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| Activities to keep busyBankhead  Primary School |
| 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
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| 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
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| 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
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| 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
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| 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
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| 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
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| 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
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| 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
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| 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)
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| 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
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| 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)
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| 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
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