

Coronavirus (Covid-19)

RESOURCE PACK

We recognise that this is an extremely anxiety provoking time for everyone and the rapid changes we have had to adjust to, with little or no choice in them, are difficult to make sense of just now.

In order to support all those children, young people, families, staff teams and foster carers we work with, we've prepared a resource pack with some ideas and links to support you through this time.

Keeping in touch with everyone we support is of paramount importance to us at this time and the Aspire Clinicians would like to keep in touch with you over the coming weeks. It is difficult to know what is going to happen, but it appears that we need to move to less face-to-face contact and more telephone and video link communication.

We will keep you regularly updated via our FaceBook Page and email so please keep a look out. We will be following government guidelines to ensure we can continue to provide services to all those who we support, in creative and innovative ways!



We will continue to keep the office base in Darlington open as long as we possibly can and are taking extra precautions to minimise the risk of infections spreading but we also ask that anyone visiting helps us with this by using the hand gel on entry and exit of the building.

We will be guided by the government recommendations as to how best to keep everyone safe and if we need to close the office at any point. If this happens we will contact everyone who visits us to let them know and make sure they have phone or skype appointments booked in.

Parenting support via telephone

We are happy to offer you parent support via telephone calls. This is the easiest option and we will contact you at agreed days and times. We understand that it may be difficult for this to happen with school closures when your child/children are at home but we will work around the times you can manage as best we can.



Support via Skype, Zoom or FaceTime



We are happy to offer you and your child support via video link on Skype, Zoom or FaceTime.

There are a number of considerations with this.

- You will need to make sure that you are in a place with as few distractions as possible and somewhere that offers a good level of confidentiality.
- We may offer a pre-contact telephone call to decide what will happen should we lose the connection or you are disturbed.

Aspire Facebook Page



Our FB page also has lots of helpful resources which we are regularly updating and sharing with anyone who has 'liked' our site. There are ideas for daily routines, exercise and activities to keep the kids entertained as well as reflections and thoughts to help us through this difficult, uncertain time.

<https://www.facebook.com/Aspirepsychologicalservices/>

We would like to minimise the impact of therapy breaks for children. It is possible that children would struggle on the telephone and may benefit more from video links. What can be achieved via video links can depend on the individual child. We will contact you at agreed days and times so that you and your child can be ready. It might be helpful to remove any distractions for your child. Turn off the TV and have any gaming devices out of sight.

Let us know if you have a preference for contact and we can help you set this up for an effective meeting.

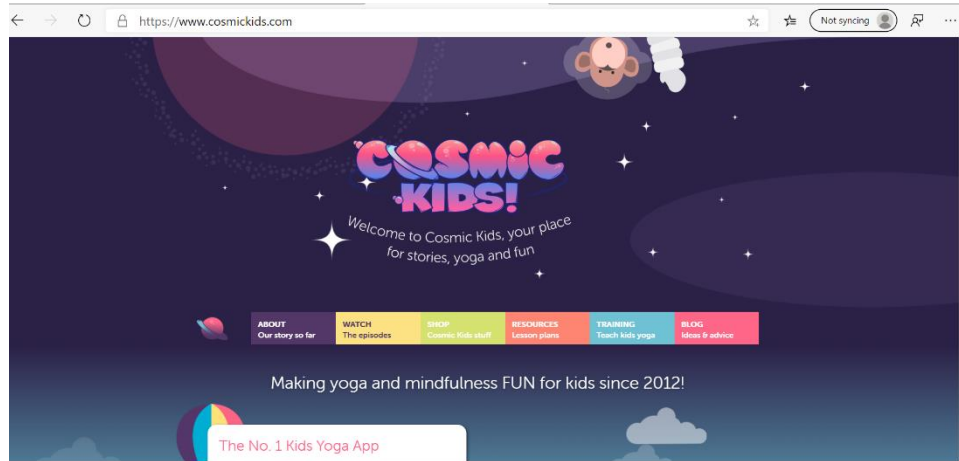


Working together in creative ways to continue to support the emotional well-being of our children, young people, parents, staff teams and foster carers.



ONLINE RESOURCES

Cosmic kids



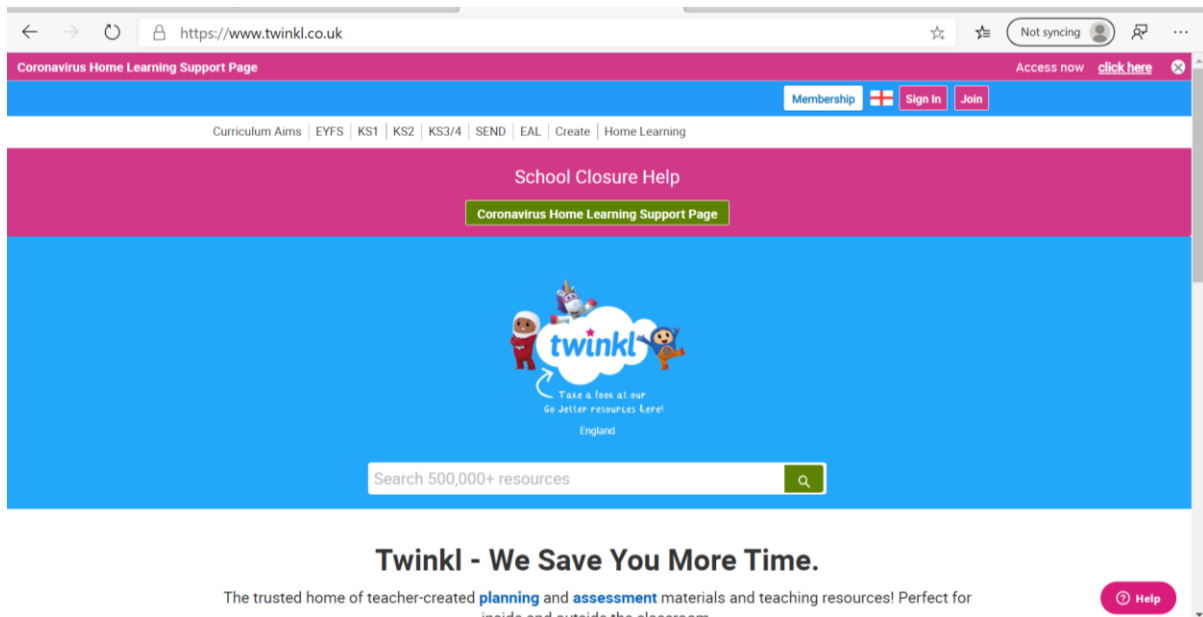
This site has some really fun activities for children to do, and you can also join in. There are stories, mindful activities, yoga, relaxation and dance activities. You can choose the length of time and the level of energy you wish to use. There are some other links on this page signposting you to other things to do. Worth a look!

<https://www.cosmickids.com/category/watch/>

Twinkl

This site has a wide range of educational and fun activities for children to do. This is currently free due to the Covid-19 pandemic and closure of UK schools. You can download resource packs and there are activity and educational sheets to download.

<https://www.twinkl.co.uk/>



Young minds

There are some really helpful resources on this website regarding self-isolation and other things to help during this difficult time.

<https://youngminds.org.uk/>



Pack developed by Dr Louise Harrison, Dr Nikki Hill and Natalie Raw
March 2020

Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

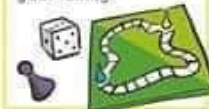


8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

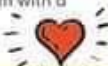


9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

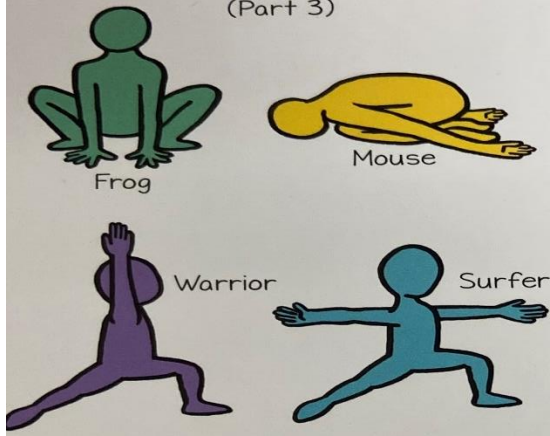
24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.

Do my yoga and/or tai chi exercises.
(Part 3)



Do something pampering and nurturing.



E.g. painting nails, massaging hands, having a massage, putting on a face mask, brushing hair, having an aromatherapy bath etc.

Music

- Listen to calming, soothing, positive music.
- Play an instrument.
- Sing or listen to a favourite song.
- Hum a song.
- Say the words out loud.



Do some colouring in, trace a picture, or design a sand, stone, or drawn mandala.



Have a calming hot drink.



Even better if it's from a positive-themed mug.

Do something creative and expressive.



E.g. drawing, painting, sculpting, making pottery, collaging, printing, sewing, knitting, making a mosaic etc.

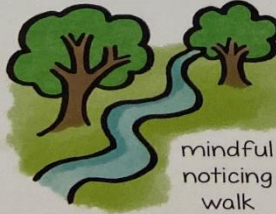
Do my mindfulness exercises.



belly breathing with a toy



heartbeat exercise



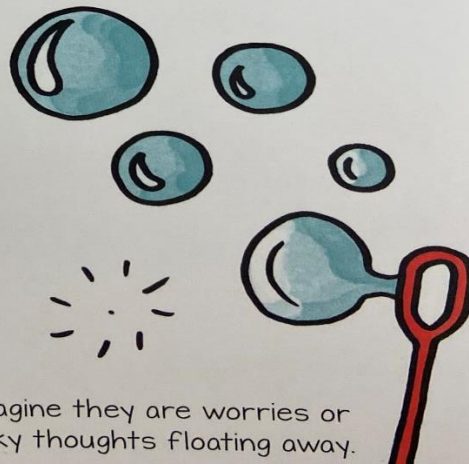
mindful noticing walk



treasure basket



Blow bubbles, feathers, a balloon, or water through a straw.



Imagine they are worries or tricky thoughts floating away.

Play a brain-based or cognitive game.



Make a relaxation and calming poster, collage, screensaver, voice message, and/or music playlist.



Imagine or actually place worries and difficult thoughts into a...

- box or bag
- locker
- drawer
- worry box
- worry monster's mouth
- worry diary



Chew, crunch, or suck something.



E.g. sweets, dried fruit, popcorn, nuts, a straw, or chewable items.

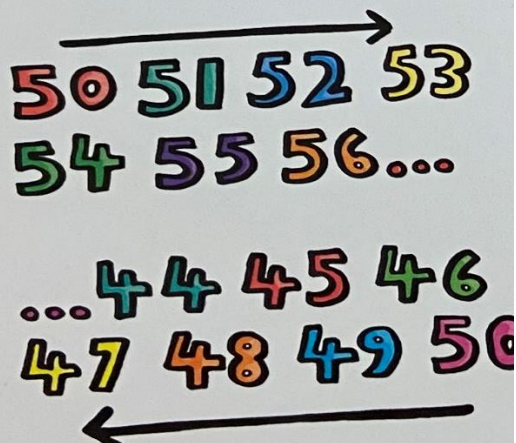
Shake or dance it out.



Interact with animals.



Count forwards and then backwards from a chosen number.



Do, listen to, look at, or watch something that will make me laugh.



E.g. a funny video clip, magazine, photo, movie etc.

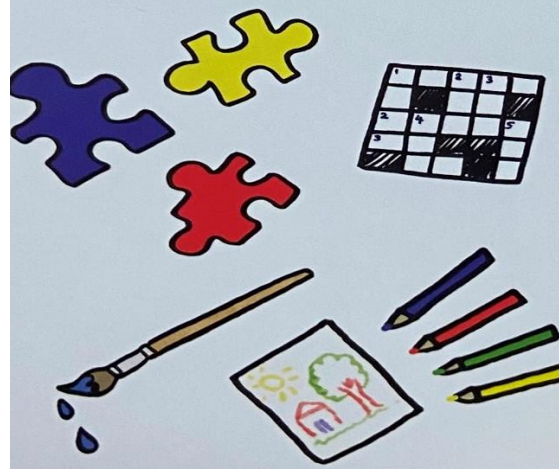
Do some regulating movements and actions.



E.g.

- swinging
- twisting
- spinning
- pushing my back or hands against a wall

Do a puzzle, crossword, word search, painting/drawing etc.



FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

PBS Kids

Make Me Genius

Starfall

The Magic School Bus

Cool Math

Highlights Kids

ABCya

National Geographic Kids

The KIDZ Page

Funbrain

NGAkids Art Zone

BBC History for Kids

Storyline Online

Steve Spangler Science

Mission US

The Happy Scientist

Khan Academy

Cells Alive

Youngzine

Fuel the Brain

Mr. Nussbaum

Exploratorium

Turtle Diary

e-Learning for Kids

Sesame Street

Fun Fonix

Seussville

Tvokids

The Story Starter

NASA Kids' Club

Crypto Club

Earthquakes for Kids

Smithsonian Learning Lab

Study Jams

Grid Club

Magic Tree House

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk

Free Websites and Apps to support with... Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness.

<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+

www.youtube.com/user/CosmicKidsYoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

www.bbc.co.uk/teach/supermovers



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

www.youtube.com/user/GoNoodleGames/featured



Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.

www.plprimarystars.com



Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

www.bbc.co.uk/newsround