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| --- | --- | --- | --- |
| Activities to keep busy  [Bankhead  Primary School](javascript:;) | | | |
| The Great Indoors | Ideas and activities to inspire young minds at home | <https://www.scouts.org.uk/the-great-indoors/> |  |
| Money Saving expert | Free or cheap ways to keep fit, stay entertained & more during lockdown | <https://www.moneysavingexpert.com/news/2020/03/coronavirus-help-and-support/#entertainment> | * Lots of normally paid – for things are now FREE * Keep fit for free via YouTube, Instagram etc * Watch free box sets and films * Must read Kindle books for free 9or 99p) * Big-name games for free on iPhone/Android * Free musicals and theatre performances |
| BBC Bitesize | Daily lessons in English and Maths | <https://www.bbc.co.uk/bitesize/articles/zn9447h> |  |
| Learn at BBC Scotland | Lessons specific to Scottish curriculum | <https://www.bbc.co.uk/programmes/p04yy4wy> |  |
| Support in discussing Coronavirus with children | | | |
| Coronavirus – a book for children | **Free** information book for primary school children explaining the coronavirus. From publishers Nosy Crow and illustrator Axel Scheffler. | <https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf> |  |
| NSPCC | Talking to a child worried about coronavirus (COVID-19) | <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/> | * Talk about feelings and worries * Keep in touch with family & friends and balance screen-time * Try to create structure and routine * Help give children a sense of control |
| Physical and Emotional Wellbeing during lockdown | | | |
| NSPCC | Coronavirus (COVID-19) advice and support for parents and carers | <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/> | * Working from home * Lockdown and separated parents * Taking care of your mental health * Supporting SEND children * Arguments, conflict and family tension * How to cope with tantrums * Online safety |
| PE with Joe | Daily PE lessons on youtube | Search PE with Joe on You Tube |  |
| British Journal of Sports Medicine - blog | Physical Activity for children and young people, provides information on how to motivate and where to find resources and links | <https://blogs.bmj.com/bjsm/2020/04/13/physical-activity-for-children-and-young-people-aged-5-18-years-during-covid-19-stay-safe-be-active/> | * Online yoga (google - Cosmic Kids/ The Yoga Crow) * Home-based activities (Active Schools, Change for Life) * Go Noodle * Make an action movie * Learn to juggle * Skipping * Build an obstacle course * Create dance routines * Balloon volleyball |
| Money saving Expert blog | How to keep fit for free via YouTube, Instagram Live, apps & more | <https://www.moneysavingexpert.com/team-blog/2020/03/how-to-stay-fit-at-home-with-apps-instagram-youtube-fitness-clas/> | * Yoga * Cardio workouts * Running apps * Fitness for kids |
| Mental Wellbeing | Tips to look after your mental health while you have to stay at home | <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> | * How to talk to your children about the coronavirus * Stress management * Eating a balanced diet etc |
| Every Mind Matters | Mental wellbeing while staying at home | <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> | * Your mind plan quiz * Anxiety * Low mood * Stress * Sleep * Urgent support etc |
| Young Minds | Information in supporting your child during the Coronavirus pandemic | <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/> | * Supporting your child if they’re worried * Supporting your family’s wellbeing during isolation * What to do if your child wont stay home |
| Samaritans | Information on what to do if you're feeling low or struggling to cope | <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/practical-ways-help-yourself-cope/> | * relationship and family problems * loss, including loss of a friend or a family member through bereavement * financial worries * job-related stress * college or study-related stress * worry about current events, such as the Coronavirus outbreak * loneliness and isolation, or struggling with self-isolation * depression * painful and/or disabling physical illness * heavy use of or dependency on alcohol or other drugs * thoughts of suicide |
| Financial/Employment and Benefit rights | | | |
| Gov.UK | Coronavirus support for employees, benefit claimants and businesses | <https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses> | * Changes to jobcentre appointments * For people already claiming support * For people who need to make a new claim for financial support * Employees and self-employed people * [New Style Employment and Support Allowance](https://www.gov.uk/guidance/new-style-employment-and-support-allowance) * [Cwhat to do if you’re self-employed and getting less work or no work](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-self-employed-and-getting-less-work-or-no-work) * [Universal Credit advances](https://www.gov.uk/guidance/universal-credit-advances) * [what to do if you were employed and have lost your job](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-you-were-employed-and-have-lost-your-job) * [what to do if you’re employed and cannot work](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work) |
| Department for Work & Pensions | Employment and benefits support | <https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/?gclid=EAIaIQobChMIsPqpobeN6QIViLPtCh0rwg5sEAMYAiAAEgJcyfD_BwE> | * already claiming benefits * need to claim benefits * at risk of losing job as a result of coronavirus |
| The Money Advice Services | What you’re entitled to | <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you> | * Employed * [Self employed](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#self-employed) * [Your money](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#your-money) * [Car finance payments](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#car-finance-payments) * [Housing costs](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#housing-costs) * [Your bills](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#your-bills) * [Coronavirus if you have children](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#coronavirus-if-you-have-children) * [Moving home](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#moving-home) * [Travel insurance](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#travel-insurance) * [Pensions](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#pensions) * [Scams](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#scams) |
| Money Saving Expert | Coronavirus Life-in-Lockdown Help | <https://www.moneysavingexpert.com/news/2020/03/coronavirus-help-and-support/> | * Your rights on cancellations, subscriptions etc * Motoring & transport, incl MOTs, train tickets etc * Free or cheap ways to keep fit & stay entertained * NHS staff freebies & discounts * Help for those vulnerable or struggling * Warning – watch out for coronavirus scams |