

## Help, Advice, Support & Guidance for teaching your children during lockdown

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

The Twinkl website is offering free resources for online learning for a month at present in the light of the current health situation

You will need to provide an email address and password and enter the code **UKTWINKLHELPS** into the offer code box

<https://home.oxfordowl.co.uk/books/free-ebooks/>

Oxford Owl is providing a free e-library with 100's of books for all ages. You just have to create a username and password to access.

<https://www.phonicsplay.co.uk/#>

Phonics Play is currently free for all home learners.

Username: **march20** Password: **home**

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

Top Marks is another educational website where you can access free resources and online interactive activities

<https://www.teachyourmonstertoread.com/>

Teach your Monster to Read is a website to encourage smaller children to have fun whilst learning to read

<https://www.khanacademy.org/>

During school closures, the education website offers free daily schedules for students from the ages of 4 to 18.

## Help, Advice, Support & Guidance for teaching your children during lockdown

[https://www.youtube.com/results?search\\_query=the+learning+station](https://www.youtube.com/results?search_query=the+learning+station)

The YouTube Channel- The Learning Station is really good for smaller children with education music and movement.

<https://www.youtube.com/channel/UCx7e0DxniN82fuLLorsuWmw>

Stoke Library are uploading mini sessions of Singing Bears on their YouTube page

<http://www.peepandthebigwideworld.com/en/>

PEEP and the Big Wide World is a fun and interactive educational site for three- to five-year-olds. The site has plenty to do for the little ones and gives parents plenty of educational resources

<https://www.gonoodle.com/>

Go Noodle provides movement and Mindfulness videos for all the family

<https://www.youtube.com/user/thebodycoach1>

Joe Wicks is running a live PE class every weekday morning at 9am on his YouTube Channel

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

Cosmic Kids- Fun yoga for all the family

<https://www.chesterzoo.org/>

Chester Zoo are showing an virtual tour on their Facebook page and website

## Help, Advice, Support & Guidance for positive mental health during lockdown

<https://www.mentalup.co/blog/brain-games-for-adults>

MentalUp is full of brain teasers for adults, too keep your mind active.

<https://eslgames.com/>

English Speaking Language (ESL) games and activities for people who English isn't their first language, fun and educational.

<https://www.mombooks.com/mom/online-activities/>

Mombooks offers a wide range of books and activities to be read and completed online, the link above is to free colouring books.

<https://www.brain-games.co.uk/>

Play the best free Mind Games online with brain, math, puzzle and word games, sudokus and memory games.

<https://www.headspace.com/meditation/10-minute-meditation>

Headspace offers a free 10 minute guided meditation aimed at relaxing the mind and body

<http://www.allaboutdepression.com/relax/>

All About Depression offer free relaxation exercises.

<https://www.puregym.com/free-workouts/>

Puregym are offering free online workout tutorial's to keep you fit and active