

## Supporting Learning at Home

Parents have now suddenly been put in a position where they are expected to be teachers for their children. Many parents will still be trying to juggle their work commitments and have children who are in different year groups and so their work will be very different. It is difficult for parents to be able to manage all these things, along with their own concerns and those of their children at this challenging time.

The learning ideas are NOT intended as something for parents to follow religiously. The children who are attending school will not be covering the full curriculum, and every child will have had different experiences upon returning to school. Teachers already have to accommodate a variety of levels of learners in their classrooms, and this will continue when they are able to go back.

- It may be helpful to **plan work in short snippets**, with either breaks or a change of activity. You could do activities in a carousel and return to them after a period of doing something else.
- If you're at home with multiple children of different ages, try to stagger the learning so you are able to spend time with each one (e.g. set your 10 year old off first, then spend 10 minutes with your 7 year old on their maths before setting them a short independent task whilst you play pretend shops with your 4 year old). You cannot teach them all at the same time.
- The routine does not have to involve 6 hours a day of academic work. It might be more important to be spending time together, building relationships, enjoying shared activities and reassuring children, as opposed to replicating the school timetable. Also think about when you might need to work and think about what your child can do independently and do it then.
- It might be helpful to try and **keep work in one place** so that it doesn't spread all over the home and you can maintain a work/home boundary, or at least put it in one place once it has been finished with. Having some kind of activity to end the academic learning may help with this too.
- You may want to **let children use headphones** if they want to listen to music so there does not have to be a debate over what children listen to in the same room.
- **Keep in contact with teachers** so that you can offer feedback and access support if your child is struggling to engage in the learning for any reason, or if you are unsure of what to do. They will know your child and how they learn and may be able to offer suggestions or adaptations.
- While formal learning activities may be suggested by schools, there are a number of other ways that children can learn things. Some ideas are included in the next section.
- This website has links to resources to create visual timetables and some other ideas: <https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/managing-transition-home-schooling>. Some more example routines are:

- <https://www.twinkl.co.uk/resources/class-management/daily-routine/visual-timetable>
- <https://www.twinkl.co.uk/resource/t-c-255219-now-and-next-board-and-cards-resource-pack>
- <http://www.do2learn.com/picturecards/printcards/>

#### Activities to do at home

- Children could be learning life skills/chores, e.g.
  - Clean the car
  - Gardening or growing plants in pots
  - Encourage them to help around the house, e.g. laundry and cleaning, explaining the importance of health and safety.
  - Help with cooking or baking (e.g. measuring ingredients)
  - Go through toys etc. and decide what can be sold/donated
- Learn through play/creative activities and informal learning opportunities:
  - This website has been written regarding play in times of crisis: <http://ipaworld.org/resources/for-parents-and-carers-play-in-crisis/>
  - Build camps/forts
  - Make treasure box/photo album etc.
  - [https://wvla.org/downloads/Annual\\_Conference\\_2013/craftbookletforwvla.pdf](https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf), <http://www.robiddulph.com/draw-with-rob>, <https://www.redtedart.com/>, <https://www.youtube.com/channel/UCe9GRoGpeV7w-Wn1p0xJDlw> and <https://www.facebook.com/artfulparent/> have craft-based ideas
  - Drawing/painting/colouring. Even paint with water on the patio/wall! Some colouring pages can be found here: <http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html> and <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>
  - Imaginative play
  - Hunt for things around the house/in the garden/in books depending on categories (e.g. colours, size, numbers of objects, shapes, textures, function, type of movement, material, based on different senses)
  - Make music, experiment with different objects around the house to see what sounds they make. Maybe create a band or have a talent show! E.g. Myleene's Music Klass: <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>
  - Make videos, like presenting their own TV show or making a sock puppet show/stop motion. They could even write a script
  - Create a treasure hunt around the house with a map
  - There are 100 ideas for indoor activities here: <https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/> [free download] and some more here: <https://theimaginationtree.com/category/activities/>

- Mindfulness activities, e.g.  
<http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>
- Word games - <http://thinkingtalking.co.uk/free-resources-schools-families/> and [puzzles https://www.boatloadpuzzles.com/playcrossword](https://www.boatloadpuzzles.com/playcrossword)
- **Try something new, like learning to knit** -  
[https://media.craftyarncouncil.com/files/teach/WUA-PTG\\_Bk\\_web\\_5.pdf](https://media.craftyarncouncil.com/files/teach/WUA-PTG_Bk_web_5.pdf)
- **Jigsaw puzzles, creating figures out of Lego/Duplo etc.**
- **Outdoor activities like** <https://www.theschoolrun.com/diy-forest-school-activities> and <https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>
- Build relationships/social skills – spend time together as a family:
  - Imaginative play together or board games/card games/bingo/charades or design your own game! Other games like 20 questions, marbles etc.
  - Pencil and paper games like noughts and crosses. For more ideas see:  
<https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>
  - Play I-Spy
  - Have a picnic in the garden/house
  - Online games with friends: <https://roll20.net/>
- Self-directed learning:
  - Write stories/comic strips or an alternative ending to story you like
  - They could write a journal of their experiences or a news article on something that has happened to them
  - A project related to one of their interests. Depending on their level of understanding, this could be an art-based project or a PowerPoint presentation, for example. They could take the lead on what it would be on and what it would look like. Examples are here: <https://www.zooniverse.org/projects>
  - Write letters to friends and family
  - Do a virtual tour of a museum:  
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
  - View artwork and gallery tours: <https://artsandculture.google.com/>
  - Watch theatre productions:  
<https://www.youtube.com/channel/UCUDq1XzCYONIOYVJvEMQiqw> and <https://www.dramaonlinelibrary.com/> or opera <https://www.metopera.org/>
  - Watch music concerts: <https://www.youtube.com/user/schobots/playlists> and <https://www.stageit.com/site/landing>
- It's a good idea to at least do daily reading/listening to stories, even if it's just for 5-10 minutes a day. If you have children at different ages, maybe they could read to each other, or to their toys/pet. There are lots of freely-available ebooks and audiobooks:
  - [https://www.audible.co.uk/?source\\_code=M2M30DFT1BkSH090814004E&mscl\\_kid=3a5212504abe1e9682814cdebf69b700](https://www.audible.co.uk/?source_code=M2M30DFT1BkSH090814004E&mscl_kid=3a5212504abe1e9682814cdebf69b700)
  - <https://librivox.org/>
  - <https://bit.ly/AudioElevenses>
  - <https://www.storynory.com/>

- <https://etc.usf.edu/lit2go/>
- <https://home.oxfordowl.co.uk/>
- <https://www.gutenberg.org/>
- [https://wikisource.org/wiki/Main\\_Page](https://wikisource.org/wiki/Main_Page)
- <https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDEzMzA2Mjp1cw==> - is offering free books for children to read on animals, countries, history, mythology, geography, etc.
- There are animated stories read by actors: <https://www.storylineonline.net/>
- Local libraries are also able to lend e-books if you are a member already
- The Education Endowment Foundation has produced some guidance on helping children to read at home:  
[https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19\\_Resources/Resources\\_for\\_schools/7\\_Top\\_Tips\\_to\\_Support\\_Reading\\_at\\_Home.pdf](https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_schools/7_Top_Tips_to_Support_Reading_at_Home.pdf)

## Learning Resources, Activities and Games

Area	Resources
Multiple subjects	<p>Home-schooling advice from the DfE: <a href="https://www.gov.uk/home-education">https://www.gov.uk/home-education</a>  <a href="https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education">https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education</a>  <a href="https://chatterpack.net/blogs/blog/resources-list-for-home-learning">https://chatterpack.net/blogs/blog/resources-list-for-home-learning</a>  <a href="https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools">https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools</a></p> <p>English and maths: <a href="https://uk.ixl.com/">https://uk.ixl.com/</a>  <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a> and <a href="http://www.bbc.co.uk/learning/coursesearch/">http://www.bbc.co.uk/learning/coursesearch/</a></p> <p>Videos for different subjects: <a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a></p> <p>Various subjects, but focused on America: <a href="https://thecrashcourse.com/">https://thecrashcourse.com/</a> and <a href="https://www.youtube.com/user/crashcoursekids/videos?disable_polymer=1">https://www.youtube.com/user/crashcoursekids/videos?disable_polymer=1</a></p> <p>Various topics: <a href="https://www.dkfindout.com/uk/">https://www.dkfindout.com/uk/</a>  <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a></p> <p>Primary aged activities: <a href="https://www.pawprintbadges.co.uk/challenge-packs-6-c.asp">https://www.pawprintbadges.co.uk/challenge-packs-6-c.asp</a>  <a href="https://www.robinhoodmat.co.uk/learning-projects/">https://www.robinhoodmat.co.uk/learning-projects/</a>  <a href="https://idea.org.uk/">https://idea.org.uk/</a>  <a href="https://www.e-learningforkids.org/">https://www.e-learningforkids.org/</a></p> <p>Games for English and Maths (primary): <a href="http://www.ictgames.com/">http://www.ictgames.com/</a> and <a href="http://toytheater.com/">http://toytheater.com/</a></p> <p>Crafts and puzzles: <a href="https://www.wizardingworld.com/collections/harry-potter-at-home">https://www.wizardingworld.com/collections/harry-potter-at-home</a>  <a href="https://www.tes.com/teaching-resources/teacher-essentials/home-learning">https://www.tes.com/teaching-resources/teacher-essentials/home-learning</a>  <a href="https://www.tes.com/teaching-resources/tes-elements/free-home-learning-resources">https://www.tes.com/teaching-resources/tes-elements/free-home-learning-resources</a></p> <p>Games and videos for primary: <a href="https://pbskids.org/">https://pbskids.org/</a></p> <p>American: <a href="https://www.makemegenius.com/">https://www.makemegenius.com/</a></p> <p>Primary: <a href="http://more.starfall.com/?t=291978887&amp;nrb=1&amp;y=1">http://more.starfall.com/?t=291978887&amp;nrb=1&amp;y=1</a>  <a href="https://www.highlightskids.com/">https://www.highlightskids.com/</a>  <a href="https://www.abcya.com/">https://www.abcya.com/</a>  <a href="https://www.funbrain.com/">https://www.funbrain.com/</a>  <a href="https://www.fuelthebrain.com/">https://www.fuelthebrain.com/</a>  <a href="https://mrnussbaum.com/">https://mrnussbaum.com/</a>  <a href="https://www.turtlediary.com/">https://www.turtlediary.com/</a>  <a href="https://www.tvokids.com/">https://www.tvokids.com/</a>  <a href="https://gridclub.com/">https://gridclub.com/</a></p> <p>Bitesize  Daily <a href="https://www.bbc.co.uk/iplayer/group/p089nk5f">https://www.bbc.co.uk/iplayer/group/p089nk5f</a> &amp; <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a>  <a href="https://www.thenational.academy/">https://www.thenational.academy/</a></p>
Early Years	<p>CBeebies: <a href="https://www.bbc.co.uk/programmes/p02pnn9d">https://www.bbc.co.uk/programmes/p02pnn9d</a>  <a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>  <a href="https://www.eyfshome.com/">https://www.eyfshome.com/</a>  <a href="https://www.portage.org.uk/support/resources/parent-list/317">https://www.portage.org.uk/support/resources/parent-list/317</a></p> <p>Sesame street- <a href="https://www.sesamestreet.org/">https://www.sesamestreet.org/</a>  <a href="https://www.zerotothree.org/resources/3264-at-home-activity-guide">https://www.zerotothree.org/resources/3264-at-home-activity-guide</a></p> <p>Messy play:  <a href="https://www.playatthemessyshed.com.au/?fbclid=IwAR0ZdLUxpTh2ZuDUT_pdHqqV6m3GLvwpIgh9PSePNFuhHX3FKEF79Y_qoY">https://www.playatthemessyshed.com.au/?fbclid=IwAR0ZdLUxpTh2ZuDUT_pdHqqV6m3GLvwpIgh9PSePNFuhHX3FKEF79Y_qoY</a>  <a href="https://www.instagram.com/fiveminutemum/?hl=en">https://www.instagram.com/fiveminutemum/?hl=en</a></p>
Phonics support	<p><a href="http://www.phonicsplay.co.uk">www.phonicsplay.co.uk</a></p>

	<p><a href="https://www.dropbox.com/s/nzl3codxoyio081/Phonic%20games%20and%20activities%20EC%20free%20resources%20March%202020.pdf?dl=0">https://www.dropbox.com/s/nzl3codxoyio081/Phonic%20games%20and%20activities%20EC%20free%20resources%20March%202020.pdf?dl=0</a></p> <p>Phonics and reading app - <a href="https://apps.apple.com/gb/developer/cambugs/id574190431">https://apps.apple.com/gb/developer/cambugs/id574190431</a></p> <p>Reading and writing - <a href="https://www.dyslexia-codebreakers.co.uk/2020/04/15/your-free-codebreakers-resources-are-here/">https://www.dyslexia-codebreakers.co.uk/2020/04/15/your-free-codebreakers-resources-are-here/</a></p> <p><a href="https://www.funfonix.com/">https://www.funfonix.com/</a></p>
Reading	<p><a href="https://www.readingrockets.org/strategies/paired_reading">https://www.readingrockets.org/strategies/paired_reading</a></p> <p><a href="https://readingeggs.co.uk/">https://readingeggs.co.uk/</a></p> <p>Register for free home version: <a href="http://perceptualliteracy.com">http://perceptualliteracy.com</a></p> <p><a href="https://www.driveryouthtrust.com/at-home-activities/">https://www.driveryouthtrust.com/at-home-activities/</a></p> <p><a href="https://teachyourchildtoread.co.uk/">https://teachyourchildtoread.co.uk/</a></p> <p><a href="https://www.seussville.com/">https://www.seussville.com/</a></p> <p>Parents can order a free 14-day trial pen to be sent home in order to support their children's literacy: <a href="https://www.scanningpens.co.uk/ReaderPenUK/Request-Parent-Trial-Reader-Pen-UK.html">https://www.scanningpens.co.uk/ReaderPenUK/Request-Parent-Trial-Reader-Pen-UK.html</a></p>
Spelling	<p><a href="http://www.snip-newsletter.co.uk/pdfs/downloads/literacy_programme_1.pdf">http://www.snip-newsletter.co.uk/pdfs/downloads/literacy_programme_1.pdf</a></p> <p><a href="https://www.stmichaelspenkridgeschool.co.uk/assets/Uploads/Making-Spellings-Memorable.pdf">https://www.stmichaelspenkridgeschool.co.uk/assets/Uploads/Making-Spellings-Memorable.pdf</a></p>
Basic writing skills	<p><a href="https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-fine-motor-skills.pdf">https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-fine-motor-skills.pdf</a></p> <p><a href="http://debbiehepplewhitehandwriting.com/source_images/Demonstrating%20the%20letter%20groups.pdf">http://debbiehepplewhitehandwriting.com/source_images/Demonstrating%20the%20letter%20groups.pdf</a></p> <p><a href="https://www.wikihow.life/Hold-a-Pencil">https://www.wikihow.life/Hold-a-Pencil</a></p> <p><a href="https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-and-writing-sky-tree-grid.pdf">https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-and-writing-sky-tree-grid.pdf</a></p> <p><a href="https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-paper-position-image.pdf">https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-handwriting-paper-position-image.pdf</a></p> <p>Creative writing:</p> <p><a href="http://www.expresseumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf">http://www.expresseumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf</a> and <a href="http://www.scholastic.com/teachers/story-starters/">http://www.scholastic.com/teachers/story-starters/</a></p>
Writing support	<p>Mind maps: <a href="https://youtu.be/wLWV0XN7K1g">https://youtu.be/wLWV0XN7K1g</a></p> <p>Story boards <a href="https://www.teachwire.net/teaching-resources/blank-storyboard-templates-various-portrait-and-landscape-styles">https://www.teachwire.net/teaching-resources/blank-storyboard-templates-various-portrait-and-landscape-styles</a></p> <p>Voice recorders (e.g. AudioNote2 – iPad app; Easy Voice Recorder – Android)</p> <p>Speech to text software: <a href="https://www.youtube.com/watch?v=5abApZ9_mLI">https://www.youtube.com/watch?v=5abApZ9_mLI</a>;</p> <p><a href="https://www.callscotland.org.uk/common-assets/cm-files/posters/ipad-apps-for-learners-with-dyslexia.pdf">https://www.callscotland.org.uk/common-assets/cm-files/posters/ipad-apps-for-learners-with-dyslexia.pdf</a>; <a href="https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-learners-with-dyslexia/">https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-learners-with-dyslexia/</a></p> <p>Word processing/typing: <a href="https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr;www.typingclub.com">https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr;www.typingclub.com</a></p> <p>Talk for Writing home booklets - <a href="https://mailchi.mp/talk4writing/home-school-booklets">https://mailchi.mp/talk4writing/home-school-booklets</a></p> <p>'Clicker' for primary schools – works on iPad, Chromebook, Windows &amp; Mac: <a href="https://www.cricksoft.com/uk/clicker">https://www.cricksoft.com/uk/clicker</a></p> <p>'DocsPlus' for secondary schools – works on Chromebook, Windows &amp; Mac.: <a href="https://www.cricksoft.com/uk/docsplus">https://www.cricksoft.com/uk/docsplus</a></p> <p>Reluctant Writers: <a href="http://www.actiondyslexia.co.uk/downloads/Gettingreluctantwritertowrite.pdf">http://www.actiondyslexia.co.uk/downloads/Gettingreluctantwritertowrite.pdf</a></p>
Maths skills	<p><a href="https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-maths-basic-number-facts-booklet.pdf">https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/resource-area-documents/spld-maths-basic-number-facts-booklet.pdf</a></p> <p><a href="https://www.mathswithparents.com/KWeb?startTime=1586201150156">https://www.mathswithparents.com/KWeb?startTime=1586201150156</a></p> <p><a href="https://www.atm.org.uk/Free-ATM-Resources-">https://www.atm.org.uk/Free-ATM-Resources-</a></p> <p><a href="https://www.mathsisfun.com/games/index.html">https://www.mathsisfun.com/games/index.html</a></p> <p><a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a></p>

	<a href="https://www.youtube.com/user/mathantics">https://www.youtube.com/user/mathantics</a> <a href="https://www.myhomeschoolmath.com/visualperception.html">https://www.myhomeschoolmath.com/visualperception.html</a> <a href="http://www.amathsdictionaryforkids.com/">http://www.amathsdictionaryforkids.com/</a> <a href="https://www.10ticks.co.uk/">https://www.10ticks.co.uk/</a> <a href="https://www.pearson.com/english/professional-development.html">https://www.pearson.com/english/professional-development.html</a> <a href="https://www.prodigygame.com/pages/parents/">https://www.prodigygame.com/pages/parents/</a> <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a> <a href="https://corbettmaths.com/">https://corbettmaths.com/</a> <a href="https://www.mathematics mastery.org/free-resources">https://www.mathematics mastery.org/free-resources</a> <a href="https://www.youtube.com/user/mathantics">https://www.youtube.com/user/mathantics</a> <a href="https://www.ncetm.org.uk/resources/54432?utm_source=NCETM%20Newsletters&amp;utm_campaign=09c3bba146-national-newsletter-easter-2020&amp;utm_medium=email&amp;utm_term=0_13f8d631f4-09c3bba146-221551549">https://www.ncetm.org.uk/resources/54432?utm_source=NCETM%20Newsletters&amp;utm_campaign=09c3bba146-national-newsletter-easter-2020&amp;utm_medium=email&amp;utm_term=0_13f8d631f4-09c3bba146-221551549</a> <a href="https://www.atm.org.uk/Free-ATM-Resources-">https://www.atm.org.uk/Free-ATM-Resources-</a>
Other subjects	NASA Kids Club: <a href="https://www.nasa.gov/kidsclub/index.html">https://www.nasa.gov/kidsclub/index.html</a> Online magazine on various subjects: <a href="https://youngzine.org/">https://youngzine.org/</a> STEM subjects: <a href="https://www.crestawards.org/">https://www.crestawards.org/</a> Science: <a href="https://liftlessons.co/home-learning">https://liftlessons.co/home-learning</a> <a href="https://mysteryscience.com/">https://mysteryscience.com/</a> Steven Spangler science: <a href="https://www.stevespanglerscience.com/">https://www.stevespanglerscience.com/</a> The happy scientist: <a href="https://thehappyscientist.com/">https://thehappyscientist.com/</a> <a href="http://studyjams.scholastic.com/studyjams/">http://studyjams.scholastic.com/studyjams/</a> BBC History: <a href="http://www.bbc.co.uk/history/forkids/">http://www.bbc.co.uk/history/forkids/</a> <a href="https://school.bighistoryproject.com/bhplive">https://school.bighistoryproject.com/bhplive</a> <a href="https://world-geography-games.com/">https://world-geography-games.com/</a> National Geographic Kids has lots of different activities: <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a> Games for early computer programming: <a href="https://blockly.games/">https://blockly.games/</a> Create animations: <a href="https://scratch.mit.edu/">https://scratch.mit.edu/</a> 3D modelling: <a href="https://www.tinkercad.com/">https://www.tinkercad.com/</a> Foreign languages: <a href="https://www.duolingo.com/">https://www.duolingo.com/</a> and <a href="https://www.britishcouncil.org/school-resources">https://www.britishcouncil.org/school-resources</a>
Secondary specific	<a href="https://www.senecalearning.com/">https://www.senecalearning.com/</a> <a href="https://www.tes.com/teaching-resources/hub/secondary">https://www.tes.com/teaching-resources/hub/secondary</a>
Sensory needs	<a href="https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/">https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/</a> <a href="https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/heavy-work-activities">https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/heavy-work-activities</a> <a href="https://lemonlimeadventures.com/100-sensory-activities/">https://lemonlimeadventures.com/100-sensory-activities/</a> <a href="https://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html">https://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html</a>

## Practical Support at Home

- If you require advice on practical issues and community organisations offering help and support, please look at the HertsHelp website or contact them for support:
  - <https://www.hertshelp.net/hertshelp.aspx> and <https://www.hertshelp.net/documents/hertshelp.pdf>.
  - You can also let them know if someone you know is vulnerable and needs additional help here: <https://www.hertshelp.net/our-services/tell-us-about-someone-who-needs-help.aspx>.
- The district and borough councils will also have information for how they are supporting their local residents. For a list of their websites, please see: <https://www.hertfordshire.gov.uk/about-the-council/how-the-council-works/district-and-borough-councils.aspx>.
- Updates from Hertfordshire County Council can be found here: <https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-service-updates.aspx>.

### Foodbanks:

- <https://stalbandsdistrict.foodbank.org.uk/>
- <https://www.facebook.com/borehamwoodfoodbank> or <https://borehamwood.foodbank.org.uk>
- <https://pottersbar.foodbank.org.uk/>
- <https://www.threerivers.gov.uk/egcl-page/three-rivers-food-banks>
- <https://broxbourne.foodbank.org.uk/>
- <https://hertforddistrict.foodbank.org.uk/>
- <https://hatfield.foodbank.org.uk/>
- <https://stevenagecommunityfoodbank.org.uk/>
- <https://letchworth.foodbank.org.uk/>

### Domestic Abuse Charities:

In a time when families are spending a lot more time together, domestic issues can start or increase, and it is more difficult for people to access their coping mechanisms. Here is a list of charities that you can contact if these problems affect you:

#### *In an Emergency*

Always call 999. if you need urgent help and are unable to speak, when the phone is answered press 55 and they will know it is unsafe to talk.

#### *National Domestic Violence Helpline:*

24-hour helpline for anyone experiencing domestic violence or worried for someone else.

Telephone: 0808 200 0247

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### *Safer Places*

Charity which provides a comprehensive range of services to adults and children affected by domestic and sexual abuse who live in west Essex, mid Essex and east Hertfordshire. They provide support to people living in their own homes or in one of their refuges.

<https://www.saferplaces.co.uk/help-in-a-crisis>

### *Women's Aid*

Freephone 24-hour National Domestic Violence Helpline Run in partnership between Women's Aid and Refuge

Telephone: 0808 2000 247

[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

### *Refuge*

Supporting those who have experienced violence and abuse - domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern. They run a range of specialist services to help survivors access safety and rebuild their lives.

<https://www.refuge.org.uk/>

### *Herts Sunflower*

Herts Domestic Abuse Helpline

Telephone: 08 088 088 088

[www.hertssunflower.org](http://www.hertssunflower.org) [Support@hertsdomesticabusehelpline.org](mailto:Support@hertsdomesticabusehelpline.org)