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## Homeschool resources and advice for children with SEND

### Learning Ideas, Support, Advice and Links:

- [Sensory stuck at home Facebook group](#) for parents to share ideas and tips
- [SEND Home Learning Resource Pack \(Twinkl\)](#)
- [150 sensory learning ideas \(Special Education and Inclusive Learning\)](#)

### General Home Schooling Support

- [SEND education \(Education Otherwise\)](#)
- [general education sites \(Education Otherwise\)](#)
- [teaching resources \(Education Otherwise\)](#)

### General Education resources

- [BBC bitesize](#)
- [Teacher's pet free home learning resource packs](#)
- [YouTube Kids](#) safe educational videos for your child to watch [Khan Academy](#) (US Resource)
- [Free Landy and Friends Teaching Resources](#) (Special interests: Animals, Farms, Land Rovers)
- [NASA at home](#) (Special interest: Space)
- [Dyson engineering challenge cards](#), (Special interest tech, DT)
- [Football inspired educational activities](#)
- [Super movers active learning \(BBC\)](#)
- [Education Quizzes](#)
- [100 things to do indoors](#)
- [Audible free subscription](#) while schools are closed
- [Noodle Loaf](#) is a musical-themed podcast teaching kids about science



www.jigsawthornbury.org.uk

- Online stage shows and pantomimes (What's on stage) Specific Children's productions online: Family specific shows to watch at home Wind in the Willows, Snow Mouse
- 25 best podcasts for kids (commonsensemedia.org)

### Virtual tours experiences from around the world

- 20 day trips with activities and resources
- Best virtual travel experiences (Independent), from museums to national parks
- The Louvre
- Museum of earth online exhibit
- 360' videos 360' Art Space and Natural History videos
- The Space Centre Houston's app. (NASA) Try some "augmented reality experiences" here or both Virginia's Langley Research Centre and Ohio's Glenn Research Centre offer online tours for free.
- National Museum of the United States Air Force You can't take a ride in Franklin D. Roosevelt's presidential airplane, also look at other military aircraft
- Van Gogh museum at home with activities and lessons for children and 4K video tour (YouTube)
- Natural History virtual museum
- Smithsonian National Museum of Natural History 360'
- 'Harry Potter: A History of Magic' British Library exhibition

### Apps

- Flow Free puzzles app
- Duolingo for languages
- Photomath explains how to answer maths questions or solve an equation
- Quizlet makes learning fun using flashcards, games and quizzes



- [Kahoot](#) offers easy-to-use learning games for study at home and a new self-study section
- [Star Walk app](#) for learning about stars and planets, use the device at night to see constellations for a fun activity with your kids
- [SoloLearn](#) makes learning to code a game

### Games (Some websites are US based)

- [Cbeebies online games](#)
- [educational games for kids \(education.com\)](#)
- [Funbrain educational games](#)
- [Poptropica](#)
- [Arcademics](#) combines arcade games and academic learning with free multiplayer educational games

### Emotional Regulation and Wellbeing Online Links

- [GoNoodle games and videos for learning, being active and mindfulness](#)
- [Scope's Mindful Monsters activity cards](#)

### Children with Additional Needs Advice

- [Advice during school closures pdf \(The Challenging Behaviour Foundation\)](#)
- [Supporting children with learning difficulties during coronavirus pdf \(The Challenging Behaviour Foundation\)](#)

### Exercise and physical activities

- [PE with Joe \(YouTube\)](#)
- [Flamingo Chicks virtual and inclusive dance classes](#)
- [Kids workouts to do at home \(YouTube\)](#)



## Homeschooling and parent mental health

Don't compare yourself with others who appear to be coping better. It's not a realistic thought. You may have more hats to juggle than others but, I bet all parents are struggling with the adjustment to being educators as well as parents at this time.

Avoid setting yourself unrealistic expectations. You aren't expected to deliver a full curriculum. If the curriculum doesn't fit with your child's emotional response to this new learning experience, he/she is likely to control this by resisting all learning. If you are able, adapt or seek advice on how you can engage your child with a concept or learning task set by school by linking it with a familiar or special interest they have. For more able students you could develop some independence over this by asking how they could use their special interest to find out.

Importantly, connect with school and ask for help. They should be able to provide you with additional support and advice as well as resources to adapt/differentiate the curriculum for your child.

When learning isn't going well allow yourself all the time out to take stock and wind down. After all you are the expert on your family and how they function well, your priority should be your whole families overall health and happiness .

## Find things you can do with your children that you also find relaxing:

- drawing or painting a picture: Maybe learning a new craft, like crochet or knitting (Crafts Council) can help concentrate on how creative they are becoming.



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- bake a cake: Baking a cake, could teach how heat changes ingredients from solids to liquids or, you could practise maths skills with weighing and measuring.
  - go for a local walk: When you walk outside and see the seasons changing, this can lead onto biology, nature and the weather.
  - play board games: Children learn a lot through play. You can focus on working as a team or managing winning and losing.
  - listen to audiobooks or watch plays online
  - practice mindfulness and do activities to help you calm and breath more effectively Buddy Breathing Mindful Eating Chocolate

### **SCHEDULES AND TIMETABLES SHOULD INCLUDE:**

- quality time
- scheduled breaks
- if living with a partner decide who is on 'parent teacher duty' to help share the responsibility.
- managing screen time, for both educational and recreational games or TV. We will all be working more online right now and we need to manage and balance the effects of this.

### **Speak to other parents for help**

JIGSAW Thornbury Tuesday ZOOM chat support group sessions

<https://www.jigsawthornbury.org.uk/events/>