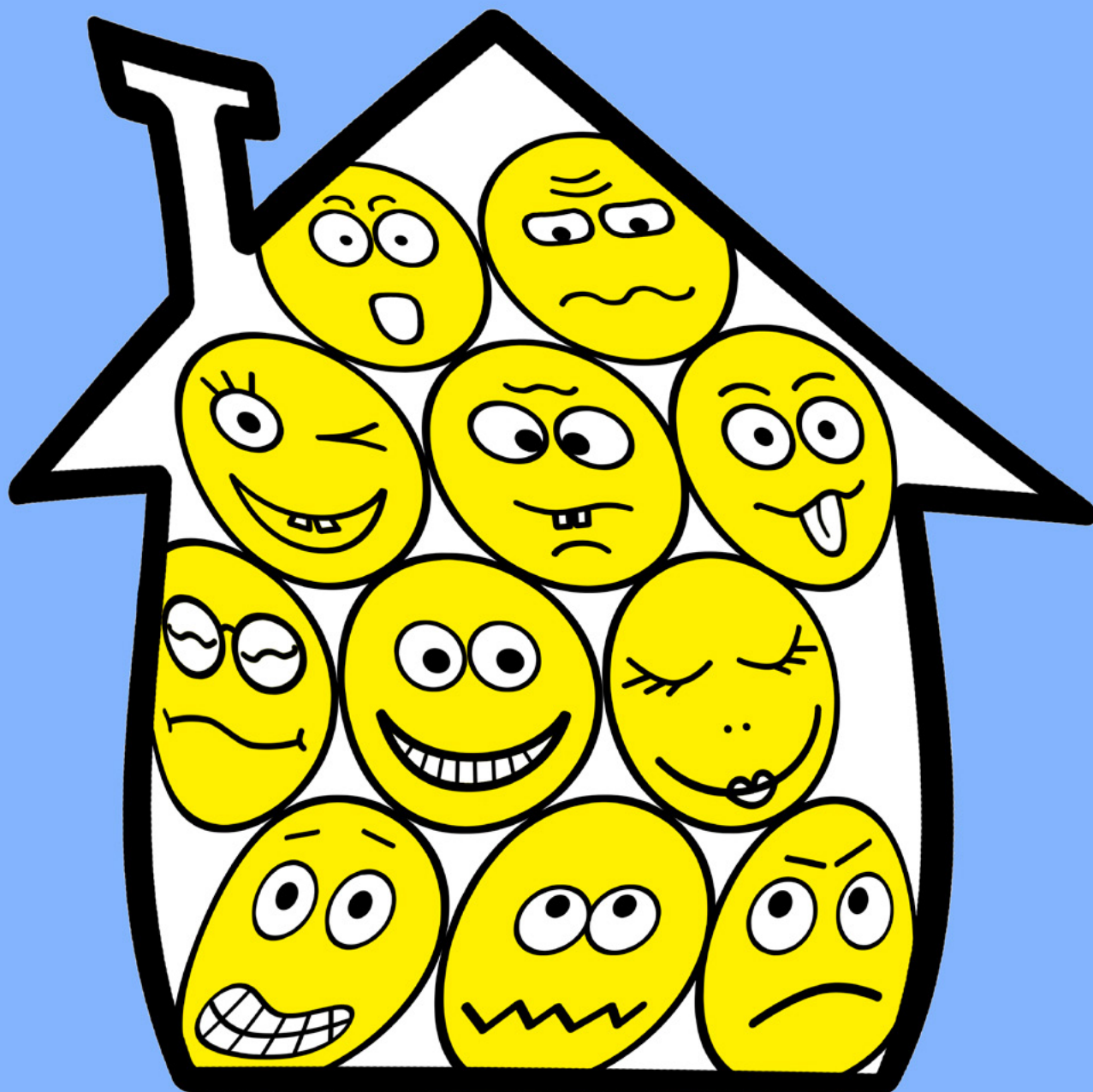


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Lockdown Issue 1



Win £100 Amazon Vouchers!

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April/May 2020

familiesonline.co.uk

Here are some great printables to help you and your family stay safe, well and sane during lockdown!

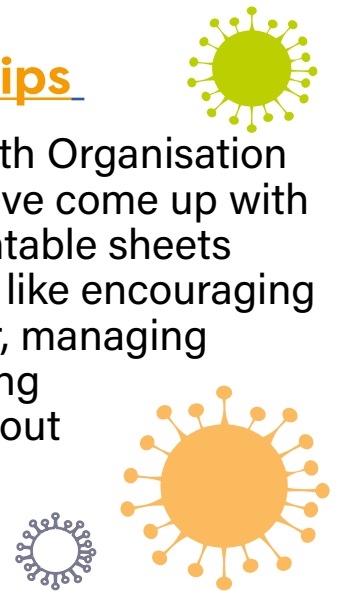
Hand Washing Song Infographics

Encourage the whole family to wash their hands for 20 to 30 seconds! You can get printable handwashing infographics for each family member based on their favourite song lyrics.



Covid-19 Parenting Tips

The World Health Organisation and UNICEF have come up with these great printable sheets covering topics like encouraging good behaviour, managing stress and talking to your child about Coronavirus.



Covid-19 Time Capsule Journal for Children

We are living in challenging and difficult times. It may help your child to document their experiences in this journal.

Families Magazine Colour-In Reward Chart

Set "lockdown" goals and encourage your children to behave well with our printable colour-in reward chart.

There's even a competition to enter for when we are allowed out again!

Welcome

Welcome to the first “surviving lockdown” issue of Families magazine!

We can't get our print magazine out to you right now. So we've gathered together the best of all the resources available for parents at this time and put them in one place to help you get through the next few weeks.

We are centralising enquiries right now, so if you want to get in touch, please email info@familiesmagazine.co.uk

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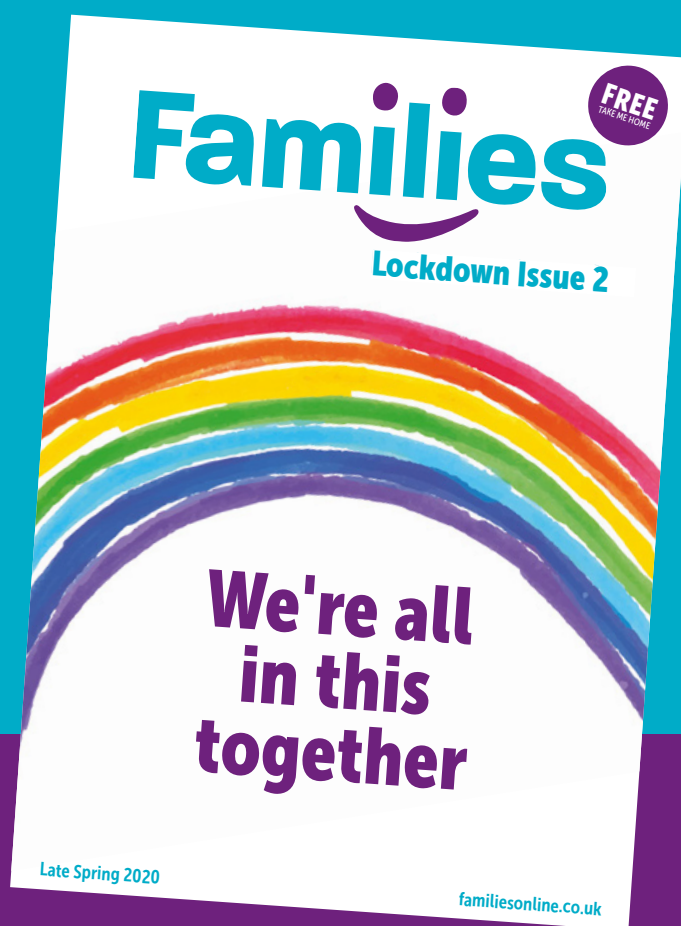
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Magazine



Best Home Learning Resources

Our guide to the best **FREE** online learning resources



BBC Bitesize

Daily online lessons for ages 5-14 starting on 20 April. Also on TV.



Book Trust Home Time

Free books, games, quizzes and recipes.



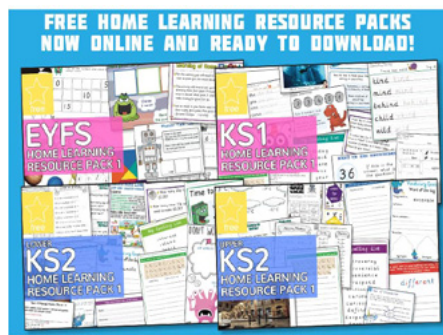
Classroom Secrets Kids

Free resources for teaching English,



Doorway Online

Interactive games to practice phonetics, numeracy and money.



Teacher's Pet

Free weekly downloadable home learning packs. Up to age 11.



Pobble 365

Inspiring creative writing every day of the year.



Oxford Owl for Home

Resources divided into primary school year groups. Free ebooks.



BBC Teach

Advice for teaching at home, video resources for kids up to 16. Free interactive live lessons.



Brain POP

Short animated videos to create curious learners - free access during school closures.

Supporting Home Learning

Supporting your child to learn at home probably feels daunting.

Leslie Saffron is a member of **The Otherwise Club**, a community of families choosing to learn together without school.

Leslie advises: "To prepare for the jobs of the future, we need curious, creative, flexible people, with a strong sense of self. You can build your child's sense of self just by listening to and working alongside them, and showing them that their thoughts are valuable."

Mike Wood from [Home Education UK](#) says: "The strength of home learning is the freedom for children to follow their own interests and learn naturally. Real learning is driven by intrinsic curiosity. The trick is to encourage your child's curiosity and use it as a basis for them to develop learning skills. Knowing how to learn can help motivate them to fearlessly harness new skills in later life."

SEN Resources

[London Grid for Learning](#)

Inclusion resource centre.

[Nessy](#)

English help for dyslexia.

[Busy Things](#)

Learning through play.

[Helpkidzlearn](#)

Games/resources – some free.

[Understood](#)

For people who learn differently.

[TES Special Needs](#)

Free learning resources.

[TES Autism/ Tess Dyslexia](#)

Free learning resources.

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Best Subject-Specific Home Learning Resources



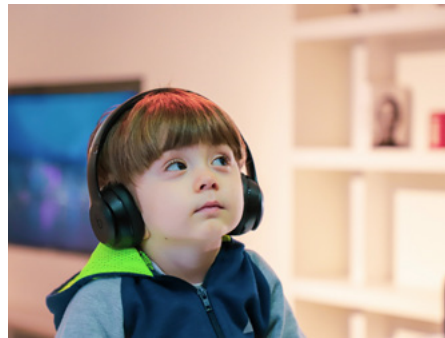
Teach Your Monster to Read

An award-winning game that makes learning to read fun.



Duolingo

Learn 30+ languages for free! Access via website or app.



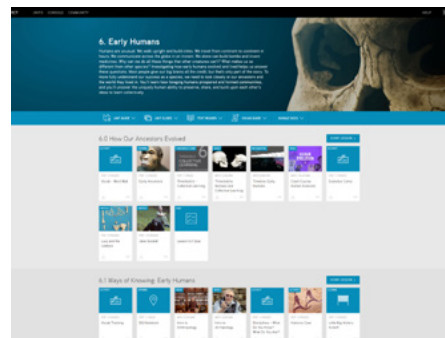
Wow in the World Podcast

For curious kids interested in science, tech & innovation!



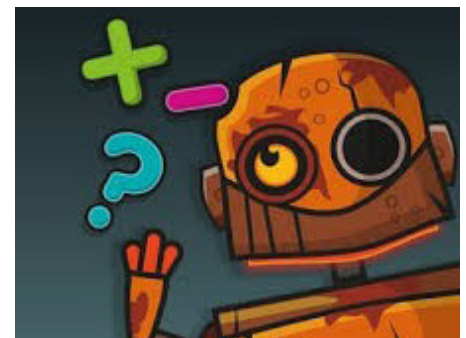
World Geography Games

Games testing knowledge of countries, flags and more.



Big History Project

Free online social studies course for secondary school kids.



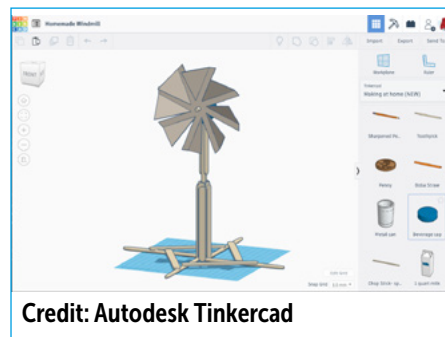
Numbots

A fun robot game for addition/subtraction. Free via web or app.



History Hit TV

Interesting historical videos from World Wars to creepiest toys in history.



Credit: Autodesk Tinkercad

Tinkercad

Free easy to use app for 3D design, electronics and coding.



Children's Classic Books

Wow! Loads of free children's classic books to read/listen to.

Lockdown School Day Timetable

- 8.00-9.00 **Plan the Day.** Get out school books/resources.
- 9.00-9.30 **Get Moving.** [PE with Body Coach](#) Joe Wicks. [Check out these options](#) too.
- 9.30-10.30 **Expand your Mind.** Try [Maths with Carol Vorderman](#).
- 10.30-11.00 **Break Time.** Get fresh air in the garden if you have one.
- 11.00-12.00 **Expand your Mind.** [English with David Walliams](#).
- 12.00-1.00 **Lunch!** Your kids can help make it.
- 1.00-2.00 **Chill Time.** [Read/listen](#) to a podcast.
- 2.00-3.00 **Art & Culture.** [Draw](#), do Lego or [learn about different cultures](#).
- 3.00-4.00 **Get Active.** Play football in the garden, or go for a walk/run.
- 4.00-5.00 **Let's Cook** with [Theo Michaels](#) or [Jamie Oliver](#).
- 5.00-6.00 **Have Dinner!** Clean up together.

Story Podcasts All Ages

[BBC School Radio Storytime](#)

Stories from popular picture.

[Bedtime FM](#)

Stories to help children relax.

[CBeebies Radio Podcast](#)

Stories with favourite characters.

[Little Stories for Tiny People](#)

Original audio stories and poems.

[FunKids Story Quest](#)

Stories for of all ages.

[Circle Round \(4-10 years\)](#)

International folktales.

[The Creeping Hour \(8-12 years\)](#)

Horror anthology series.

Motivating your Child to Read During Lockdown



Every parent understands the tremendous value of their children reading regularly. Given our current experience of the extraordinary Coronavirus lockdown – without the input of typical school life – reading daily at home matters more than ever.

[READ MORE](#)

Structuring the Day

By Daisy Upton



For some of us, having a loose structure for the day can really help with little ones at home. It's not something I would stick to rigidly. If a child is happily playing independently, then I'd sneak off for a cuppa! But having a rough plan means I always have ideas ready to go. I am currently doing a theme a week to keep things interesting.

Tips

- The activity doesn't always have to fill the time slot.
- If you're sharing childcare, do shifts.
- If you're overwhelmed, take a few minutes alone, somewhere where you can see but not hear the kids.
- Do 'tidy up time' at the end of an activity before introducing the next.

Example of a dinosaur-themed day:

- 9.00 Musical phonics. Every time the music stops, children jump on a letter on the floor and make its sound.
- 9.30 Write the word dinosaur as large as possible on a big piece of paper. Children can colour in the letters, adding shapes and patterns.
- 10.00 Snack and fresh air.
- 10.30 Make holes in empty shoe box. Get kids to post dried pasta through holes. Great for number recognition and learning to count!
- 11.00 Read dinosaur book/act out with toys.
- 11.30 Lunch/play.
- 12.30 Make a dinosaur jungle with sand/earth in trays, leaves, rocks and twigs. Add in dinosaurs and play!
- 1.30 TV and clean up time.
- 2.30 Outside play/walk.
- 3.00 Snack.
- 3.15 Jigsaw puzzle and board game
- 4.15 Film e.g. The Good Dinosaur

More great ideas from Daisy at [Five Minute Mum](#) in her book [Give Me Five](#).

Home-Based Fun for Under 5's

Mum to Martha (3) and Freddie (2), Families Editor, Rebecca Lewis, shares ideas for playtime in lockdown.

Pocket money jobs

10p is the daily going rate for odd jobs in our house: weeding (AKA pulling up lawn daisies), bagging up old clothes for charity, sorting the recycling into the correct coloured bags. Bargain!

Big bug watch

Naps are a distant memory, so this is our version of 'quiet time.' I've repurposed the wooden pallets my magazines arrive on as a creepy-crawly sanctuary. Fortunately for the woodlice, my two are finally getting the hang of 'be gentle!'

Virtual gardening

Martha's a keen gardener, specialising in growing dwarf beans. She's planted them for her nursery buddies, decorated the cups with their names, and showed them off over FaceTime. Her friends love seeing how they've grown.

Storytime for Under 5s

Oliver Jeffers reads:

[The Day the Crayons Quit](#)

Rob Hodgson reads:

[The Cave](#)

Emily Gravett reads:

[Cyril and Pat](#)

Malachy Doyle reads:

[Big Pig](#)

Benjii Davies reads:

[The Storm Whale](#)

Chris Haughton reads:

[Shh! We Have a Plan](#)

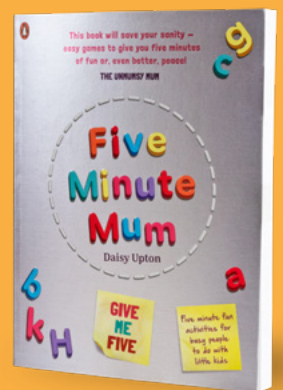
Zanni Louise reads:

[Archie and the Bear](#)

Win a Copy of Give Me Five!



Over 150 easy and fun activities for guilt-free parenting created by Daisy Upton in her new book. Each game uses objects and materials available in any household and takes just five minutes to set up and tidy up.



Enter [here](#) before 31 May 2020.

Best Family Health and Wellbeing Resources



NHS Every Mind Matters

Ten tips to help if you are worried.



Jump Start Jonny

Exercise/dance work outs for children.



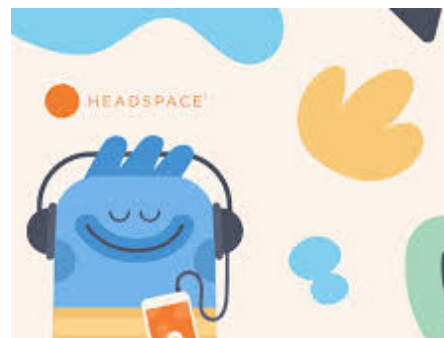
PE with Joe Wicks The Body Coach

PE/work out sessions for children.



The Little Gym at Home

Fitness for primary and pre-school children.



Headspace

Audio guided meditation/relaxation for all.



Mind

Resources for wellbeing.



Anxiety UK

Coronavirus support resources.



Nuffield Health Wellbeing Journal

Downloadable daily journal for children.



Fegans Online Counselling

Therapy for children (year 7+) and 1-1 parent support.

Talking to Children about Coronavirus

It's understandable if your child is feeling anxious about Coronavirus (Covid-19). The [British Psychological Society](#) (BPS) stresses the importance of being truthful and giving children factual information, but adjusting the amount and detail to suit their age.

For example, you might say: "we don't yet have a vaccination for Covid-19, but doctors are working hard on it" or "lots of people might get sick, but for most people it is like a cold or flu and they get better."

[Download full BPS guide](#)

Families also recommends the following blogs from [Understood](#).

- [How can I calm my child who won't stop talking about the virus?](#)
- [What to do when your child WON'T talk about the Coronavirus.](#)
- [What to do when your child is anxious about Coronavirus.](#)

And this great [blog from Hand to Hand Parenting](#).

Dealing with your Coronavirus Anxiety

By Anna Mathur



Perhaps you find yourself obsessively checking the news for fresh information on Coronavirus? Maybe you are constantly symptom checking, washing your hands, feeling consistently fearful or tearful, and playing potential scenarios through in your mind?

[READ MORE](#)

Your Child's Mental Health: Spot the Signs

By Ian Soars



Would you recognise the signs? It's **Mental Health Awareness Week** between 8 and 24 May and since March, large numbers of families have been dealing with much more anxiety than usual: about their health, their jobs, their finances and their futures.

[READ MORE](#)

Best Virtual Zoo and Aquarium Tours!



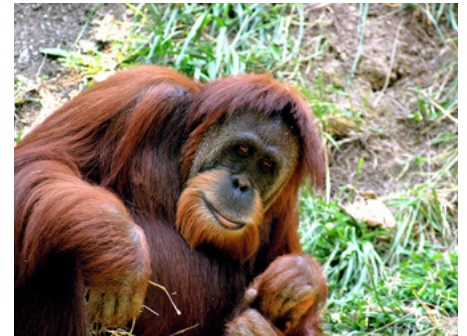
Chester Zoo

Learn surprising animal facts and download fun activities



San Diego Zoo

Animal art & craft. Baboon, Polar Bear & Penguin live cams.



Cincinnati Zoo

Enjoy home activities or watch a Home Safari Facebook Live



Monterey Bay Aquarium

Watch fishes, penguins and sharks on webcam



New England Aquarium

Hosting daily virtual visits.



Lone Pine Koala Sanctuary

Meet the koalas of the world's largest sanctuary.



Zoo Atlanta

Check out the Pandacam for some cute furry creatures!



Smithsonian National Zoo

Live webcams of naked mole rats, elephants and lions.



Ouwehand Park Polar Bear Cubs

Watch cute twin polar bear cubs live from the Netherlands!

Lockdown Family Fun

It's a tough time. So, try to make sure you have something to look forward to each day. Here are some ideas:

- A **kitchen disco** burns off lots of energy! Lots of DJs are live streaming on social platforms like Facebook and TikTok. **Defected Records** are hosting [regular live events](#) and [mini ravers can go to a midday party](#) hosted by **Big Fish Little Fish** every Sunday.
- Plan a **games night** or classic movie-thon with popcorn.
- Host a **virtual quiz night** with friends/family over Zoom. Everyone loves Bingo and you can [make your own cards](#).
- Host a '**Come Dine in with Me**' night where each family member cooks or designs a meal and the rest of the family gives it a score.
- **All out of ideas?** Try the [random idea generator](#), the brainchild of 11 year old Sam Bennett from Birmingham.

Explore the World

Take your family on a global tour of famous sites and natural wonders.

[Machu Picchu](#)

[Mount Rushmore](#)

[Buckingham Palace](#)

[Pyramids of Giza](#)

[The White House](#)

[Visit the Colosseum](#)

[The Great Wall of China](#)

[Head inside the heart of a volcano](#)

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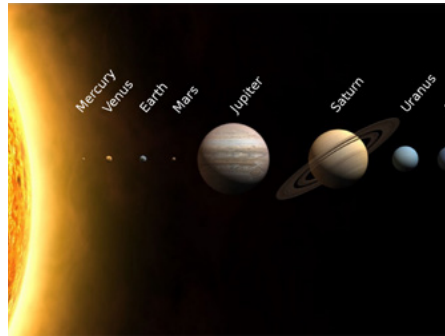
Best Virtual Space Experiences

Learn about the solar system, build your own rocket and wander on Mars – all without leaving your living room!



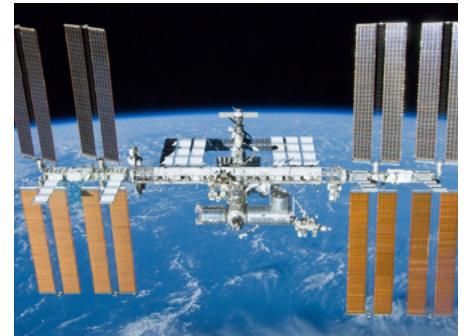
Hubble Space Telescope

[360 degree virtual tour](#) at NASA.



Interactive Solar System Tour

Explore the [solar system](#) like an astronaut.



International Space Station

Free exciting [game simulation](#).



Mars Surface

Walk along the real surface of Mars with NASA's Curiosity Rover.



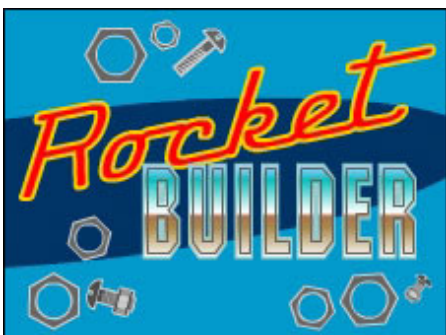
NASA at Home

Learn about NASA with these [virtual tours and apps](#).



NASA Exoplanet Exploration

[Explore planets](#) outside of the solar system!



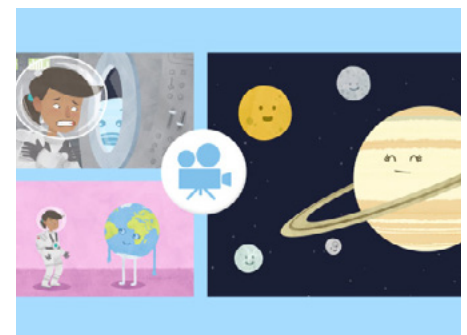
NASA Kids Club: Rocket Builder

Build your own rocket with this [free fun game](#).



National Geographic Videos

The [solar system](#), the [universe](#) and [black holes](#)



Twinkl Space Activities

Worksheets and colouring pages. Plus [special offer](#).

Making the Best of Outdoor Time

By Claire Winter

Getting fresh air is vital, so make sure you make the most of your garden (if you have one) and daily exercise outings.

Walk ideas

- Go on a rainbow hunt and count how many you see in people's windows;
- Ask local friends to put soft toys in their windows for children to spot;
- Give your children a list of things they need to find/take photos of;
- Develop a nature trail, where your children have to look up and identify the birds/flowers/insects they see;
- Change it up by taking bikes, scooters, skateboards and skipping ropes.



Garden ideas

- Plant a mini veg patch/herb garden if you can find some seeds;
- No garden? [Make a cress head](#);
- Go on a mini-beast hunt and [build a plush bug hotel](#);
- Little ones will enjoy painting the shed/fence with a big brush and bucket of water;
- Invest in chunky coloured chinks for patio or pavement drawing;
- Enjoy a night under the stars. [Tent share](#) is encouraging families to dust off their camping gear and hold a mini-festival in their garden!



[Play-at-Home-Fest](#) on 23/24 May is another virtual family festival packed with children's characters, celebrities and brands, and funds raised going to the National Emergencies Trust Coronavirus Appeal. You can [register free](#).

Five Ways to Make the Most of #TheGreatIndoors

By Bear Grylls, Chief Scout

Before you climb a mountain or sail an ocean, you need a plan. The same is true for getting through the next few weeks. Families are spending more time together than ever, and without a plan, getting to bedtime may be as tough as climbing Everest.

That's where [#TheGreatIndoors](#) comes in. It's a collection of over **100 fun, free activities from the Scouts that your family can try at home**. And you don't need to be a Scout or an expert to deliver them!

Families has chosen its favourite ideas from [#TheGreatIndoors](#) collection and you can find these on the next page (page 17)

Make a daily plan

Do this the night before. [Choose activities](#) for the morning and afternoon.

Start the day with something active

Take part in a family work out. You'll find plenty online or you could just do some gentle exercises together.

Don't forget to warm up and give each other plenty of space.



Keep learning

It's a great time to learn a new skills, whether improving your French or learning to play the ukulele. What can you teach each other?

Get some fresh air

If you have a garden, make the most of it. Eat your lunch outdoors. If you don't, try to get out into some open space while respecting the rules, social distancing and staying safe.

Be kind

Respect each other's personal space and make an effort to do nice things for each other. [Why not think about making a thank you card?](#)

Good luck and stay safe.

Art & Craft

The Imagination Tree

Activities using sensory play.

Red Ted Art

Easy crafts for all ages.

Facedrawer

Become a budding artist.

Hello Wonderful

Activities using household items.

Art for Kids Hub

How to draw...videos for kids.

CBeebies

Making and colouring activities.

The Artful Parent

10 things to do at home.

Activities & Games

10 Nature Activities

Bring nature into your home or garden!

Earn Blue Peter Badges!

Get a famous badge.

PawPrint Family

Hundreds of challenge packs.

Roll20 - Virtual Games

Something for the older kids.

Board Game Arena

Play board and card games.

Highlights Kids

Games, jokes, science, activities.

Activity Village

Downloadable activity packs.

Best of #TheGreatIndoors

Be a Blackout Poet

Try this alternative style of poetry.

Best Concert Ever!

Design posters for best concert ever.

Got it Covered

Create a cover for your favourite book.

Show your Art to Grow your Art

Create/exhibit masterpieces.

Storm in a Teacup

Understand energy by creating your own tornado.

Leaf Animals

Use leaves to make an animal collage.

Win £100 Amazon Vouchers!

T&Cs apply

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to your
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We've Got this People!

Five ways of pulling together until the world starts turning again.

- Good-hearted souls across the country are volunteering help to those in need. Two excellent co-ordinating resources working at local level are: BBC's [Make a Difference Campaign](#) and [Covid-19 Mutual Aid UK](#)
- Share this Families magazine link with other parents, via email, Facebook, WhatsApp. Like and Follow your local Families magazine on social too so you can share the tips and good news you find.
- Thank supermarket and home delivery staff who are working their socks off – show them they're appreciated.
- Phone friends/relations to chat, particularly those who are living alone. Ask how they are, recount a heart-warming anecdote. You'll both feel better for it.
- Smile at people on your essential outings – spread simple cheer across the 2 metre safe space!

Helplink

Safety

[Latest Government Advice](#)

Domestic Violence/Abuse

[National DA Helpline](#)

[Women's Aid](#)

[Men's Advice](#)

Giving Community Support

[How to Help Safely](#)

[Do-IT](#)

[Local Volunteer Centre Finder](#)

[Helping Elderly People](#)

Seeking Help

[Care and Essential Supplies](#)

[Lockdown Tips and Advice](#)

[Your Local Delivered](#)

Helplink

Financial

[Claim Universal Credit](#)

[Working Families Help](#)

[Coronavirus Finance & Bills Help](#)

[Self-employed and Employment](#)

Family Disputes

[Family Mediation](#)

[Child Law Advice](#)

[Family Breakdown Advice](#)

[Co-Parenting During the Crisis](#)

Parenting Advice

[Dad.info](#)

[Fegans Family Hub](#)

[Free Parenting in a Pandemic](#)

[email course](#)

Celebrating Birthdays in Lockdown

By Rebecca Lewis



From teddy bears' picnics to neighbourhood poster parties, a birthday under lockdown can still be special.

Turn their bedroom into an escape room

Create your DIY version with clues to help them unlock their birthday gift. Google [easy riddles](#) for inspiration.

Involve your local community

Ask members of your community or school's Facebook/WhatsApp group to create a happy birthday poster or put up a balloon in their window. See how many you spot on your daily walk.

Movie and bowling night

Download a movie and a bowling app game, and hey presto your home becomes a makeshift entertainment complex. Google [cinema ticket template](#) and [popcorn box template](#)

Hold a teddy bears' picnic

Invite your child's favourite soft toys to a special picnic at home! Decorate with bunting and balloons; draw paw prints in chalk; hunt for the 'missing' bear; end with a calming game of sleeping bears.

Water lot of fun!

Create an aqua park in your back garden! Use dunked sponges for a water fight; play skittles with open bottles of water; run a hose along a sheet of tarpaulin for sliders; fill the paddling pool with warm water and bubbles for an outdoor Jacuzzi.

Tips

Invite your child's family and friends to a virtual celebration via Zoom or similar! Make sure you prepare beforehand by reading the [Zoom Help Guide](#).

Consider a virtual party. Google [virtual birthday party entertainers kids uk](#)

Best of Colouring Printables

We've assembled a great range of colouring pages for all ages and interests to help keep your children busy and stimulate their creativity. Just click on the title of the image to download.



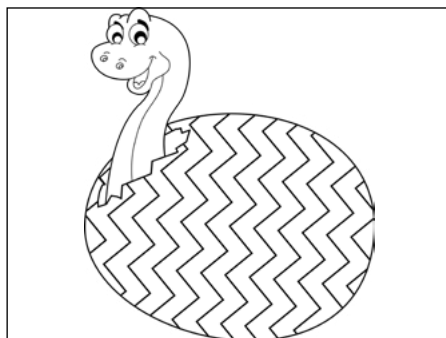
[Asiatic Lion](#)



[Baby Woolly Mammoth](#)



[Cinderella & Fairy Godmother](#)



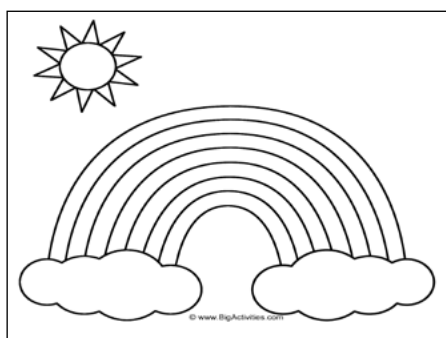
[Dinosaur Hatching from Egg](#)



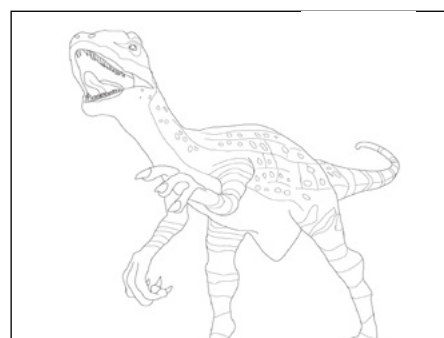
[Mary Queen of Scots Crown Scotland](#)



[Paxi Space Explorer](#)



[Rainbow Support the NHS](#)



[Raptor](#)



[Unicorn Friends](#)

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