

Advice for Learning At Home

Following recent school closures and the pressure this will put on families across the city, we are offering some practical tips and suggestions that we hope will help in this difficult time. What works best for you as a family will very much depend on the age and aptitude of your children, so this list is not designed to be exhaustive. Please use as you find helpful.

Please bear in mind that resources listed in this letter are not formally endorsed by Brighton and Hove council. Therefore, please exercise caution and look at the sites yourself before allowing the children to access them.

If you have difficulty accessing online resources, advice is currently to drop down to 2G or 3G which may solve the problem.

THE IMPORTANCE OF ROUTINE

Children who are used to going to school will respond to routine and find it reassuring in this difficult time. Decide what time you will gather as a family to begin school activities. A 9am start makes sense as this is what they will be used to. Build in breaks for movement, screen time and outdoor time where possible.

Where it is healthy and safe to do so, consider starting every day with a short walk round the block, trip to the beach or park, cycle ride, roller skating outing or similar. Children and young people are used to walking to school or playing in the playground before school begins. They will settle more easily and quickly if they have burnt off some of that early morning energy and it will be good for the mental health of parents/ carers also.

Rather than having a timetable of lessons, think of it as providing children with a list of activities/ tasks to work through. Remember that individual learning is more intense than school learning so lessons do not need to last as long as they do in school- 20 minutes a day of maths might be plenty. Be realistic about what you can achieve without straining your relationship with your child.

OUR YOUNGEST LEARNERS

For younger children, a range of activities/ toys set up around the room that they can move between will keep them occupied for extended periods- if they

go to nursery or are in reception, they will probably be used to this set up. Play doh on a mat on the floor, crayons on the kitchen table, a sink full of water and plastic cups can provide more entertainment than you might imagine, and don't forget that a nice long midday bath may be the perfect antidote for a confined young person (supervised of course).

Screen time intervals are also going to be important, so try and find some good apps where stories are read to your child or there are number games being played (see links below for ideas). There is nothing more important for brain and language development than reading, so if you find yourself struggling, focus your efforts here: whatever else happens in the day, take time out to share some books together. For children who don't enjoy reading aloud alone, they can read in unison with you or you can take turns reading pages. Keep it simple, positive and fun. Activities like counting money and cooking together are really valid learning experiences and should not be underestimated.

PRIMARY LEARNERS

Children who are in year 2 onwards can be expected to work through tasks more independently for longer periods (20 minutes for a 6 year old, on average). Have a range of things you know they love to do as well as more academic work. Age appropriate jigsaws, matching games and board games are all constructive ways to learn actively. Regular Maths, English and Science is important. Ask your child/ children what they would like to learn about, then let them do some research, draw pictures, write an information sheet, create a model etc.

Where possible, set up a little workstation for each child to use: even a cushion on the floor will provide a sense of separate space. Build in time alone where possible: sometime around the kitchen table or on the lounge floor is great but giving children half an hour on their beds with a pile of books or a sketchbook is a really good way to give them (and you) some quiet time through the day.

This KS1 age group will also benefit from contact with their friends, so if you are unable to go out and about, you could arrange video chats. They will need to feel in contact with the world at large. In particular with this age group, don't be afraid to talk to them about what is happening with the Covid 19 virus in a calm, factual way. Children this age can be reluctant to bring up difficult subjects, but that doesn't mean they're not thinking about them. They WILL be hearing the news, listening in to adult conversations and building a picture in

their head of what they think is happening. What is in their head is usually worse than reality. Therefore, regular check ins regarding what they've heard and how they're feeling are very important. Look here for advice on how to talk to your child: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

One of the most popular sites that primary school teachers use for printouts- Twinkl- is offering free one month membership to parents. You will find a wealth of resources here: Twinkl <https://www.twinkl.co.uk>. *More resources outlined below.*

ONLINE RESOURCES

ENGLISH	MATHS
The Literacy Shed https://www.literacyshed.com/home.html Packed full of literacy ideas and story starters etc. Lots of videos as writing stimuli.	Conker Maths http://www.conkermaths.org/cmweb.nsf/pages/kirfs.html Structured support for basic maths skills
British Council https://www.britishcouncil.org/school-resources/find Resources for English language learning	Prodigy Maths https://www.prodigygame.com Is in U.S. grades, but good for UK Primary age.
Oxford Owl for Home https://www.oxfordowl.co.uk/for-home/ Lots of free resources for Primary age	
IT	SCIENCE
Blockly https://blockly.games Learn computer programming skills - fun and free	Mystery Science https://mysteryscience.com Free science lessons

<p>Scratch https://scratch.mit.edu/explore/projects/games/ Creative computer programming The children may be used to using this at school.</p>	<p>Crest Awards https://www.crestawards.org Science awards you can complete from home.</p>
<p>GEOGRAPHY and HISTORY</p>	<p>LANGUAGES</p>
<p>National Geographic Kids https://www.natgeokids.com/uk/ Activities and quizzes for younger kids.</p>	<p>Duolingo https://www.duolingo.com Learn languages for free. Web or app.</p>
<p>Geography Games https://world-geography-games.com/world.html</p>	
<p>ART</p>	
<p>The Artful Parent https://www.facebook.com/artfulparent/ Good, free art activities</p> <p>Red Ted Art https://www.redtedart.com Easy arts and crafts for little ones</p> <p>The Imagination Tree https://theimaginationtree.com Creative art and craft activities for the very youngest.</p>	
<p>MIXED SUBJECTS</p>	
<p>BBC Learning http://www.bbc.co.uk/learning/coursesearch/ And bbc.co.uk/bitesize 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. We believe that the BBC will soon be making a host of educational content available online, so please keep an eye on the site.</p>	

Cbeebies Radio

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

Listening activities for the younger ones.

Nature Detectives

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

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

Blue Peter Badges

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

If you have a stamp and a nearby post box.

Toy Theater

<https://toytheater.com/>

Educational online games