**Activities for Families to Enjoy at Home**

We imagine that work has been suggested by your schools and it is very important you follow the guidelines and information shared by the school your children attend.

We would like to provide some additional activities, resources, websites and documents to download.   
We anticipate it may be quite hard for parents and carers to encourage their children to engage with learning at home, so we are trying to offer a range of activities to inspire and motivate children and adults to have fun and learn too.

The resources have been split up into more curriculum based activities and those which are more creative and fun.

**Curriculum-Based Activities and Websites**

**General activities**

Twinkl is offering free resources for a month

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

There is a wide range of on-line activities to develop learning skills across the curriculum available at <https://uk.ixl.com/>

BBC bite-size has a wide range of resources, games and ideas <https://www.bbc.co.uk/bitesize>

**Literacy Activities**

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

**Creative writing exercises**

[http://www.expresseumpoetics.org.uk/wpcontent/uploads/2016/07/04\_c\_creative\_writing\_exercises.pdf](http://www.expresseumpoetics.org.uk/wp-content/uploads/2016/07/04_c_creative_writing_exercises.pdf)

**Maths activities**

<https://www.myhomeschoolmath.com/visualperception.html>

<http://www.amathsdictionaryforkids.com/>

<https://www.10ticks.co.uk/>

Secondary age Maths resources <https://www.drfrostmaths.com/>

Carol Voderman's Maths site is providing free resources while schools are closed [www.themathsfactor.com](http://www.themathsfactor.com)

**Creative and Fun Learning Opportunities**

**Paper and pencil type activities** which develop problem-solving skills such as: Noughts and Crosses (or make up your own shapes - we have played cats and dog before, same grid, just draw cats and dogs); Hangman; Squares etc. More ideas here <https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>

**Story line Online** has lots of fantastic free on-line stories read by actors and with animations (we tested When a Dragon Moves In - it was great) <https://www.storylineonline.net/>

**Lovely free mindfulness colouring** - <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>   
  
**Mindfulness games cards** - <http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>   
  
**Learn to knit handout** - <https://media.craftyarncouncil.com/files/teach/WUA-PTG_Bk_web_5.pdf>   
  
**Cheap and easy home crafts** - <https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf>

**There are mindfulness activities in the side panel for you to try with your children -->**

**Free e-book for arts and craft ideas** <https://www.vipmumsndads.co.uk/shop/ready-to-go-art-ebook-one-free/>

**A wonderful and wide ranging selection of activities and links to other websites** <http://www.thesensoryprojects.co.uk/covid19-resources>

**Free e-books, videos and resources for children and adults** <https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?utm_source=bm23&utm_medium=email&utm_term=Shambhala+Publications+and+the+Global+Health+Crisis&utm_content=Take+Heart:+Encouragement+for+Uncertain+Times&utm_campaign=Take+Heart+Introduction&_bta_tid=18436282085476419892366705709293183034065153370518185021771178333989028379759548078448613750431530219016&_bta_c=d3p7gwpjyjo17vee4nir6yhb672m6>

**Draw with Rob - free online drawing lessons** <http://www.robbiddulph.com/draw-with-rob>

**Additional support and ideas**

**A blog by Dr Gemma Handelsman providing information about supporting pre-school children at home** <https://www.handelsmanpsychology.com/post/structuring-your-social-distancing-weekday-with-nursery-aged-children>

**Organisations**

**National Autistic Society** <https://www.autism.org.uk/>

**Documents with Activities, Games and Resources**

[/Pages/Download/c3c3c18f-7b28-4fcf-8c54-b85db2035b99DOCX | Barrier games](/Pages/Download/c3c3c18f-7b28-4fcf-8c54-b85db2035b99)

[/Pages/Download/04640b2a-2090-4cf5-a396-7a296ebc7e68PDF | Enhancing-and-Practicing-Executive-Function-Skills-with-Children-from-Infancy-to-Adolescence-1](/Pages/Download/04640b2a-2090-4cf5-a396-7a296ebc7e68)

[/Pages/Download/e8f87af3-19d6-4dd6-9a7f-33afcc3a9d0fPDF | Spatial Awareness Games with Logo](/Pages/Download/e8f87af3-19d6-4dd6-9a7f-33afcc3a9d0f)

[/Pages/Download/a2d27b23-1e78-4583-92c9-5787fbd31f0ePDF | 14 day-home-challenge\_ELSA](/Pages/Download/a2d27b23-1e78-4583-92c9-5787fbd31f0e)

[/Pages/Download/f19af8ef-0282-42b9-a12c-23de64e5259fPDF | SPEAKING AND LISTENING ACTIVITIES BOOKLET No logo pdf](/Pages/Download/f19af8ef-0282-42b9-a12c-23de64e5259f)

[/Pages/Download/9ffb1dbd-69b4-4e17-ae4d-0a7246332076PDF | School\_Closure\_ASD\_Toolkit](/Pages/Download/9ffb1dbd-69b4-4e17-ae4d-0a7246332076)

</Pages/Download/4ca5d84f-ec48-400a-8bc5-a2aeca94f5de>

**Home learning for under 5s**

[Home learning activities](https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/home-learning) recommended by our home learning team.

[Cosmic Kids](https://www.cosmickids.com/) website has a range of activities to get under-fives active and to develop motor skills.

[Bookstart](https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/) have interactive stories and games on their website, as well as suggested reading.

**General learning**

[BBC Bitesize](https://www.bbc.co.uk/bitesize) offers indepth online learning covering ages 3-16+

[Scholastic Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html) website has an excellent range of information. Content is written for US children, so for guidance grades translate as; PreK and K Nursery: Reception - Year 1, Grades 1 and 2: Years 2 and 3, Grades 3-5: Years 3 - 5 and Grades 6+: Year 6 upwards.

[Twinkl](https://www.twinkl.co.uk/) are offering a month’s free access to their premium site. They have worksheets, activities and crafts for preschool and primary aged children.

**English and reading**

Children’s author, Oliver Jeffers [@oliverjeffers](https://www.instagram.com/oliverjeffers/), will be reading a story on Instagram live every day at 6pm and talking about his book ideas.

The British Library’s [Discovering Children’s Books](https://www.bl.uk/childrens-books?gclid=EAIaIQobChMI3Puf1OKe6AIVCbLtCh1p1AY4EAAYASAAEgKjxPD_BwE) website has lots of information about books and stories and some great activities.

[Shakespeare Week](https://www.shakespeareweek.org.uk/kids-zone/) website has lots of themed activities in their Kids’ Zone. There is a printable booklet to track what children have been doing.

[Michael Rosen](https://poetryarchive.org/poet/michael-rosen/) has an amazing website of him reading and performing his poems, plus more resources.

**Maths and numbers**

[Sumdog](https://pages.sumdog.com/) can help children age 6-14-years-old, practise maths through games. Free access gives you six different games for children to use. You can also sign up as a member.

**Science**

[Science Museum](https://www.sciencemuseum.org.uk/games-and-apps) website has a range of learning games and apps that are free.

[British Science Week](https://www.britishscienceweek.org/plan-your-activities/activity-packs/) website has downloadable ‘Diverse Planet’ activity packs for early years, primary school and secondary school children.

**Geography**

[National Geographic Kids](https://www.natgeokids.com/uk/category/play-and-win/games/) website has fun learning games including quizzes, puzzles and word scrambles.

**History**

[Virtual tours of famous museums](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR2Hg910kPkYZZGe3QErmD1-02USQeDD2q82sKHkTTxzYCJtwbfVa4gdZTQ) allow you to experience some of the best museums in the world, from the comfort of your own home.

**Languages**

[Memrise](https://www.memrise.com/courses/english/) have free online language learning packages for a range of different languages.

**Technology**

[Scratch](https://scratch.mit.edu/ideas) coding website has a range of tutorials for different coding activities.