv48q6f">https://www.bbc.co.uk/bitesize/subjects/zv48q6f</a>	<b>Computer Science</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zvnrq6f">https://www.bbc.co.uk/bitesize/subjects/zvnrq6f</a>
	<b>Science</b> <a href="https://mysteryscience.com/school-closure-planning">https://mysteryscience.com/school-closure-planning</a>	<b>Literacy</b> Story starters & Questions <a href="http://www.pobble365.com/rumpelstiltskin/">http://www.pobble365.com/rumpelstiltskin/</a>	<b>Maths</b> <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a>	<b>Creative</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zwxhfg8">https://www.bbc.co.uk/bitesize/subjects/zwxhfg8</a>	<b>Literacy</b> Free audio book listening: <a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>
<b>Lunch</b>	<b>Lunch and Play</b>	<b>Lunch and Play</b>	<b>Lunch and Play</b>	<b>Lunch and Play</b>	<b>Lunch and Play</b>
	<b>Creative</b> <a href="https://toytheater.com/">https://toytheater.com/</a>	<b>Science</b> <a href="https://thekidshouldseethis.com/tagged/science">https://thekidshouldseethis.com/tagged/science</a>	<b>Literacy</b> Look at the things to do together section <a href="http://www.wordsforlife.org.uk/7-11">http://www.wordsforlife.org.uk/7-11</a>	<b>Maths</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z826n39">https://www.bbc.co.uk/bitesize/subjects/z826n39</a>	<b>Language</b> <a href="https://www.duolingo.com">https://www.duolingo.com</a>
	<b>Humanity</b> <a href="https://www.natgeokids.com/uk/category/discover/geography/">https://www.natgeokids.com/uk/category/discover/geography/</a>	<b>Humanity</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zcw76sg">https://www.bbc.co.uk/bitesize/subjects/zcw76sg</a>	<b>Science</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z2pfb9q">https://www.bbc.co.uk/bitesize/subjects/z2pfb9q</a>	<b>Literacy</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zv48q6f">https://www.bbc.co.uk/bitesize/subjects/zv48q6f</a>	<b>Maths</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z826n39">https://www.bbc.co.uk/bitesize/subjects/z826n39</a>
	<b>Language</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zdmtsbk">https://www.bbc.co.uk/bitesize/subjects/zdmtsbk</a>	<b>PSHE</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zqtnvcw">https://www.bbc.co.uk/bitesize/subjects/zqtnvcw</a>	<b>Humanity</b> <a href="https://www.natgeokids.com/uk/category/discover/history/">https://www.natgeokids.com/uk/category/discover/history/</a>	<b>Science</b> <a href="https://www.bbc.co.uk/bitesize/subjects/z2pfb9q">https://www.bbc.co.uk/bitesize/subjects/z2pfb9q</a>	<b>Literacy</b> <a href="https://www.bbc.co.uk/bitesize/subjects/zv48q6f">https://www.bbc.co.uk/bitesize/subjects/zv48q6f</a>



## Secondary Timetable & Activity Suggestion

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>	Physical Activity with <a href="#">Joe Wickes</a>
	Maths <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a>	Computer Science <a href="https://thecrashcourse.com/courses/computerscience">https://thecrashcourse.com/courses/computerscience</a>	Humanity <a href="https://www.bbc.co.uk/bitesize/subjects/zrw76sg">https://www.bbc.co.uk/bitesize/subjects/zrw76sg</a>	English <a href="https://thecrashcourse.com/courses/literature">https://thecrashcourse.com/courses/literature</a>	Science <a href="https://www.bbc.co.uk/bitesize/subjects/zh2xsbk">https://www.bbc.co.uk/bitesize/subjects/zh2xsbk</a>
Break	Break	Break	Break	Break	Break
	English <a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a>	Maths <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a>	Language <a href="https://www.duolingo.com">https://www.duolingo.com</a>	Creative <a href="https://www.bbc.co.uk/bitesize/subjects/z6f3cdm">https://www.bbc.co.uk/bitesize/subjects/z6f3cdm</a>	Humanity <a href="https://tv.historyhit.com/signup/package">https://tv.historyhit.com/signup/package</a>
	Science <a href="https://www.bbc.co.uk/bitesize/subjects/z4882hv">https://www.bbc.co.uk/bitesize/subjects/z4882hv</a>	English <a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a>	Maths <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a>	Science <a href="https://www.bbc.co.uk/bitesize/subjects/zh2xsbk">https://www.bbc.co.uk/bitesize/subjects/zh2xsbk</a>	Maths <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a>
Lunch	Lunch and Break	Lunch and Break	Lunch and Break	Lunch and Break	Lunch and Break
	Humanity <a href="https://www.bbc.co.uk/bitesize/subjects/zk26n39">https://www.bbc.co.uk/bitesize/subjects/zk26n39</a>	Science <a href="https://www.bbc.co.uk/bitesize/subjects/z4882hv">https://www.bbc.co.uk/bitesize/subjects/z4882hv</a>	English <a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a>	Maths <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a>	Language <a href="https://www.bbc.co.uk/bitesize/subjects/z2nygk7">https://www.bbc.co.uk/bitesize/subjects/z2nygk7</a>
	PSHE <a href="https://www.bbc.co.uk/bitesize/subjects/ztv9j6">https://www.bbc.co.uk/bitesize/subjects/ztv9j6</a>	Creative <a href="https://www.bbc.co.uk/bitesize/subjects/zmsvr82">https://www.bbc.co.uk/bitesize/subjects/zmsvr82</a>	Science <a href="https://www.bbc.co.uk/bitesize/subjects/znxyrd">https://www.bbc.co.uk/bitesize/subjects/znxyrd</a>	Technology <a href="https://idea.org.uk">https://idea.org.uk</a>	English <a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a>





## 6. Wellbeing Activities

### Health & Wellbeing Challenges for Primary School aged children

<p><b>Go on a mindfulness walk:</b> Write/draw 5 things that you can smell, hear, feel, see and touch.</p>	<p><b>Games:</b> Play a game to have some fun and relax. Follow the link <a href="#">here</a>.</p>	<p><b>Art Box:</b> Creative activity to express your feelings.</p>	<p><b>Brake Road Safety challenge:</b> Brake (road safety charity) '<a href="#">take the seat belt challenge</a>' game.</p>
<p><b>Family conversation cards</b> - Sharing thoughts and feelings help us discover more about each other. Sometimes it can be difficult to get the conversation flowing – these cards help you and your child talk about your day in a fun and positive way.</p>	<p><b>Keep active</b> - have fun and challenge yourself using the Change4Life '10 Minute Shake Up' games. These action packed games all count towards the 60 minutes of physical activity that is recommended for children every day. Follow the link <a href="#">here</a>.</p>	<p><b>Environment:</b> Visit the website <a href="#">Go Wild WWF</a> – here you can travel the world, find out about different animals, play games and get creative!</p>	<p>Regular negative thoughts can become a habit and can affect our overall mood and happiness. This <a href="#">simple activity sheet</a> will help children visualise and recognise positive features in themselves.</p>
<p><b>Dance fitness yoga:</b> Exercise the mind with Cosmic Kids Children's yoga. Follow the link <a href="#">here</a>.</p>	<p><b>Get outside in the fresh air:</b> We may not be able to mix in groups but you can ride a bike or use your scooter.</p>	<p><b>Giving</b> makes us feel good, whether it's a smile, a thank you, a hug or volunteering to help out with someone's chores</p>	<p><b>Calm Zone:</b> Try one of these activities or use some of the tools to help you feel better when you're feeling anxious, scared or sad. Follow the link <a href="#">here</a>.</p>
<p><b>Do a Joe Wicks (Body Coach) keep fit workout:</b> Keeping moving will help to keep you fit and happy. You can access lots of them via this link <a href="#">Joe Wicks 5 Minute Move</a>. Join in his 9 am workout for schools on You Tube on weekday mornings</p>	<p><b>What makes a good friend?</b> Draw a tree and on each branch write the things that you would like in your ideal friend. It could be what you like about them, the way they behave or the way they make you feel.</p>	<p><b>Connect</b> -can you talk to friends and family over apps such as Skype, Facetime, Zoom or Whatsapp, eat a meal with your family, bake cakes for those you live with</p>	<p><b>Draw yourself a sunshine:</b> inside your sunshine draw/write all of the things that make you happy.</p>
<p><b>Keep learning</b> Learn new words, go on a <a href="#">virtual tour</a> round a museum or zoo, do a puzzle, learn a new recipe, write a song or a story</p>	<p><b>Happy place:</b> Design a space that is just for you. Choose things that help you feel happy, calm and safe. Follow the link <a href="#">here</a>.</p>	<p><b>E-safety task:</b> Play the E-safety game 'Band Runner' – How many stars can you collect? Follow the link <a href="#">here</a>.</p>	<p><b>Create a family meal plan:</b> Healthy, cheap and quick meals. Follow the link <a href="#">here</a>.</p>
<p><b>Children's Gardening Activities</b> from the RHS – it's great for your wellbeing to be active and outside. Get some fresh air and develop gardening skills.</p>	<p><b>Take the right and wrong quiz</b> - look through the questions and discuss what you think</p>	<p><b>Road safety activity:</b> Can you spot the hazards in the road? Download the resource via the following <a href="#">link</a>.</p>	<p><b>Take the fair and unfair quiz</b> – look through the questions and discuss what you think</p>



<p><b>Human rights and citizenship:</b> Look at the <a href="#">street scene</a> from Amnesty International -you are a human rights detective! What do you notice in the picture? Where in the world might this street be? Is there anything in the picture that you would never see in this country? <a href="#">Answer the questions</a></p>	<p><b>Get cooking!</b> Ask a parent or carer to help you prepare a healthy snack or meal. There are loads of easy recipes on the Change4 Life website. Follow this <a href="#">link</a> for loads of healthy ideas to tantalise your taste buds!</p>
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## Health & Wellbeing Challenges for Secondary School aged children

<p><b>Pick me up!</b> Make your own happy box and share a digital HappyBox full of songs, photos and words for when you're feeling down. <a href="https://www.themix.org.uk/your-voices/campaigns/happy-box">https://www.themix.org.uk/your-voices/campaigns/happy-box</a></p>	<p><b>Going for greatness:</b> Draw yourself in the middle of a piece of paper. Make a spider diagram of the goals that you would like to achieve (college, dream job, lifestyle). Now in a different colour write about what you need to do to achieve those goals?</p>	<p><b>Learn about food, healthy eating and sustainability:</b> Using the free resources available on the Food A Fact of Life website. Follow the link <a href="#">here</a> or search 'Food A Fact of Life'.</p>	<p><b>Nature can be very soothing and can help</b> to relieve stress: Bring the outside in and make a mini-terrarium - a kind of miniature indoor garden. Links to the instructions can be found <a href="#">here</a> or search 'kids' garden activities - building a terrarium'.</p>
<p><b>Turn your screen into a stress-relief tool:</b> Make a stress head of your own and relax as you chase your very own pet peeve around until you catch it and smash it <a href="https://www.themix.org.uk/apps-and-tools/stressheads">https://www.themix.org.uk/apps-and-tools/stressheads</a>.</p>	<p><b>Take time out:</b> try a 5 minute guided mindfulness session: <a href="http://mindfulnessforteens.com/guided-meditations/">http://mindfulnessforteens.com/guided-meditations/</a> There are also many mindfulness apps to download</p>	<p><b>Get outside in the fresh air:</b> We may not be able to meet up in groups but there is nothing to stop you getting out on your bike, skateboard or scooter, or even going for a walk. Fresh air and exercise are two things that help us to stay feeling fit, healthy and happy.</p>	<p><b>Careers:</b> Watch The Nine to Five with Stacey Dooley on BBC IPlayer – what Skills for Life (self-management, selfbelief, team work, communication, problem solving) do you see the young people using? Does one feature more than another? Do you see any careers that interest you?</p>
<p><b>Diversity challenge:</b> Research the 6 largest religions of the world (Christianity, Islam, Hinduism, Buddhism, Sikhism, Judaism). How do their cultural practices differ across religions?</p>	<p><b>Social media self-care plan:</b> Set screen time limits on your phone settings of up to an hour per day. Create a list of things that you can do instead of being on your phone (walk, indoor workout, spend time with family, play family game)</p>	<p><b>Learn something new:</b> Start a new hobby whether it's a musical instrument or a new language (Duolingo app). Learning something new can help us with motivation and to feel good! You can even go on virtual tours of museums, art galleries and zoos.</p>	<p><b>Create a self-care plan</b> of two things that you can do in the day to look after your wellbeing. (yoga, indoor work out with Joe Wicks/other YouTube, go for a walk, go for a run, listen to music, creative writing).</p>



<p><b>Cook up a delicious and nutritious healthy snack</b> using one of the recipes on the BBC <a href="https://www.bbc.com/food">Good Food website</a></p>	<p><b>Can you learn some simple first aid:</b> how to treat burns and scalds. Watch the video and make a poster highlighting the key steps: <a href="https://www.stjohnambulance.org.uk/first-aid-training">St John Ambulance First Aid Training</a></p>	<p><b>Boost Your Skills:</b> Your Voices covers stories, experience and life hacks and allows you to add content. <a href="https://www.themix.org.uk/yourvoices/boost-your-skills">https://www.themix.org.uk/yourvoices/boost-your-skills</a></p>	<p><b>Protecting yourself online:</b> Access the following link ThinkUKnow <a href="https://www.thinkuknow.co.uk/14_plus/Need-advice/exploring-your-identity-online/">https://www.thinkuknow.co.uk/14_plus/Need-advice/exploring-your-identity-online/</a></p>
<p><b>Create a family meal plan:</b> Healthy, cheap and quick meals. <a href="https://www.nhs.uk/chaenge4life/recipes">https://www.nhs.uk/chaenge4life/recipes</a></p>	<p><b>Put your own relationsticks person together:</b> Work out the ending to everyday life tricky situations. <a href="https://riseabove.org.uk/relationsticks/">https://riseabove.org.uk/relationsticks/</a></p>	<p><b>Make a playlist:</b> Make a list of all the songs that make you feel happy.</p>	<p><b>Create a wall of expression:</b> Build your wall with bricks that represent how you are feeling. <a href="https://www.childline.org.uk/toolbox/games/wall-of-expression/">https://www.childline.org.uk/toolbox/games/wall-of-expression/</a></p>

