



## **FREE online resources for education, relaxation and mindfulness and online safety**

This is a non-exhaustive list of resources for home-learning that might help you whilst schools are closed, and whilst we wait to see what schools are able to send home for children.

Khan Academy

<https://www.khanacademy.org>

Especially good for maths 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.

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This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision.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.

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).

Seneca

<https://www.senecalearning.com>

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

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.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

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.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

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

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

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

Good, free art activities

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmpaxqZbkquD49I71ep8-sjXmrac>

Activities and quizzes

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.

### **Relaxation and Mindfulness:**

Starting this afternoon at 2pm, there are going to be free on-line mindfulness group sessions for kids from Mindful Schools:

[https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm\\_source=Mindful+Schools+Newsletter&utm\\_campaign=7968a81a59-EMAIL\\_CAMPAIGN\\_NEWSLETTER\\_2020\\_03\\_18\\_NONREG&utm\\_medium=email&utm\\_term=0\\_024a46d2a1-7968a81a59-20835055](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm_source=Mindful+Schools+Newsletter&utm_campaign=7968a81a59-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_18_NONREG&utm_medium=email&utm_term=0_024a46d2a1-7968a81a59-20835055)

<https://www.headspace.com/meditation/kids>

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

Cosmic kids yoga (<https://www.youtube.com/user/CosmicKidsYoga>) has a free 2 week trial

### ***Staying Safe Online***

Children may be spending more time online in the coming months. Here is some advice for how to keep them safe from ThinkuKnow:

- Share our [Thinkuknow Parents Helpsheets](#) as appropriate within your communities.
- The [Thinkuknow website](#) provides guidance and support with keeping children safe online.
- [Parent Info](#) is a newsfeed service offering free support and advice from leading experts on digital family life. Expert advice to help families through isolation and quarantine will be delivered regularly through Parent Info in the coming weeks and months.
- The ClickCEOP button provides children with a direct route to report online sexual abuse if they feel they do not have a trusted adult to go to. Just email us at [ceopeducation@nca.gov.uk](mailto:ceopeducation@nca.gov.uk) with your website URL to get access to the button and guidance on how to use it.