

Warwickshire Educational Psychology Service (EPS)

Home-School Guidance and Support (COVID-19 – March 2020)

This document aims to share advice about how to create a home-school daily routine, along with signposting for the reader to a list of resources, websites and learning aids that may be helpful to access amidst the COVID-19 school closure period. Some of these resources are currently FREE (as at 23.03.2020). These resources have not been thoroughly checked or endorsed by the Warwickshire EPS so please review them before use.

Home-school guidance

- Develop some structure for the day, this is reassuring for young people and will also support everyone to be productive. *There are examples in the resources below.*
- Begin and end at the same time every day (it doesn't have to be 9am-3pm), get dressed for schooling, and if possible use different areas for working, resting and playing so that it is possible to differentiate between these activities in a similar way to going to and leaving school.
- The length of the structured time will vary with age, but children aged 4 to 7 can usually manage for up to 2 hours a day, whilst children aged 7 to 11 can usually manage between 3 to 4 hours. Older children, given work from school, may need to work for longer. Enable children some input in designing and reviewing their learning day / week, which might make it more likely to run to schedule and to encourage important skills regarding independent learning and self-control.
- Allow some flexibility if you need to prioritise your family's wellbeing, explaining to your children that these are exceptional circumstances. Don't worry if you don't manage everything you had planned.
- Spread focused work and tasks out with breaks in the middle – attention spans do not last long. Including regular movement breaks, such as dancing to music or creating an outdoor circuit in the garden can help provide a break between activities and simultaneously support children's physical and mental wellbeing.
- You will need to allow yourself some time to plan and prepare activities. There are lots of ready-made ideas for different activities online (see links below) and it might be a good idea to find ways for yourself and other parents to share activities (virtually!) which have worked well to 'share the load'. There is no one 'right' way of doing things.
- There are different ways to develop a curriculum, not just one way. Some families may want to have set daily slots for literacy / numeracy etc. Others may want to run a theme over a week / fortnight with several tasks to complete e.g. reading about dinosaurs, writing about dinosaurs, science about dinosaurs, art about dinosaurs.

- Work / tasks / projects do not need to be formal and recorded in a book (although at times this is appropriate to develop certain skills).
- The work can be flexible, and child led; perhaps agree topic areas together. Value whatever you can teach them, e.g. mechanics, cooking, photography, IT.... and play to your mutual strengths by focusing on things that you all like doing and/or are good at.
- Everyday activities can be used as a structure for learning e.g. cooking uses maths, especially when adjusting a recipe for a different number of people; planting and growing seeds etc.
- It can be fun! Use practical activities, art, craft, and games as part of the learning experience. Fall back on reading and educational TV programmes, if formal learning feels a bit too much at any point.
- When working with your child, remember to notice and comment upon what your child does well (academically and personally), in addition to giving feedback around any mistakes they may make (give a high ratio of praise to criticism).
- Encourage children to keep in touch with classmates and members of clubs like Brownies, football teams and music groups via Skype, FaceTime and Zoom.
- Expect that children will feel the stress of current circumstances and like all of us, can be more short-tempered and prone to heightened emotions and challenging behaviours. Expect it, prepare yourself with a deep breath and do whatever works best for you all to calm and soothe. Demonstrating calm responses should help to reassure, relax and model coping strategies to your children. Emotion coaching is a straightforward and often helpful approach: <https://www.emotioncoachinguk.com/parent-carer-resources>

Online resources to guide the development of a daily routine

Home Schooling structure and inspiration

<https://www.homeschooling-ideas.com/home-school-schedule.html> this is a useful and accessible website with ideas and examples of planning a schedule as well as resources

<https://www.khanacademy.org/> This website has suggested daily schedules for different age groups as well as lots of resources. It is American but still useful.

<https://www.gov.uk/government/collections/national-curriculum> for those parents who want to check what their child would have been learning in school

<https://www.bbc.co.uk/bitesize> this is being updated very regularly in relation to the current situation

<https://www.home-education.org.uk/resources-educational.htm>

<https://home-ed.info/heresources>

<https://www.twinkl.co.uk/home-learning-hub> which has free resources on their home learning hub for parents to download each day and are divided into different age groups (primary age).

Physical Health

Joe Wicks – 9am workouts on The Body Coach TV (YouTube Channel)

Go Noodle <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/> A collection of activities and resources to promote management of energy and attention.

Mental Health

Cosmic Kids Yoga (YouTube channel) and Zen Den Mindfulness: <http://bit.ly/1oGCLEa!>

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/> Live mindfulness sessions to log into, but think it's American, so timings may be strange!

Relax Kids <https://www.relaxkids.com/calm-pack> FREE Calm Pack to download with helpful tips and activities - just sign-in for access.

Coping Skills for Kids <https://copingskillsforkids.com/coping-with-coronavirus> FREE Family Activity E-Book to support talking about emotions.

Young Minds for mental health and wellbeing: <https://youngminds.org.uk/find-help/for-parents/>

Literacy

Warwickshire libraries for borrowing e-books and magazines: <https://library.warwickshire.gov.uk/iguana/www.main.cls?url=eBooks>

Audible: <https://stories.audible.com/discovery> Audio stories for children are FREE, logins and bank details are not required.

Phonics Play (FREE access during this period - Username: march20 Password: home): <https://www.phonicsplay.co.uk/>

Oxford Owl for Home: Free Resources and guidance to support Primary aged children: <https://home.oxfordowl.co.uk/>

The Literacy Trust <https://literacytrust.org.uk/family-zone/> - Free reading and writing resources, audiobooks, videos and reading challenges.

The government guidance on teaching phonics (very detailed): https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/190599/Letters_and_Sounds_-_DFES-00281-2007.pdf

Reading rockets for reading advice: <https://www.readingrockets.org/>

Paired reading – a less pressured way for an adult and child to share a book.
<https://highlandliteracy.files.wordpress.com/2018/02/paired-reading-for-teachers.pdf>

Numeracy

The numbers game from countdown: <http://happysoft.org.uk/countdown/numgame.php>

Times Tables Rock Stars: <https://ttrockstars.com/>

ICT

Computer programming skills games: <https://blockly.games/>

Free computer programming using Scratch: <https://scratch.mit.edu/>

Science and technology

<https://www.stem.org.uk/home-learning> newly compiled resources for STEM subjects and subject experts available 8.30 am to 4.30 pm on weekdays

Special educational needs and disabilities

Do2learn has a range of different resources for young people with additional needs (again- it is American so language may need adapting) <https://do2learn.com/>

American website education.com has a range of free resources (once you have made an account) <https://www.education.com/worksheets/>

Downloadable “school closure toolkit” which includes visual timetable resources <https://www.easterseals.com/explore-resources/living-with-disability/coronavirus.html>

General

Crash Course is a YouTube channel for older children. The videos cover topics such as science, history and literature. There is now a version for younger students called Crash Course Kids: <https://www.youtube.com/user/crashcourse/videos>

The National Geographic for Kids: <https://www.natgeokids.com/uk/>

Cbeebies: <https://www.bbc.co.uk/cbeebies>