

WFH Guidance with Children

Hello Mums and Dads!

For most parents working from home for this long is unknown territory and trying to come up with new ways of educating and entertaining the children is getting harder as time goes by.

I hope you find even one or two ideas that you think your child will enjoy.

Each suggestion I put on here has been recommended or I have asked a parent to trial for me.

HOPE THIS HELPS!

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Health & Fitness
English and literature
Maths
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****Please add a title if you would like me to do some research on any subject.
This slide is checked daily****

Health & Fitness



ONLINE

- **Joe Wicks P.E Session**

9:00 am LIVE Everyday– all Ages

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- **YOGA lessons**

Anytime - age categories included.

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

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

- **Dance Class**

Anytime - 4+

<https://www.youtube.com/watch?v=JWTyO8npkOQ&t=34s>

<https://www.youtube.com/watch?v=ymigWt5TOV8>

OFFLINE

- **Treasure hunts**
- **Home School Sports day**
- **Garden crazy Golf**
- **Create your own Pizza / salad / fruit bowl**
- **Obstacle course (indoor/outdoor)**
- **Outdoor races/ mini marathon**
- **Mini Olympics**
- **Dance off / Dance party**

• **English / Literature**



ONLINE

- **Stories with David Walliams**
Age 3 - 10
- **A series of children's audiobooks**
<https://www.worldofdavidwalliams.com/>
- **Twinkl online activities**
All ages
Worksheets that can be downloaded
<https://www.twinkl.co.uk/search>
- **Oxford Owl**
All Ages
<https://www.oxfordowl.co.uk/>
- **Early Years story Box**
Age 3 - 10
Literacy activities to do at home.
https://www.facebook.com/pg/earlyyearsstorybox/posts/?ref=page_internal

OFFLINE

- **Write a story**
(Age Dependant)
Help them pick a subject they will enjoy, hobbies or their favourite film.
- **Keep a Diary**
(Age dependant)
Keep a diary on how isolation has been for them, how they are feeling and what they are doing at home.
- **Book Review**
Choose favourite book and write or talk about favourite parts of the book and which book they would like to read next.
- **Story telling**
Read your favourite book to each other

Maths



ONLINE

- **Maths Virtual Lessons and activities**

All Ages

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

- **Bite Size Online lessons**

All ages

<https://www.bbc.co.uk/bitesize>

- **Oxford Owl**

All age Categories

<https://home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities/>

- **Twinkl maths sheets**

All ages

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

OFFLINE

- **Times tables challenge**

Each week work on a different number

- **Higher or lower**

Use a pack of cards and test probability of Higher or lower.

- **Track your walk**

If you go for a walk, track it and work out the Difference from day one to last day.

- **Baking**

Measure out ingredients to make perfect cake biscuit.

Science



ONLINE

- **Science Kids**
Science games for all age children
<http://www.sciencekids.co.nz>
- **BrainPOP**
Interactive site for all ages
<https://www.brainpop.com/science/>
- **National Geographic Kids**
Videos, interactive activities (games and quizzes) available for all ages
<https://www.natgeokids.com/uk/category/discover/science/>
- **Lesson Plans**
This site has all different categories for lesson plans / planets / fossils etc
<http://www.sciencekids.co.nz/lessonplans.html>

OFFLINE

- **Humans**
Draw an outline of the human body and get the child to draw and/or label the parts they know. OR write a list such as heart, eyes, stomach, and get them to label where it goes.
- **Tornado in a bottle**
Get 2 bottles, fill one of them with water and leave the other one empty. Tape the two bottles together, have the bottle with water at the top and spin it around and watch the tornado begin to show.
- **Baking soda volcano**
Get a bottle, vinegar and baking soda, fill the bottle $\frac{1}{3}$ the way full with vinegar and then add a teaspoon of baking soda and watch your volcano erupt.

Mindfulness and Wellbeing



- **Early Years Story Box**
https://www.facebook.com/pg/earlyyearsstorybox/posts/?ref=page_internal
- **Twinkl**
Colouring in sheets to download and fun activities to do whilst at home.
- **Mindfulness Meditation for children**
https://m.youtube.com/watch?v=Bk_qU7I-fcU
- **Blow bubbles**
Blowing bubbles is a simple activity which allows your child/children to control their breathing -this is used to calm their energy
- **Sensory games**
Fill some bowls with different household items i.e shaving cream, ice water, pasta and rice. Blindfold each other and describe the textures you can feel and work out what the item is.
- **Draw your feelings**
Get some paper and colours and draw images of how you feel at the beginning of the day, talk about why you might feel that way and then think of how you want to feel at the end of the day.
- **Silent Game**
Head on out into the garden, close your eyes and just listen to the noises you can hear whilst outside. Take note and then see what sounds each of you heard.
- **Listen to music**
Listen to different songs and feel the music
- **Circle Time**
Take this time to sit with your child/children and get them to talk about any subject of their choice and how it makes them feel. This opens up safe communication and lets them know you are listening.
- **Blindfold taste test**
Each person takes it in turns to wear the blindfold and guess the food/ herb / ingredient etc.
- **Get involved in some Yoga**
Youtube have some great videos to use
- **Who am I? Game**
Get some different pieces of paper, write names of people or animals and work together to find out who it is.
- **Rainbow Hunt**
Have a scavenger hunt around your house and in the garden and find items that match the colours of the rainbow.
- **Movement and mindfulness videos created by child development experts-**
https://urldefense.proofpoint.com/v2/url?u=https-3A_www.gonoodle.com_&d=DwlFaQ&c=lnl9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-Ir0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwIJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=ELdn7W38_7FcMvYMXizhobn-Ds5Kcj1jeDojK2BEs4c&e=

Entertainment



ONLINE

● **Free Audible**

For as long as schools are closed, kids can access stories across 6 languages for free!

<https://stories.audible.com/start-listen>

- **Movie Day - watch your favourite film online**
- **BBc Newsround**
- **Horrible Histories on computer / TV**

OFFLINE

● **Indoor picnic**

All ages

Something parents can do with children in a garden or on a balcony!

● **Home cinema**

All Ages

Disney plus have a 7 day free trial.

● **Science experiments**

Why not try and make your own lava lamp using a bottle, water, food colouring and oil.

● **Make your own volcano**

Using baking soda vinegar and food coloring
You and your children can have some fun
And watch it erupt.

● **Arts and crafts**

- **Make food from your child's favourite television programme or film**

●

COOKING / BAKING



Cooking

- **Mini pizzas**

You can choose any base you want (french stick, tortilla wraps, half a pepper etc) add your favourite toppings and enjoy!

- **DIY wraps**

Let your children choose their fillings for their wraps and get creative, try to choose different ingredients and then try each others wraps.

- **Mini sausage rolls**

All you need is some roll out pastry sheets and some sausages, cut the pastry into slices then wrap it round your sausage cook for 20 mins and then enjoy!

- **Potato skins**

Cook your jacket potato until skin is crispy, remove the potato from the inside, get any toppings you like and then either add in the potato you removed earlier and add toppings or add your toppings to your skins.

Baking / Treat making

- **Bake some Easter treats**

Rice crispy cakes

Easter bunny or Easter Egg cookies.

Shredded wheat nest cakes

- **Cake in a mug**

Grab all the ingredients you would use to bake a cake, find a mug, mix all the ingredients into a mug, put it in the microwave for 3 minutes, grab a spoon and eat it!

- **Chocolate covered strawberries.**

All you need is strawberries and chocolate, melt the chocolate until it becomes a chocolate sauce, dip the whole strawberries into the chocolate, let it sit in the fridge for about 10 mins for the chocolate to harden.

- **Bake and decorate biscuits and cakes**

Little cheat and use ready made biscuits such as rich tea or digestive!

Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science-

https://urldefense.proofpoint.com/v2/url?u=https-3A_www.nomsterchef.com_nomster-2Drecipe-2Dlibrary&d=DwIFaQ&c=InI9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-lr0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwlJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=M-ojHZP5wJiQqOtAvDImE6HzlPuhl71y83vmsrFqUkQ&e=

Out and About

(Your 30 minutes of exercise)



- **Eye Spy**

Whilst out for your daily exercise why not play Eye Spy and see all the things you can spot.

- **Miniature Scavenger Hunt**

Write a list of things your child is likely to see whilst out and about, tally down how many items you find.

- **Cloud spotting**

Take a moment whilst you are out and see what shapes you can make out of the clouds.

- **Go on an animal hunt**

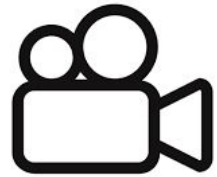
During your walk or daily exercise try and see how many animals or bugs you can spot.

- **Sensory Walk**

Why not engage your sense of hearing and on your walk try and listen out for all the different noises you are likely to hear when you are out for a walk.

- **Turn your walk into an obstacle course.**

Out on your trip use the path and make an obstacle course of your own.



Virtual Touring

The San Diego Zoo has a live webcam for animals-

https://urldefense.proofpoint.com/v2/url?u=https-3A_zoo.sandiegozoo.org_live-2Dcams&d=DwIFaQ&c=InI9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-lr0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwlJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=dhEqYlcnR7d77otritlJmCvaBlZjFxDuswCvMFxouk&e=

Melbourne Zoo also has live webcams

https://urldefense.proofpoint.com/v2/url?u=https-3A_www.zoo.org.au_animal-2Dhouse&d=DwIFaQ&c=InI9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-lr0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwlJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=rJaiKaBsxlXrapz1fH7aSAICNBhUZhQQZv9zNbOu6sc&e=

The British Museum- located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies-

https://urldefense.proofpoint.com/v2/url?u=https-3A_britishmuseum.withgoogle.com_&d=DwIFaQ&c=InI9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-lr0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwlJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=p9zlmWiltLGAfJif9jgv_6CNvAwR2lpPFVRzCoejQ&e=

Type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help children learn about history-

https://urldefense.proofpoint.com/v2/url?u=http-3A_www.whatwasthere.com_&d=DwIFaQ&c=InI9vOaLMzsy2niBC8-h_K-7QJuNJEsfRzdndhuJ3Sw&r=AHaZakfMqG-lr0-0LCY8G-mWr7A3Z--OYcjKV-HKU6M&m=sDqZr7uZVwwlJ_pLTkdK1uJuKMxv2sMA1W9KI4OEifY&s=jZ9L47qOmvcC15KWWmDj1COqUwZcdQ5jBMy8Zq9mLqg&e=