

Life, Literacy & Learning Links for ‘Lockdown’

Having a routine can be helpful for your child’s emotions and to maximise home learning (formal and informal). This [daily checklist](#) might be helpful and this [video](#), while there are some tips here on [how to help your child with home learning](#) just by talking with them through the day about different activities. [Internet Matters](#) give lots of practical and helpful home-schooling tips and links for parents to enable you to survive and thrive, including mental health links. [We Can Access](#) has particular advice and resources to help parents of SEND children with home learning and daily life in general, and [Potential Plus](#) support those with high learning potential children (which often overlaps with SEND). A daily walk, if you can, is generally good for physical and mental health, as is any kind of contact with nature, such as listening to this [calming podcast](#) or counting [butterflies for science](#) and lots of other [wildlife observation and tracking](#). [Parentkind](#) has a wealth of links that will help your child with their learning and help you with supporting them, or you can download [The Parent’s Guide to Coronavirus](#); the [UK Government Department for Education](#) also has a webpage to support your child’s education during lockdown.

Schools recognise that one of the best things you can do during this time of home learning is to encourage your child or teen to read and / or read with your child or teen and enjoy the drama of the story together (or discuss it at the end, or as you go along). Reading will help support your child both educationally and emotionally. There are fantastic read, respond & create resources available [for 0-5s / primary school age, older children](#) and [teens](#) including [creative writing tips from authors](#), [10 minute challenges](#), a [Lockdown Children’s LitFest](#) and children’s literature activities from the [British Library](#). If your child or teen is not much of a reader here are [some suggestions of great titles to get them hooked!](#) If you like to have book recommendations (including for younger children) you can tune into the [National Shelf Service](#) daily. Or why not inject some poetry into your life with [poems by age or topic](#), these [activities](#) or by engaging with [performance poetry](#).

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A further great range of free ebooks and audiobooks are available online:

- You can access comics, magazines & ebooks online with a public library card: [eBooks & Online services](#) or use the RBDigital (eComics & eMagazines) or Libby (eBooks & audiobooks) apps on your phone (your password is your year of birth).
- As well as the highly recommended Libby app, there are stories in [19 languages](#), more stories in [30+ languages](#) and lots of other free books are available via the [World of stories](#), [Project Gutenberg](#), [Audible](#) and individual publishers:

For younger children:

- Picture books (and activities) from [Walker Books](#) (or have them [read to you](#))
- [We’re going on a bear hunt](#) is very popular, here you can enjoy it with Michael Rosen.
- View [#PuffinStorytime](#) on Puffin's YouTube, Instagram and Facebook channels.

For older children:

- Free Audiobook suggestions: [Harry Potter & the Philosopher's Stone / Stepping on the Cracks / Viva Durant and the Secret of the Silver Buttons](#)
- Free eBook suggestions: [Black Beauty / Pinocchio / Andersen's Fairy Tales / Alice in Wonderland / White Fang / Anne of Green Gables /](#)
- [Puffin podcasts](#) featuring author Humza Arshad (of *Little Badman and the Killer Aunties* fame – featured in the 2020 Lewisham book awards!)
- Individual authors are reading their own books & talking about writing. Some favourites are *LisaThompsonWrites* on Instagram, *@whatSFSaid* on Twitter, Cressida Cowell reading [How to Train Your Dragon](#), Piers Torday reading [The Dark Wild](#), Neil Gaiman (and some famous friends!) reading [The Graveyard Book and Coraline](#) .

For teens:

- Free Audiobook suggestions: [The Lurking Fear & other stories / All Eyes on Us / Les Miserables / The Screwtape Letters /](#)
- Free eBook suggestions: [Dr Jekyll & Mr Hyde / The Turn of the Screw / The interesting narrative of the life of Olaudah Equiano / Treasure Island / The wonderful adventures of Mrs Seacole in many lands](#)
- [Pupils aged 13+ will be able to join up here for free audiobooks from Spring 2021:](#) you get one week to download the two audiobooks on offer each week – once you've downloaded them, they're yours to keep (on the Overdrive audiobook app) forever!

For the grown-ups:

- Free audiobook suggestion: [A Way in the World](#)
- Free eBook suggestion: [Narrative of the Life of Frederick Douglass](#)
- The [Big Library Read](#) is a public library global ebook club. The first read of 2021 will be in April, but in the mean time you can catch up on the previous titles.

Lots of books have been published to help children understand the current situation.

Most are aimed at younger children. They can be read online or downloaded:

- [Melanie & Karl's enchanted adventure](#) (fantasy novel for older children)
- [Coronavirus: Clear Answers for All Kids](#) (written by a social worker and a special education teacher)
- [Interactive 'book'](#) (asks questions for children to respond to – available in many languages)
- [Dave the dog is worried about Corona virus](#) (written by a UK nurse)
- [What is Coronavirus?](#) (in English, Spanish, Farsi, Turkish and French) also on [Youtube](#)
- [Rainbows in windows](#) (for very young children) also read on [YouTube](#)
- [Piggy and Bunny and the Stay-At-Home Plan](#) (written by a paediatrician)
- [Staying home](#) (focussing on lockdown more than the virus)
- [Simon and Rosie](#) (a story of friendship, loneliness, imagination and self-acceptance, set in our time. Written by Lucy Moonen - the granddaughter of 'Watership Down' author Richard Adams - and beautifully illustrated by the award-winning Gillian Johnson, it can be freely downloaded, with a suggested donation to the NHS of £1.)

- [Coronavirus information book](#) (illustrated by Axel Scheffler – famous for The Gruffalo illustrations)

These factual websites might be useful for older children / teens and adults:

- [Children’s guide to coronavirus](#) has been produced by The Children’s Commissioner
- [Newsround](#) is a great website for children to find out about the world that surrounds them. They have support pages for children who are worried at this uncertain time.
- [FullFact](#) is an independent charity that fact checks the news, click [HERE](#) for their latest COVID-19 updates
- [The Conversation](#) is a news site where stories are written by experts, they have [COVID 19](#) updates & analysis
- [Coronavirus Fact-Checking Alliance](#): an initiative from the Poynter Institute, which includes a global fact-check database that is fully searchable by country, nature of the disinformation and organisation
- [World Health Organisation](#): Covid-19 myth-busting page; WHO also provides a range of useful and illustrated practical advice
- [Infotagion](#): a fact-checking service geared specifically to Covid-19, drawing from WHO and other official sources

Advice about Coronavirus in many languages:

- [Doctors of the World](#) (Albanian, Amharic, Arabic, Bengali, Dari, English, Farsi, French, Hindi, Kurdish, Malayam, Mandarin, Pashto, Portuguese, Somali, Spanish, Tigrinya, Turkish, Urdu, Vietnamese)
- [Coronavirus explained in Somali](#)
- [Big Leaf Foundation](#) (Pashto, Arabic, Kurmanji, Sorani)

There are many online learning activities available across a range of subjects, these are some of the best:

- The [Oak National Academy](#) has an extensive range of lessons, this is a list carefully selected by [Common Sense Media](#) and [Khan Academy](#) has a good selection of videos.
- The BBC is launching the biggest education offer in its history across television on BBC Two, CBBC, BBC Red Button, BBC iPlayer and online. Families can now easily discover a wide range of entertaining and educational shows and films, with the launch of a new [children’s experience on BBC iPlayer](#) & [BBC Bitesize](#) are providing home-school lessons and teaching children to [sort facts from fake news](#).
- [Original books from the British Library](#) - including the Lindisfane Gospels, Leonardo da Vinci's notebook, Mozart's musical diary, Jane Austen's early work in her own hand and the first atlas of Europe
- [Museums From Around the World That You Can Visit Virtually](#), also this [Titanic](#) immersive story and game to explore the ship and the tragic wreck

- [Bibliomania](#) - GCSE English study guides available free
- [Live lessons](#) and resources from the Royal Shakespeare Company
- [Coram Shakespeare Schools Foundation](#) – including 5 plays in 5 days
- [Google Cultural Institute](#) – see works of art in exquisite detail, zoom in to see individual brush strokes! [Google History Project](#) – get up close to historical events and objects
- [Maths](#) for early years to Year 7
- Joe Wicks has recorded various [5 minute fitness activities](#)
- [The Oxford University Science faculty](#): explore hundreds of resources, from DNA extractions in your kitchen to superconducting trains. Or explore [NASA's journeys](#)
- Drs Chris & Xand from Operation Ouch will be [hosting live classes, answering questions and setting homework](#).
- [Engineering Design Challenges](#) for you to attempt, also home school challenges from the [Polar Museum](#) and ideas from the [SciShow](#), for example [science experiments for when you're stuck inside](#)
- [Language Landscape](#): mapping where languages are spoken around the world. Click on the markers to hear recordings of languages spoken in those locations.
- [The Cornell Lab of Ornithology](#) is a world leader in the study, appreciation, and conservation of birds. The [cam page](#) is particularly interesting.
- [Fun football facts](#): a series for children on YouTube based on the popular books
- Take [music theory lessons](#) and then [create your own music tracks](#)
- Visit an online [concert hall](#) – listen to the Royal Stockholm Philharmonic Orchestra & concerts for children.
- [Typing Club](#): good home learning course to learn to type on a keyboard
- Enjoy some [Classical Tales](#) or explore many [Myths & Legends](#)
- [Babel Babies](#): Children's songs in a variety of different languages

- [Fun games for learning English](#) and [Global cBeebies](#) (for EAL families)