



## TOP ISSUES EXPRESSED BY COMMUNITY ABOUT COVID-19

**1**

### **STRESS AND INCREASED PRESSURE**

Do what feels manageable during this time, and only set realistic expectations.

**2**

### **CHALLENGING BEHAVIOURS**

It is normal that our kids feel stressed when we do. There are ways to help our children feel more calm.

**3**

### **SCHEDULING AND FILLING TIME**

With a simple routine and some help from our manual, your days should fill up fast.

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# Managing at Home

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## **Social Distancing and Isolation Toolkit for Families**

Completed: March 17, 2020  
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This document is intended for the FREE distribution for communities in response to planned social distancing/isolation. Any unauthorized use, disclosure, distribution, or copying is prohibited.

This support was created by Angela Taylor on behalf of **Inspire Community Outreach** with request by the community.

### **Intention**

This document has been created to serve as a tool that can be used to support families that include children of any age. As it was created alongside community, the language used is to encourage discussions that help calm the community.

### **Limitations**

We understand that the information received about COVID-19 is updated often, and as this was created within a snapshot, may become incomplete. We will do our best to update and re-distribute as necessary.

### **Please direct any questions you have to:**

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Inspire Community Outreach Inc. is an incorporated non-profit social services charity providing evidence and culturally informed, family-centered education and programming, designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

Our **mission** at Inspire Community Outreach Inc. is to support the mental health of children, youth, and families.

Our **vision** is the development of a community that supports children, youth and families to recognize and celebrate their strengths and potential, and that puts them in touch with resources that benefit their overall well being.

**Charity # 830697231RR0001**

## **COVID-19 and Families**

As we are urged to practice social distancing and isolation, we can feel overwhelmed at the uncertainty of things and the increased pressure to manage. This prevention is important in ensuring that the Coronavirus, which is now present throughout Canada and the world, to slow and reduce the virus from spreading.

Being isolated at home for a time can be very overwhelming and very lonely for some of us. Whether we are worried about how our children may cope with so many hours at home; whether we are experiencing health anxiety that drains up all our energy, and we feel we have very little left to give for our children; or whether we are living in serious fear of having limited social connection for the next month - we can support each other!

The team at Inspire has worked alongside the community since 2013 to fill social service gaps and support you in meaningful ways. We put together this manual to hopefully relieve some of your own anxiety, but also to support you in working with your families through their big feelings, and offer some fun and hope in the midst of a very hard time. We will also be provided other resources, tips, and encouragement through all of our social media platforms, so be sure to check them out. Most importantly, do what you can to prioritize your mental wellness. Take those 5 minutes to sip your coffee alone, offer yourself some heartfelt compassion, remind yourself we are all doing our very best, and that that is more than enough! Lastly...

Rest  
Keep Hydrated  
Wash Your Hands

## **Top Issues Expressed by Community About COVID-19**

Since the recent outbreak of the COVID-19 virus, families have experienced a lot of distress, and we have listened about what we can do to manage during this time. Some of the top issues families and community members have raised are listed below:

### **1. Stress and the Increased Pressure**

**Pages 4-7**

Parents share that they feel increased pressure to keep their children healthy and safe while also providing them the education suggested by schools. Please know that if homeschooling does not feel manageable during this time, we understand. Do what feels okay, and set realistic expectations. You can spend quality time with them by watching a movie together, participating in activities together, or preparing their favorite snack. We are all trying our best, and what we can and cannot do is different for everyone, and changes day to day. Please be kind to yourself.

It's never been more important to invite self care and compassion into your life. We can practice saying a daily mantra, something like "I will get through this, I am strong and resilient," talk to ourselves like we would a good friend and do things to bring us joy, like listen to our favorite songs. More information and self care activities are further in this manual. More tips and exercises you can practice: <https://self-compassion.org>

### **2. Supporting our Children**

**Pages 8-15**

We know our children will express concerns and worries and that they sometimes come out through big behaviours. You may see more challenging behaviours during this period because just as we feel more stress, so do our children. It is normal, and we can find ways to help our children learn to feel more calm.

### **3. Scheduling**

**Pages 16-20**

It can be so difficult when we feel like we have to entertain our kids at home all day, every day. With a little prep work and a schedule in place, we can set our kids up to have full days. There may still be times when they feel bored. Okay, it's for sure going to happen. Please remember, it is not our job to be a professional teacher. Most of us are not trained this way and managing 2 to 4 different grades without training would cause anyone to feel stressed. So, let's focus on movie nights, sleepovers, and fun during this time, to give their kids a break from school expectations, and to learn more about our amazing kids. Set goals that are attainable and reasonable, and do the best you can. That is more than enough. In fact, we will send you an award at the end.

**Webinars on these and other topics will be available soon**

## **Activities for Caregivers**

Caring for ourselves is just as important as caring for our families and children. Please see some of the suggestions families said were helpful.

### **1. Exercise at Home**

- Keep your body active and moving, stretch, practice yoga, do some simple weight lifting, or anything that feels comfortable.
- Got knots? Use a tennis or lacrosse ball to work out the tight spots.
- There are lots of resources and videos on Youtube to do instructed yoga or exercises. Here is one guided yoga class channel on Youtube: [yogawithadriene](#).
- Another option is to take a walk outside - breathe in the fresh spring air, notice the sounds of the birds, the running squirrels, and the warm sun on your cold cheeks.
- We can also play outside with our kids or sit on the step while the kids run and play.

### **2. Meditate**

- Take some time to practice simple meditation, which can help calm your mind and body, and help you to focus on the present moment. There are lots of guided meditation videos on Youtube or an app called SimpleHabit, and meditation sounds are provided on spotify or Youtube.
- Give yourself some space to have even five minutes of alone time. Sip your cup of coffee while the kids do art. Look outside at the beautiful trees swaying in the sun. Watch a relaxing video on Youtube, or have a dance off to your favourite song to release some positive energy.

### **3. Limit Screen Time When it Works**

- Being cooped up in our homes is something that makes social media and screen time a survival tool. Unfortunately, with all of the false information that is filling our feeds, social media is likely to cause fear and anxiety, especially for those of us who are more complex or live with anxiety. This is a fantastic time to detox from online accounts, and pick up a book or a movie to watch instead.

### **4. Enjoy Water**

- Enjoy a shower, or nice warm bath with some of your favourite essential oils, epsom salts, relaxing music and candles. This is a time to give back to yourself and body. You deserve good care, and now is the perfect time to give yourself some care and affection!

### **5. Gratitude**

- Make a list of what you feel grateful for, and have your kids write a list as well. Share it with those you love, and be reminded of the good you have in your life. This can look like writing, drawing, painting, etc. Gratitude changes our mindset immediately and can create big changes in the brain. Here is a resource from [www.therapistaid.com](http://www.therapistaid.com) <https://drive.google.com/open?id=18I7uT9JF9KtP4m9q xv0I4yJV6caNOIW1>

## **6. Embrace a Hobby**

- What do you like to do, that maybe you've been too busy for? Do you like to read, write, paint, draw, or do puzzles? Work on some of these, and celebrate the end result. Get ahead of the birthday or holiday cards for the year, plant some new seeds and watch them grow, fill that photo album you've been meaning to work on for years, and congratulate yourself for finding purpose, and being meaningful with your time.
- What is something you've always wanted to learn, but haven't had the time (or courage) to try? Pick up something new. Look up a tutorial for crocheting a hat, rearrange your living area and add some fun decor, pick up a paintbrush and trust your gut to make a beautiful creation. Watch and be utterly amazed at your ability! Thank yourself for being brave enough to embrace uncertainty and try something new.

## **7. Cook or Bake**

- Is there a new recipe you've been wanting to try? Make that pot of soup or try that new cookie recipe - whatever your heart desires. Baking and cooking with your kiddos can be a fun way to spend time with them, keep them occupied, and help them to feel success in something. Have them decide, and let them lead the activity. Recipes for nearly everything can be found online, and lots of tutorials are available.

## **8. Online Therapy**

- If you are feeling like you need some extra support during this time, we can offer you support over the phone or via zoom calls. Please email us [info@inspirecommunityoutreach.ca](mailto:info@inspirecommunityoutreach.ca) if you are needing this support, and we will help however we can. Other options are videos online, and free resources such as self help websites, videos, books, etc.

## **9. Declutter or Organize**

- Have you been needing to clean out those junk draws or linen closets full of linen? Take this time to declutter your home and create a pile that can be donated when the time is right. Changing up your environment can feel very refreshing, especially when you are spending an increased amount of time at home. Put on your favourite music and get to cleaning!

## **10. Read**

- Pick up a new book, or revisit an old one. Reading can be a great way to occupy your mind, and escape to a world of calm.

## **11. Rest and Taking Care of Ourselves**

- It is important during this time, with the increased amount of stress, that you take care of yourself. This will also help you take care of those around you. Take time to rest frequently, and ensure you are doing what you can to stay healthy and well.

## **12. Stay connected**

- Often our friends and family can be our best supporters. During this time, make sure to stay connected to your people via facetime, zoom, skype or

over the phone. This time can be heavy on us, so it is extra important that you reach out and stay connected.

- Using: Texts, Video Chat, Phone, Spending time in small groups of people, Social media (**note**: if you are experiencing anxiety over your health and the health of those closest to you, it may be important for you to limit what information about COVID-19 that you are following, and limit your access to negative social media contacts. This will lead to increased wellness and alleviate some anxiety).

Cited from: Kozłowska, H. (2020). 15 ways to practice self care in the time of the coronavirus. *Quartz*. Retrieved March 17th from <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

### **Managing Health, Anxiety, and Self-care**

Many of us, including our children will have health anxiety or worry about the health of us or those around us. This image from Blessings Manifesting is a great reminder of what we do have control over and how to help feel calm.

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Image from: Blessings manifesting

**Don't be afraid to set boundaries**, like telling friends if you don't have energy to listen to distress or news. Feel invited to tell your loved ones to respond with "It's going to be okay," or something else that fits.

### **Create a Stress Tool Box**

When things feel hard, what can you do to bring yourself back to this moment and have things feel more manageable? Using our senses can help us with the stress in our lives. It's good to have some things with us, maybe in our bag, just in case.

#### **What can we see?**

- Look at something that brings happiness/joy
- Really look and enjoy something beautiful
- Spend a moment and look around the room. What do I see?

#### **What can we hear?**

- Listen to music
- Call someone (even a helpline) to hear or talk to someone
- Hum a tune you like
- Go to a quiet place
- Listen carefully in the space right now. What do you hear?

#### **What can we smell?**

- Use a favorite perfume or lotion
- Use a calming essential oil (Chamomile, rose, orange, bergamot, lavender)
- Get outside and smell nature or get some fresh air

#### **What can we taste?**

- Have something delicious to eat and taste each bite with focus
- Enjoy a candy
- Chew gum
- Put a raisin (or something good?) in your mouth and feel the textures
- Savor an orange

#### **What can we touch/do?**

- Take a bubble bath or shower
- Ask for a hug
- Focus on all the sensations of walking
- Take a deep breath, feel the fresh air slowly coming into your body
- How does it feel to sit/stand where you are?



## Supporting Our Children

This situation can also be very scary for our children, who may not know the full reality of this illness, or what they should do in response. When a child senses threat or experiences feelings of unsafety, they may become escalated/upset. When this happens, we can connect what we see to the phases of escalation diagram. The diagram demonstrates that each one of us has a window of time where we are beginning to “rumble”, or where our frustration/anxiety is building. At this stage, we have not yet become overwhelmed, and can receive help that will allow us to slowly feel calmer. Preventing escalation comes easier for some, and does become easier with time. Some tips are to use include:

1. **Distraction**
2. Making a **recovery plan** that can be used after your child has experience escalation (note: it is best to make this plan prior to an escalating event, so you feel more prepared and in control)
3. **Connecting to our children** - allowing them to lead, and using a “wait, watch and wonder” technique to understand what’s happening for them)
4. **Discussing successes with our children** (like being calm or calming down), and offering choices or the “you can do...” option.

| Is it Reasonable? Checklist |  |
|-----------------------------|--|
| Y/N                         | Can I plan all the parts of what I’d like to do? |
| Y/N                         | Do I have the help or items I need?              |
| Y/N                         | How do my children respond? Are they open to it? |
| Y/N                         | Is it worth the fight? Do I have the energy?     |

No matter how amazing you and your child are, there are some times that these and other supports will not work. Our team is available to help problem-solve with you through email, calls or Zoom (video chat) if you need. Email us at [info@inspirecommunityoutreach.ca](mailto:info@inspirecommunityoutreach.ca) if you need help.

## Talking to Our Kids About Illness

We have options about what information we share with our children, and we should prioritize helping our children to feel calm in this. If we are able to stay calm, it will encourage our kids to know that they are safe, even though things may seem scary right now.

### **Options:**

1. **Explaining the situation to your kiddos** - Parents can say, "I know it's hard right now. It's normal to have worries. Canada learned so much from other places that got this illness before us, so we can take care and be extra safe. This means washing our hands well, giving ourselves space from others, and not going to places with lots of people. Where are some places that have lots of people close to each other?"

Kids: "School...mall..."

Parent: "You are right. So, we will try to spend a little more time at home for a while... and at home, mom/dad/parent can clean up and help take care of things. Everyone is working together to keep people safe."

2. **You can share what you are doing to help** - Did you share canned food, donate money, etc?
3. **Sequencing** - Sequencing can help our children organize their thoughts and feelings about all situations. When a child is in distress about a situation, it's not possible for them to think logically about the situation or their feelings. We can help by arranging their thoughts and feelings by validating them through sequencing. Sequencing is the process of *breaking down everything that has happened which has led to the child's current state and can include traumatic events.*

"We were doing okay at home, when you saw that X on the news. That was confusing and scary. We both wish things were different and are doing everything we can to stay safe. I'm here to help however I can."

This can be done for many things, including sibling relationships.

Example: if a child is upset that his sibling would not play a game with him, you would start by validating that they are upset and follow it by breaking down the sequence of events - i.e. "first, you came into the block area and wanted to play with X", "next, you tried your very best to teach X how to play the game", "then, you became frustrated because they were not understanding how to play the game". Lastly, we can problem-solve by sharing, "can you ask for (caregiver) to help?" or "it looks like I can help."

## Challenging Behaviours

There are **many things** that lead to our behaviour. Behaviours ALWAYS serve a purpose, and often a way of communication.

**Let's be curious...**

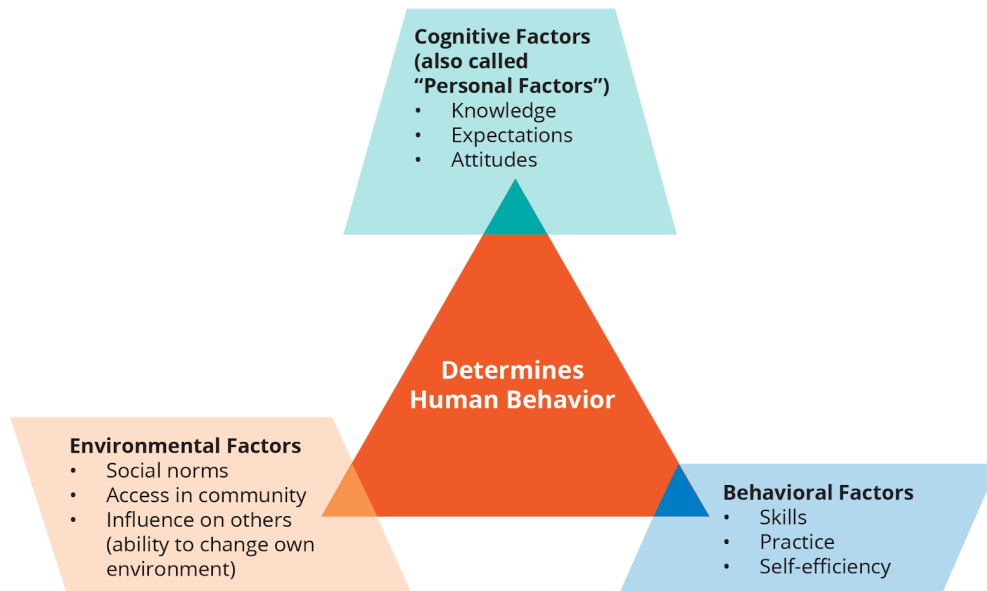


Image from:

<http://sbccimplementationkits.org/urban-youth/wp-content/uploads/sites/9/2015/09/social-learning-theory.png>

**Becoming more aware of patterns.** Most behaviours represent attempts to say or do something, whether we are aware of that or not.

**Actions** are the observable things the child says or does.

**Context** details of the environment that the action/behaviour occurs in. Examples are: noise, instructions given, visual information present, etc.



**Outcome** Pleasant outcomes lead to things we want to repeat

Unpleasant outcomes are things we would like to avoid.

**Example:** It is time for Liam to stop watching TV... He begins to cry, falls to the floor crying. I tell him he can watch more TV.

**Expected result:** Falling to the floor crying becomes more likely when it is time to turn the TV off, and possibly in response to other activities he wants to keep doing/avoid.

**Real life is messy.  
But we can make our best guess, and it may take time to find a solution.**

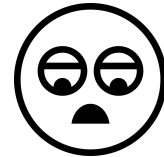
### **What can we do when things get hard?**

It is NORMAL for us to react with emotion to challenges. To be “triggered” is to be human.



#### **Some things that can help us in the MOMENT:**

- Tell yourself that it is normal to feel frustrated or emotional during challenges. Being kind to ourselves is important.
- Taking a deep breath before we respond. Like a **gift** to ourselves!
- Mindfulness, or allowing ourselves to come back to the moment: focus on something, feel joy or think of something we enjoy.
- Take a moment away, when we can.
- Ask for help when we need it.



#### **Supporting Children with Sensitivities:**

Children with sensitivities often have **uneven development** and can be overwhelmed more easily. Uneven development is where the child may learn something really easily, and other things may take hundreds of times. This is really frustrating for the adults, and is even more frustrating for the child.

1. Having a “Quiet area” available for the child to use (by choice).
2. Modelling a behaviour (sometimes a LOT).

#### **Transitions are hard:** Here are some things to help.

1. Warnings and time countdowns “20 more minutes...10 more minutes...5 more minutes”
2. Excited redirection “Hey we’re all going to do THIS! WOW!”
3. Statements to share with children
4. Alternatives to “no”
  - Great idea! Sorry we can’t do that right now. We will do that later.
  - That sounds like fun. We will do that after lunch.
  - Let’s do it together: “Help me turn off the light” “Let’s get your toy before we go...”
  - Giving 2 choices
    - Do you want to go to the bathroom by yourself or do you want me to go with you?
    - Do you want to share the blue one or the red one?

#### **Stress and mental health difficulties are NORMAL**

Talking about mental health and challenges benefits everyone. It allows us to know they are not alone, and sharing resources or coping skill strategies is a great way to support knowledge sharing.

## **Dealing with Emotion-Fueled Behaviour (AAAH!)**

**We act like mirrors to children.** Children look to their adults to see who they are. What message do you want to share?

1) We can respond to the emotion and share empathy for their experience. When the child feels heard, we can figure out the WHY. **“You look really upset. I see that you really like that toy and you are upset it got taken away.”**

2) Address the way that the child expressed their frustration, their need for help. We can tell them: **“We can say, “I am upset. Please give me back the toy.”**

3) As you see the child going forward, look for parts behaviour you asked them to use instead. If you see anything like it, even a small thing, **tell them you see it and their effort.**

You can also **Agree, validate** what they are saying/how they feel, and provide **choices** Ex. Choices like, “should we have A&W or Wendys for supper?” Do you want one scoop or two? Would you like the blue or red cup? Choice of showering now or in 10 minutes with something to look forward after.

## **Consistency**

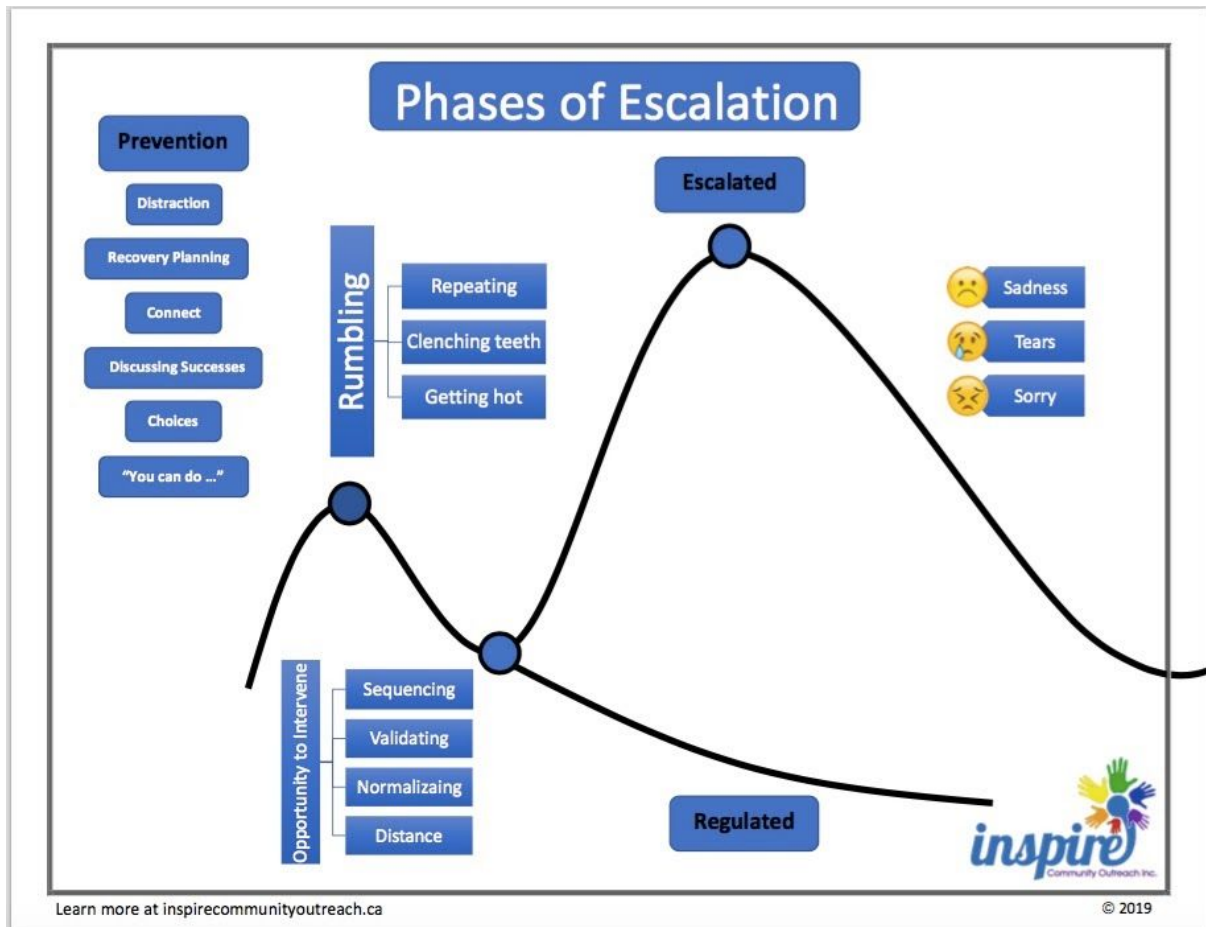
When a child is feeling overwhelmed, they need an anchor. They want it to be the adult around them. Consistency will help give the child stability within their life, between caregivers and help them feel safe.

- 1) **Having clear expectations.** What are the rules around using X? When do I get it again? If I can't understand when I have access, likely the child doesn't either. Note: Some children feel like if they don't have access now, they will never again be able to use/go/do that in the future.
- 2) Having several adults with the **same expectations** helps build safety in their relationship with us and within our teams, especially with sensitive kids. This means what we expect for the child to do, how we respond and how we want them to act is the same (at least for the most part) from each of the caregivers in their life. Ex. Imagine with Jane, the child can demand an Ipad and it's given without doing their chores and there is no upset from the adult, but with Joe, the child gets grounded for asking. This can cause confusion and escalating behaviours EVERY time something is tried. Why? Because stress.
- 3) **Using the same language and words to communicate**, including labeling feelings and outcomes. Having numerous adults interacting with a child, all using the same language helps the child to feel supported, understood and trusted. Whenever possible, inviting the child to tell us what language they like to use. Ex. “Wow. you're really upset right now and I can see why.” “I'm losing my bananas!”

**The reality is that a lot of this is easier said than done.** Thankfully, perfection is not needed or even the best thing for kids. Making mistakes or saying sorry can show children how everyone is learning and growing for a lifetime, as well, just as we know we can't be

perfect, we know they can't be either. Children have much of the same feelings and stress that we as adults have, but less years of learning behind them and therefore often less skills to manage.

## Challenging Behaviours and Escalation



### Some questions to ask yourself:

1. What does the rumbling usually look like for my child (clenching teeth, face turning red, slowly raising their voice)?
2. What seems to help them regulate *before* they become escalated?
3. What helps you calm yourself when you are starting to feel anxious or frustrated?
4. How can you model these coping strategies for your kiddos?

### Low and slow technique

If a child is highly escalated, then starting with a louder voice (matching theirs), and slowly decreasing your volume will help them to de-escalate. Say: "I can see you're upset. I want to help. I will be right here when you are ready", then walk away far enough that you are giving them their own space, but close enough that they still see you or know you are close. This process is called co-regulation, in other words, you are helping your child to de-escalate. It takes time to build this space for them to feel safe when they are escalated. As children, we are still learning how to calm ourselves, and as hard as it is, children need us to be calm when they are escalated, so they can learn to match us. We can be low and slow when

children are upset, by using a slow voice, and lowering our body and tone of voice to match them.

## **Inspire Created Resources**

### **Children's Activities (under 5)**

Here are a variety of activities that you can do to enrich your experience with hard to connect to youth. We have put a variety of sources and ideas that may work for you from all the places we could find.

<https://docs.google.com/document/d/1ehffAXtKBNqmR26YJwPqVyVq7gSkZpzWY1Y69Fg6-04/edit?usp=sharing>

### **Activities for Youth (at Home)**

Here is a two week outline of daily activities you can do with your kids while at home, lots of crafts and activities with common household supplies

<https://docs.google.com/document/d/1COF07KMaGFzYdi2t0jNhpJT6s0PrVrioOtY-GtDwWwMY/edit?usp=sharing>

### **Youth Activities Resources**

This is a guide intended to help you connect to your child, while participating in activities together.

<https://docs.google.com/document/d/1YAZ07xjdc2qHf-0jqZ9WyP6aaQXQdISeVCwVcllWATA/edit?usp=sharing>

### **Self Expression Activities for at Home**

Activities you can participate with your child, and learn about and be curious of their self expression, and allow them the opportunity to express themselves openly.

[https://docs.google.com/document/d/1W09v0TBOKvelOCr2vdbOAUr\\_DzallHd03XmPTdGrr60/edit?usp=sharing](https://docs.google.com/document/d/1W09v0TBOKvelOCr2vdbOAUr_DzallHd03XmPTdGrr60/edit?usp=sharing)

### **Inspire Youth Worksheets**

This is a bundle of worksheets your child can do that focuses on topics such as “you're not alone”, “its okay to make mistakes”, and “practice makes perfect”

[https://docs.google.com/document/d/1ZThy0GU4VAYhV1cKfgocy2VGhflqoCzsX\\_kq3WJ\\_Kg/edit?usp=sharing](https://docs.google.com/document/d/1ZThy0GU4VAYhV1cKfgocy2VGhflqoCzsX_kq3WJ_Kg/edit?usp=sharing)

### **Learning to Become a Behaviour Detective**

Supporting a child with autism or other sensitivity can be difficult during stressful times. This document was created with and for families that include complex kids, c=because they know best.

<https://drive.google.com/open?id=1MIx-AIZaA0rEuzlDf8c1M6dRkwHmuwqj>

### **Challenging Behaviour Print Out**

<https://docs.google.com/document/d/169K0Ktrk8RXDGwtNhzkJXLSap7v2yfr7sJAqKVJARYc/edit?usp=sharing>

## **Setting up a Daily Routine**

Having a structured daily routine will support our children to feel safe. Some of our kiddos are very sensitive to change, so working to make our at home schedules similar to our children's school schedules will help them a lot.

**Using visual schedules** Sensitive kids can feel unsafe (and become reactive or escalate), even in a very safe environment. Routine is really important for sensitive kiddos, and may help with some of the resistance they are having. Offering a structured routine that is similar everyday will help them know what to expect, which will help them know that they are safe. This schedule can incorporate colourful images, words and pictures your child(ren) prefers, etc. to make it easy for them to understand and follow. Can they help offer input to what happens when, or pick the pictures for each event? Even better.



# COVID-19 DAILY SCHEDULE



|                 |                            |  |
|-----------------|----------------------------|--|
| <b>8:00 AM</b>  | <b>Wake up</b>             | <b>Get dressed, brush teeth, make bed, eat breakfast</b>             |
| <b>9:00 AM</b>  | <b>Fun learning</b>        | <b>Science, flash cards, word search, group reading, family game</b> |
| <b>10:00AM</b>  | <b>Reward</b>              | <b>Preferred activity and/or outdoor time</b>                        |
| <b>10:30 AM</b> | <b>Create</b>              | <b>Puzzles, legos, playdough, art, baking, kinetic sand</b>          |
| <b>11:30AM</b>  | <b>Lunch</b>               |  |
| <b>12:30PM</b>  | <b>Outdoor time</b>        | <b>Bikes, sports, backyard play</b>                                  |
| <b>1:00PM</b>   | <b>Relax</b>               | <b>Reading, puzzle coloring, drawing, nap</b>                        |
| <b>2:00 PM</b>  | <b>Online Learning</b>     | <b>Educational youtube, strategy game, ipad games, learning show</b> |
| <b>3:00PM</b>   | <b>Physical activities</b> | <b>Outdoor play, cars, obstacle course, fort, game</b>               |
| <b>5:30PM</b>   | <b>Dinner</b>              |  |
| <b>6:00PM</b>   | <b>Night time Routine</b>  | <b>Family movie, board games, video games or other</b>               |
| <b>8:00PM</b>   | <b>Bedtime Routine</b>     |  |

## **Learning from Home**

Having our kids home for a prolonged period of time is likely to bring up additional challenges. Creating a schedule that includes some learning can prevent our children from falling behind and minimize the transitional concerns of going back to class. Also, it's likely that all kids will catch up when they get back to school, so try to find the joy in supporting kids to learn and keep an eye on the reasonable expectations checklist.

### **1. Scholastic Learn at Home:**

[https://classroommagazines.scholastic.com/support/learnathome.html?promo\\_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747](https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747)

This site offers daily learning for grades as low as pre K and kindergarden to grades 6+ The website offers learning videos and activities provided daily.

### **2. Khan Academy** <https://www.khanacademy.org>

Especially good for math and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

### **3. BBC Learning** <http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

### **4. Futurelearn** <https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

### **5. Seneca** <https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

### **6. Openlearn** <https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

### **7. Blockly** <https://blockly.games>

Learn computer programming skills - fun and free.

### **8. Scratch** <https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

### **9. Ted Ed** <https://ed.ted.com>

Educational videos

### **10. National Geographic Kids** <https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

### **11. Duolingo** <https://www.duolingo.com>

Learn languages for free. Web or app.

### **12. Mystery Science** <https://mysteryscience.com>

Free science lessons

### **13. The Kids Should See This** <https://thekidshouldseethis.com>

Wide range of educational videos

### **14. Crash Course** <https://thecrashcourse.com>

YouTube videos on a variety of subjects

### **15. Crash Course Kids** <https://m.youtube.com/user/crashcoursekids>

YouTube videos on a variety of subjects for younger children

16. **Crest Awards** <https://www.crestawards.org>  
Science awards
17. **iDEA Awards** <https://idea.org.uk>  
Digital enterprise award scheme you can complete online.
18. **Paw Print Badges** <https://www.pawprintbadges.co.uk>  
Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.
19. **Tinkercad** <https://www.tinkercad.com>  
All kinds of items to create
20. **Prodigy Maths** <https://www.prodigygame.com>
21. **Cbeebies Radio** <https://www.bbc.co.uk/cbeebies/radio>  
Listening activities for the younger ones.
22. **British Council** <https://www.britishcouncil.org/school-resources/find>  
Resources for English language learning
23. **Oxford Owl for Home** <https://www.oxfordowl.co.uk/for-home/>  
Lots of free resources for Primary age
24. **Big History Project** <https://www.bighistoryproject.com/home>  
Aimed at Secondary age. Multi disciplinary activities.
25. **Geography Games** <https://world-geography-games.com/world.html>  
Geography gaming
26. **Blue Peter Badges** <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>  
If you have a stamp and a nearby post box.
27. **The Artful Parent** <https://www.facebook.com/artfulparent/>  
Free art activities
28. **Red Ted Art** <https://www.redtedart.com>  
Easy arts and crafts for little ones
29. **The Imagination Tree** <https://theimaginationtree.com>  
Creative art and craft activities for the very youngest.
30. **Toy Theater** <https://toytheater.com/>  
Educational online games
31. **DK Find Out**  
<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAknmpaxqZbkgudD49l71ep8-sjXmrac>  
Activities and quizzes
32. **Twinkl** <https://www.twinkl.co.uk>  
This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.
33. **Amazing Education Resources** (List)  
<http://www.amazingeducationalresources.com/>
34. **Home Schooling Resources**  
<https://my-little-poppies.com/homeschooling-multiple-children>  
<https://organizedhomeschool.com/10-unique-homeschool-schedules>
35. **Government curriculum**  
<https://www.edu.gov.mb.ca/k12/mychild/immersion/index.html>

**36. Free museum tours**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

**37. Google all the things your family loves:** Lego challenges, easter egg hunt, crafts, special learning projects, creating and editing videos, pen pals, other stuff you never imagined you'd have time to do, but suddenly have all the time, except the children are on you 24 hours a day. Just text your friend a funny meme and find a laugh.

**Here is the award I was talking about.** You earned it.



Thank you to all the community members who helped us put this together and the amazing Inspire team who donated time to create this support.