

**Think  
Family**



**Families  
IN FOCUS**

## **North area Families in Focus Bulletin**

### **Information and Support about Corona virus for Parents, Carers and Families**

Hi all,

Welcome to this slightly different approach to the Families in Focus bulletin. In these unusual times we thought it would be useful to share with you a range of information about corona virus, ways to stay and keep yourself and those around you safe, and updates from local services about how they will be running in order to offer continued support. This bulletin comes in 3 parts:

[Part 1: Information and support about Corona Virus for Children and Young People](#)

[Part 2: Information and Support about Corona Virus for Parents, Carers and Families](#)

[Part 3: Information and Support about Corona Virus for Professionals working with families](#)

Please note that this information is being shared by Families in Focus but if you require any further details you are best off contacting the relevant organisation / team. All information is provided by the organisers and Families in Focus hold no responsibility for their contents. Bristol City Council does not endorse the organisations or activities and you should make your own checks to satisfy yourself of the quality of the services and guidance on offer. If you would like information in other languages or in different readable formats, please contact the original agency who will hopefully be able to help you.

Thank you to everyone who sent information to be included in the Spring Bulletin, we apologise if we have not included it in this edition due to the changes to the format. We are going to send out more regular updates to all our partners during these unusual times with up-to-date information about services available so please send any updated information about your service to [familiesinfocusnorth@bristol.gov.uk](mailto:familiesinfocusnorth@bristol.gov.uk) so that we can circulate your information in upcoming bulletins.

We hope that you all stay healthy and well

Families in Focus North

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# Tips for supporting children with autism practically and emotionally around Corona Virus

## (from The Bristol Autism Team)

### Introduction

We have put together this resource in response to requests from families we know in Bristol about supporting children at home over this time of uncertainty.

There is already lots of information available from other areas and internationally about how to manage anxiety about Corona and the practical side of being at home. We have included some of the most helpful information and links in this document and also some fuller references at the end for those who would like to search more for themselves. Mainly, we have tried to summarise the advice that is coming through and combine it here with our experience of children on the spectrum.

Of course, as always, take those bits that are helpful for you and your family and remember that at times of change trying to do too much that is new can be quite overwhelming for children with autism as well as their parents. Just choosing one or two things to introduce could be the best way forward initially along with planning and pacing for yourself as well.

### ***Practical advice to help with keeping clean:***

- We have been told a lot recently that it is important to help our children learn about the guidelines for hand washing and keeping clean. For many children this has been difficult especially for those who may not have developed these habits yet.
- Providing and increasing visual reminders to target hand washing is helpful. Visuals like this one (put together by the Speech and Language therapists at Sheilings school) can help especially when they are stuck up around eating areas and where children use the toilet:

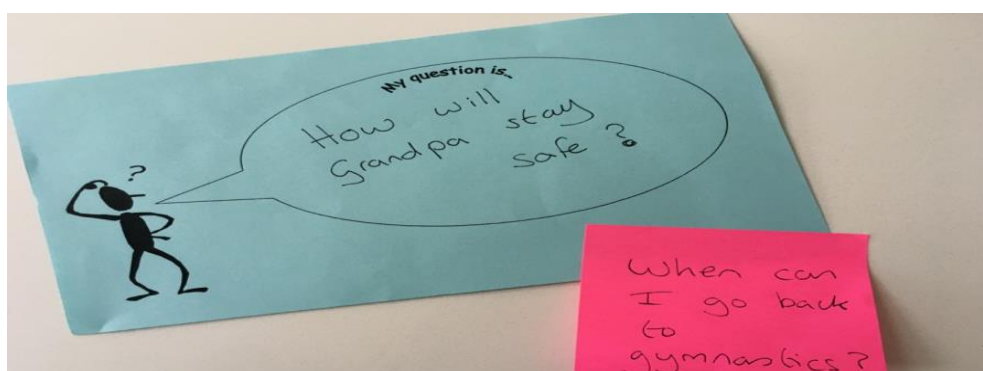


Many parents are finding that their children are needing lots of extra prompting and practice at the handwashing – this is not an easy change for them. Some are finding that washing hands for the length of a favourite song or rhyme is helping with washing for a longer time. Another favourite around is the elephant visual below:



**Providing information about the virus and measures in place:**

- Try to keep explanations about the virus very simple and to your child's level of understanding. Have a think about the worries and questions that they may have and try to give them opportunities to ask questions and have discussions.
- For many children this may just be brief verbal explanations and we don't want them to get too sucked into worry about this if they are not showing it.
- Remember that children's biggest worries can be quite different to those of adults and may just relate to their world or routines (for example, when they will be able to go back to their favourite club or see their teacher/LSA again).
- If children do seem to have lots of questions then you could encourage them to write these down (particularly where they are showing anxiety about what might happen). You can then have a think about the questions and how to respond to them at their level:



- If you or your child or another family member has a more complex health situation then it is important to address this in a simple, honest way and with an appropriate level of reassurance about the support and care that is available.

Here are some links to help further with explaining Corona Virus to your children. Two locally produced resources are also attached to this email (information on Coronavirus and a Coronavirus visual):

- **ChildMind: Talking to Children**  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **ELSA: Coronavirus Story for Children**  
<https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- **This lovely story is available in many different languages and has already been used to support many children from around the world:**  
<https://www.mindheart.co/descargables>

***Be media aware:***

- Be aware of having the news on. This will inflate anxiety because children will not understand some of the adult themes and words and may take things very literally or get confused (this is especially important for literal thinkers or those who take language literally). Children do not have the same filters as adults in terms of responding to alarming news. It is important that you filter any important news down to them.
- In addition, the use of a lot of red colour on the news programmes and pictures of the virus is likely to be especially alarming to children (especially those with visual stress and/or an eye for detail). Red is usually implicitly picked up as alarming or dangerous. This is not a conscious process but it may raise anxiety generally as well as when programmes are on.
- Much of the guidance around for adults on Corona anxiety is advising that we all limit our input of news/media consumption each day so that we too can prevent anxiety rising to an unhelpful level and keep a balance going in our lives.

***Be aware of your own anxiety:***

- Parents' anxiety and adult conversations which children pick up on can inflate their own feelings and lead to misinterpretations. Some of the advice (especially coming from the States) is talking about 'Modelling a calm response'. This relates really to responding to our own internal anxiety rather than reacting and showing stress around our children. It is natural that parents will be feeling stressed at this time and trying to organise things. Having adult chats out of earshot and monitoring thoughts and feelings will help to minimise the impact on children.
- If there are differences in your own behaviour (like buying a few extra bits) try to explain this is a way that will not be alarming for them so that it makes sense.
- It is important to also think about your own needs and coping strategies and start to make plans about how these might fit in as well. For example, if you have your own need for exercise, planning for this and putting it into the daily plan with your family is helpful for you and for them.

**Here are some further links relating to Corona Virus advice:**

**American Psychological Association: Information on Pandemics (a wide range of resources)**

[https://www.apa.org/practice/programs/dmhi/research-information/pandemics?utm\\_source=linkedin&utm\\_medium=social&utm\\_campaign=apa-pandemics&utm\\_content=pandemics-resources](https://www.apa.org/practice/programs/dmhi/research-information/pandemics?utm_source=linkedin&utm_medium=social&utm_campaign=apa-pandemics&utm_content=pandemics-resources)

**Anna Freud: Self-Care and Coping Strategies**

<https://www.annafreud.org/selfcare/>

**BBC: How to protect your mental health**

<https://www.bbc.co.uk/news/health-51873799>

**CBBC: Video and Questions**

<https://www.bbc.co.uk/newsround/51861089>

**ChildMind: Talking to Children**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**ELSA: Coronavirus Story for Children**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

**National Association of School Psychologists: Parent Resources**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

**Young Minds: Feeling Anxious about Coronavirus**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

**This website provides a further helpful overview of advice and resources:**

<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>

**Here are some books which may be helpful in explaining things and/or to help with talking about feelings:**

**Something Bad Happened: A Kid's Guide to Coping with events in the News**

Dawn Huebner. How to process different world events (ages 6-12).

**The Day the Sea Went Out and Never Came Back**

Margot Sunderland. A story for children who have lost someone they love (ages 4-12).

**Draw on Your Emotions**

Margot Sunderland. A resource to help people express and communication their emotions.

**What To Do When You're Scared & Worried: A Guide for Kids**

James Crist. A help guide to processing fears and worries (ages 9-13).

**Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids**

Carol McCloud. Encourages positive behaviour and expressing kindness and appreciation.

**How are you Peeling: Foods with Moods**

Saxton Freymann & Joost Elffers. Explores how emotions look through pictures of Foods. A good way to talk about emotions with young children.

**The Way I Feel**

Janan Cain. Explores feelings and a helpful way to talk about emotions with young children.

**This document has been researched and developed by Tanya Rawlinson (Clinical Psychologist and NAS licenced EarlyBird Trainer) Bristol Autism Team – Family Learning and Support Hub (FLASH)**

## Tips for parents of children with autism for spending time at home over the Corona Virus outbreak

(from the Bristol Autism Team)

### **Introduction:**

We have put together this resource in response to requests from families we know in Bristol about supporting children at home over this time of uncertainty.

Schools will provide support and information about learning at home should they close. This resource has some additional strategies relating to structuring time and planning for children with autism. There may be many other strategies that you have used in the past for your child and it could be a good time to think about bringing back strategies that have worked in the past in terms of structuring time and managing sensory and/or communication needs at home.

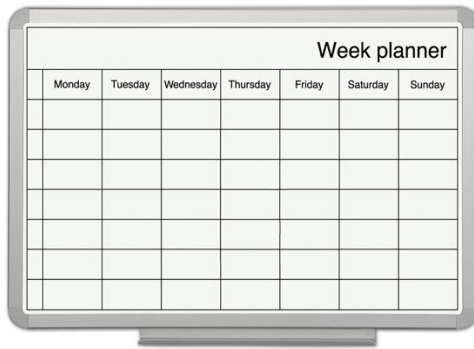
Of course, as always, take those bits that are helpful for you and your family and remember that at times of change trying to do too much that is new can be quite overwhelming for children with autism as well as their parents. Just choosing one or two things to introduce could be the best way forward initially along with planning and pacing for yourself as well.

### **Preparing for more time at home:**

- It will be important to help children to understand the day and position in the week and try to maintain a weekly structure that mirrors your usual life where possible (e.g. working Monday to Friday during the day with clearer family time on the weekend).
- If you are all working at home then try to set up working areas and a structure to the day with clear times when you are available to spend time together (e.g. a tea break each day with Daddy). This will prevent the children's anxiety growing about the change in parental routine and communicate to them that even though you are working at home, there are clear times in the day when you are fully available for them.
- Many children on the spectrum benefit hugely from visual planning and a visual structure. For younger children using a calendar like this will help them to keep perspective each day of where they are in the week or month:



For older children having a wall chart and/or calendar where they can tick off the days will help.



- Try to maintain a daily plan as well. White boards can be really helpful for structuring the day or small work tasks:



#### ***Some thoughts towards learning at home:***

- Schools will give guidance for parents on completing work at home. However, some children on the spectrum may find learning from home particularly difficult given that this is a change in context and a change in your role towards them. It is important not to worry too much about this or put pressure on yourself or your child.
- Initially if you can spend some time building up some positive/reinforcing activities this could set the scene for spending a bit more time together. From this platform you may then be able to introduce some periods for completing some level of school work amongst other activities while they are at home.
  - o It may help to think about sorting some activities at home in to different spaces or categories perhaps using colours or animals to grade them (an example of this might be, 'cheetah activities' for very fast/active games, 'rabbit activities' for slower paced games/work activities and 'sloth activities' for downtime (which might include TV or screen time). In supporting children at home, it will help to think about pacing their day to include the right mix for them.



- Remember that sensory strategies and activity breaks could be crucial to include. Gather together a sensory/fiddle tool box if this isn't already around at home. This can also be really helpful for supporting anxiety (not just in terms of fiddling but also sound and taste/sucking).



- It may help to introduce some new work or colouring books which could help with engaging them:



- It might also help to have a think about some project learning that they might enjoy (although this may also come from school). Ideas might include learning about the Seasons (which will help them to stay grounded in their outdoor environment as well) or expanding on their own personal interests (e.g. to learn about the history of Lego or Minecraft). Any visual approach from scrap books to power points are a great way of helping your child gather together their ideas and target other skills at the same time.



- Or it could be just for fun like this lovely rainbow bookcase and Swedish flag:



- There are some excellent resources already available from web-based support for home education:
  - o [www.twinkl.co.uk](http://www.twinkl.co.uk)
- Staying connected with local Autism supports (e.g. on facebook groups) will also help with picking up further tips and resources.

***Stay connected with friends and family:***

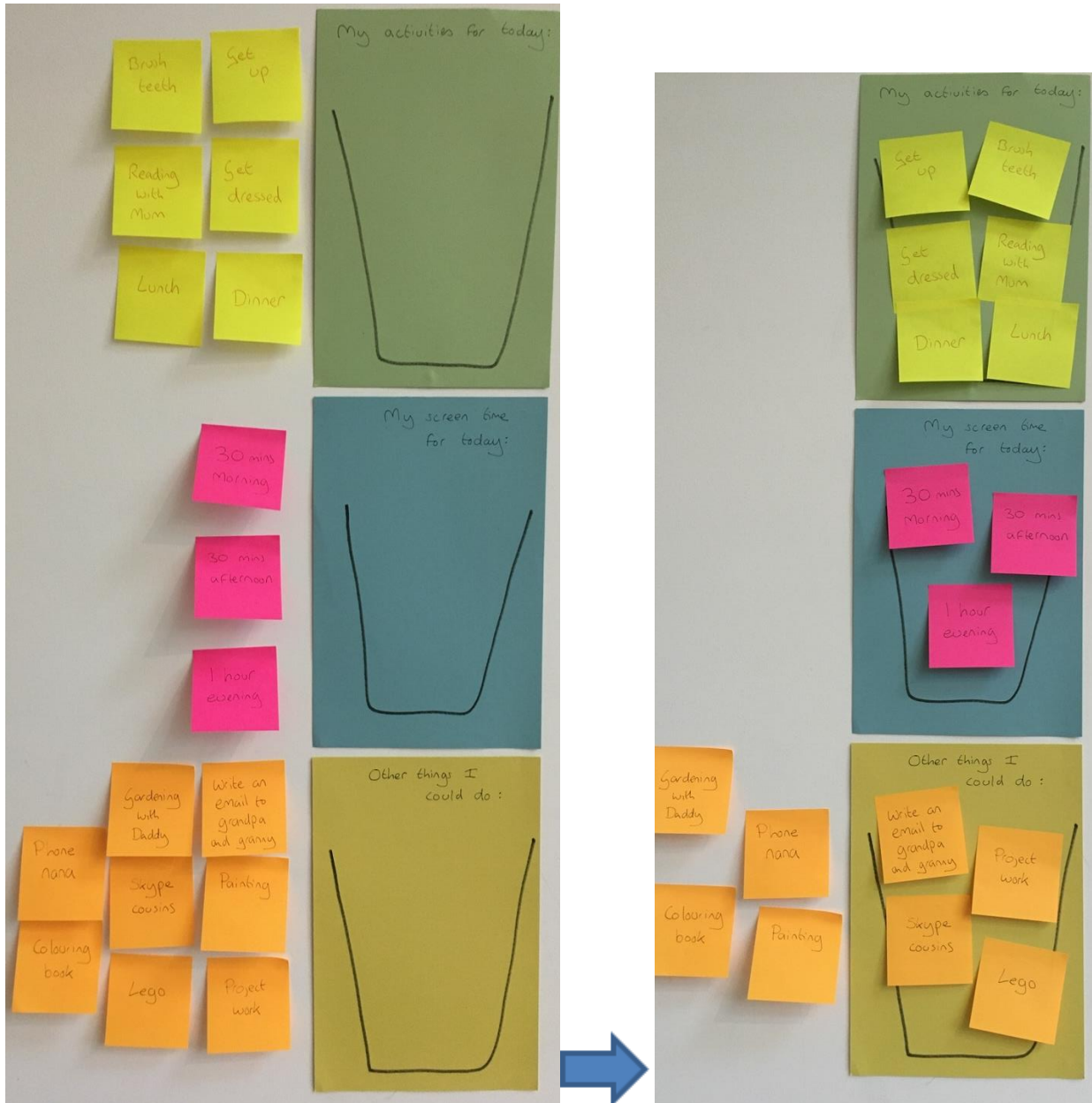
- Help your children to stay in touch with their friends using an appropriate level of Skype or social media and stay connected with usual friends and family. Writing letters by hand (to send as a picture image) or using email could be a great way for your children to stay in touch with their school friends whilst targeting other skills too.
- For many children on the spectrum their favourite LSA or teacher can be very important to them. If schools close then prioritise a discussion with your child's favourite key-worker/s to set up the boundaries around communication with them whilst the schools are off (for example, the frequency of Skype or written contact that might be possible during term time and providing they are well). This could help your child with the separation from school and can then be planned in to their day/week.

***Be aware of screen time for you and your child:***

- Watts app groups are a great way of staying in touch with friends and family but it will help as well as we move forwards to keep in mind that having a constant feed of others news and potential anxiety can also inflate our own.
- It is obvious to say, but it's difficult for children to understand rules around screen time when parents are on their phones a lot as well. Have a think about fresh rules (for parents and children) over this time when everyone is at home and try to set boundaries early on for your children's screen time each day and how this might fit in best (e.g. in one block or broken up through the day). If you can make this visual as well then it will help them in terms of getting through the day and planning in their other activities as well and keeping things positive (see example below).
- To help with this, advice suggests that having a time in the day to check in on wats app or other social media will help us to keep this in check.

**A note on children who are avoidant and/or find fixed routines difficult:**

- It may help for these children to have a more flexible daily structure that you agree each day.
- Keeping in mind the negotiables and non-negotiables of each day could help with this planning. Also think about some of the non-negotiables that may be included from your child's perspective and how to keep these at a reasonable level (for example, in terms of computer/screen time).



## 'FACE COVID'

*How to respond effectively to the Corona crisis by Dr Russ Harris, author of The Happiness Trap*  
'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here's a quick summary of the key steps, and in the pages that follow we'll explore them all in more depth:

- **F = Focus on what's in your control**
- **A = Acknowledge your thoughts & feelings**
- **C = Come back into your body**
- **E = Engage in what you're doing**
  
- **C = Committed action**
- **O = Opening up**
- **V = Values**
- **I = Identify resources**
- **D = Disinfect & distance**

Let's now explore these, one by one

### **F = Focus on what's in your control**

The Corona crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically. All of us are (or soon will be) dealing with the very real challenges of widespread serious illness and the inabilities of healthcare systems to cope with it, social and community disruption, economic fallout and financial problems, obstacles and interruptions to many aspects of life ... and the list goes on.

And when we are facing a crisis of any sort, fear and anxiety are inevitable; they are normal, natural responses to challenging situations infused with danger and uncertainty. It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control: what might happen in the future; how the virus might affect you or your loved ones or your community or your country or the world – and what will happen then - and so on. And while it's completely natural for us to get lost in such worries, it's not useful or helpful. Indeed the more we focus on *what's not* in our control, the more hopeless or anxious we're likely to feel. So the single most useful thing anyone can do in any type of crisis – Corona-related or otherwise - is to: ***focus on what's in your control.***

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this whole sordid mess. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety. But you can control *what you do* - here and now. And that matters. Because *what you do* - here and now - can make a huge difference to yourself, and anyone living with you, and a significant difference to the community around you.

The reality is, we all have far more control over our behaviour, than we do over our thoughts and feelings. So our number one aim is to take control of our behaviour - right here and now - to respond effectively to this crisis. This involves both dealing with our inner world – all our difficult thoughts and feelings - and our outer world – all the real problems we are facing. How do we do this? Well, when a big storm blows up, the boats in the harbour drop anchor – because if they don't, they'll get swept out to sea. And of course, dropping anchor doesn't make the storm go away (anchors can't control the weather) - but it can hold a boat steady in the harbour, until the storm passes in its own good time.

Similarly, in an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. And if we're swept away by that storm inside us, there's nothing effective we can do. So the first practical step is to 'drop anchor', using the simple ACE formula:

**A = Acknowledge your thoughts and feelings**

**C = Come back into your body**

**E = Engage in what you're doing**

Let's explore these one by one:

### **A = Acknowledge your thoughts and feelings**

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what's going on in your inner world.

And while continuing to acknowledge your thoughts and feelings, also ....

### **C = Come back into your body**

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

- Slowly pushing your feet hard into the floor.
- Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders. Slowly breathing

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence .... and at the same time, come back into and connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, even though you can't control your feelings. (Remember, F = Focus on what's in your control)

And as you acknowledge your thoughts & feelings, and come back into your body, also ....

### **E = Engage in what you're doing**

Get a sense of where you are and refocus your attention on the activity you are doing.

Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

- Look around the room and notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand. (And if you don't have any meaningful activity to do, see the next 3 steps.)

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise.

If you wish, to help you get the hang of this, you can download some free audio recordings of 'dropping anchor' exercises, varying from 1 minute to 11 minutes in length. You can listen to these and use them as a guide to help you develop this skill. You can download or stream them from the left hand box on this webpage: <https://www.actmindfully.com.au/free-stuff/free-audio/>

*NOTE: please don't skip the A of ACE; it's so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it's not supposed to be.*

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; and focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions – which makes it a lot easier to do the next steps:

**COVID**

## **C = Committed Action**

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Once you have dropped anchor, using the ACE formula, you will have a lot of control over your actions – so this makes it easier to do the things that truly matter. Now obviously that includes all those protective measures against Corona – frequent handwashing, social distancing, and so on. But in addition to those fundamentals of effective action, consider: What are simple ways to look after yourself, those you live with, and those you can realistically help? What kind, caring, supportive deeds you can do? Can you say some kind words to someone in distress – in person or via a phone call or text message? Can you help someone out with a task or a chore, or cook a meal, or hold someone's hand, or play a game with a young child? Can you comfort and soothe someone who is sick? Or in the most serious of cases, nurse them and access whatever medical assistance is available? And if you're spending a lot more time at home, through self-isolation or forced quarantine, or social distancing, what are the most effective ways to spend that time? You may want to consider physical exercise to stay fit, cooking (as) healthy food (as possible, given restrictions), and doing meaningful activities by yourself or with others. And if you're familiar with acceptance and commitment therapy or other mindfulness-based approaches, how can you actively practice some of those mindfulness skills? Repeatedly throughout the day, ask yourself 'What can I *do* right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.

## **O = Opening up**

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep on showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness, frustration, confusion, and many more. We can't stop them from arising; they're normal reactions. But we can open up and make room for them: acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly. Remember, self-kindness is essential if you want to cope well with this crisis – especially if you are in a caregiver role. If you've ever flown on a plane, you've heard this message: 'In event of an emergency, put on your own oxygen mask before assisting others.' Well, self-kindness is your own oxygen mask; if you need to look after others, you'll do it a whole lot better if you're also taking good care of yourself.

So ask yourself, 'If someone I loved was going through this experience, feeling what I am feeling – if I wanted to be kind and caring towards them, how would I treat them? How would I behave towards them? What might I say or do?' Then try treating yourself the same way. For more on self-kindness, also known as self-compassion, read this eBook: [https://drive.google.com/file/d/1\\_Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing](https://drive.google.com/file/d/1_Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing)

## **V = Values**

Committed action should be guided by your core values: What do you want to stand for in the face of this crisis? What sort of person do you want to be, as you go through this? How do you want to treat yourself and others? Your values might include love, respect, humour, patience, courage, honesty, caring, openness, kindness .... or numerous others. Look for ways to 'sprinkle' these values into your day. Let them guide and motivate your committed action.

Of course, as this crisis unfolds, there will be all sorts of obstacles in your life; goals you can't achieve, things you can't do, problems for which there are no simple solutions. But you can still live your values in a myriad of different ways, even in the face of all those challenges. Especially come back to your values of kindness and caring.

Consider:

What are kind, caring ways you can treat yourself as you go through this? What are kind words you can say to yourself, kind deeds you can do for yourself? What are kind ways you can treat others who are suffering? What are kind, caring ways of contributing to the wellbeing of your community? What can you say and do that will enable you to look back in years to come and feel proud of your response?

### **I = Identify resources**

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. And make sure you know the emergency helpline phone numbers, including psychological help if required. Also reach out to your social networks. And if you are able to offer support to others, let them know; you can be a resource for other people, just as they can for you.

One very important aspect of this process involves finding a *reliable and trustworthy* source of information for updates on the crisis and guidelines for responding to it. The World Health Organisation website is the leading source of such information: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019> Also check the website of your country's government health department. Use this information to develop your own resources: action plans to protect yourself and others, and to prepare in advance for quarantine or emergency.

### **D = Disinfect & distance physically**

I'm sure you already know this, but it's worth repeating: disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally. (If you aren't quite sure about what this means, read this: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> ) This is an important aspect of committed action, so align it deeply with your values; recognise that these are truly caring actions.

### **In Summary**

So again and again and again, as problems pile up in the world around you, and emotional storms rage in the world within you, come back to the steps of FACE COVID:

**F = Focus on what's in your control**

**A = Acknowledge your thoughts and feelings**

**C = Come back into your body**

**E = Engage in what you're doing**

**C = Committed action**

**O = Opening up**

**V = Values**

**I = Identify resources**

**D = Disinfect & distance**

\*\*\*\*\*

Well, I do hope there's something useful in here for you; and feel free to share this with others if you think may find it helpful.

These are crazy, difficult, scary times, so please do treat yourself kindly. And remember the words of Winston Churchill: *'When you're going through hell, keep going'*.

All the best,

Cheers, Russ Harris

## Talking to your children about scary world news

News is everywhere. In the digital age, it is no longer possible to control the news that we are exposed to, or to shield children from upsetting information.

What you *can* do is help to minimise the negative impact it has on your children. You can do this through open and honest conversations at home. Here are some top tips:

### 1. A news blackout is rarely helpful

The important thing here is balance. Force-feeding children news or going to great lengths to shield them from it can be unhelpful. Avoid turning the television off or closing web pages when they come in to the room. This can peak their interest to find out what's really going on – and that is when their imagination can take over.

### 2. Let them know the facts

If children have access to clear and honest explanations of what is happening, and know that it's okay to talk about scary or tricky subjects, it can give them the confidence to reach out about them. Try reading or watching reputable news sources together that you have already previewed, or share news in the moment by explaining what is happening verbally in an unbiased way.

### 3. Discourage overexposure

Small doses of real life news are really helpful. Large doses can have a negative impact as children can become fixated on a news story, and repeatedly look at news coverage relating to it. To avoid overexposure, encourage them to discuss the news story with you once they have read about it. This provides a safe space for all of their questions.



## 4. Let your children know they are safe

All children, even teenagers, want to know that their parents can keep them safe. The best way to communicate safety is by talking about worrying news with open, confident, clear and truthful facts. Go through all of the reasons that mean they are in a safe place rather than well-meaningly dismissing their feelings by telling them everything is fine.

## 5. Let them know that it is normal to be concerned

Try sharing with them that you also find events like this worrying. Let them know that you can balance up these worries with the reality of them actually coming true. You would want them to leave this conversation realising that although bad things can happen, they don't happen very often, so they do not need to be scared all the time.

## 6. Tailor the conversation to their age

All children have different temperaments and sensitivities. Their ability to understand the world, take in and react to bad news will depend on their age. If you have more than one child, you might want to talk about the news with them individually and tailor what you say to their needs and level.

## 7. Find the right time to talk about it

It may be that your child starts asking questions about a news event at an inconvenient time. In this case, let them know that you have heard them and think what they are asking about is important. Tell them that you would like to talk to them about it later and invite them to remind you, so they know you really are interested.

## 8. Leave lots of space for questions

It is common for children to have misunderstandings about traumatic events. Children tend to make up what they don't know, which is often a lot worse than the reality. Encouraging them to ask lots of questions is important as it allows space for a truthful and open explanation that can help correct these.

## 9. Allow for repetition

Remember that children tend to repeat themselves when they are feeling uncertain or worried. They may need to ask the same question a number of times until they are feeling more reassured.

## 10. Be as truthful as possible

It can be tempting, when children ask a direct or tricky question, to avoid it by bending the truth. This can be unhelpful when they are talking to others about what happened. It is often more helpful to be as honest as possible. This is also true of questions when you don't know the answer. Remember that it is okay not to know, or to go away and find out and get back to them.



Early Years & Childcare Service  
working in partnership for all Bristol and Glos



Community Children's Health Partnership



## Bristol Holiday SEND Stay & Play

In line with current government guidance on social distancing and the closure of schools, the **SEND Stay & Play sessions** will not run across Bristol during the Easter Holidays.

If you would like to access any telephone support from staff, please contact one of following:

Helen Millard - 07500954106  
Helen Cottrell - 07825315732  
Tansy Masters - 07788487070



**COVID-19 - WE ARE STILL OPEN**

We are still open – if you are concerned about your safety and need help and support, please contact us and we can help

Next Link domestic abuse telephone help lines are open 8:30am – 5:30pm Monday to Friday and  
9:30am – 1:00pm on Saturday 0117 925 0680

Help is also available 24 hours a day, 7 days a week on the National Domestic Violence Helpline – Freephone 0808 2000 247



**Nacoa**

Free confidential helpline for everyone affected by their parent's drinking

**Monday - Saturday**

☎ 2pm - 7pm

✉ 12pm - 9pm

0800 358 3456

helpline@nacoa.org.uk

1 in 5 children and young people in the UK are affected by their parent's drinking. Problem parental drinking can have a profound effect on their mental and physical health, making them approximately six times more likely to experience abuse and violence in the home.


Nacoa (the National Association for Children of Alcoholics) anticipates that, given the isolation and insecurity brought on by current events, these children and young people will be especially burdened during the closure of public services.

We ask you to consider these young people when planning for social distancing in your place of work. Please ensure your staff, students, or clients are aware of services that are available for children and young people affected by their parent's drinking.

Nacoa will be open throughout the social isolation period:

- 2-7pm via phone 0800 358 3456 and
- 12pm-9pm via email [helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)

The Nacoa Helpline is for everyone affected by their parent's drinking and those concerned for their welfare. It is free and confidential, and Public Health England and Department of Health and Social Care endorsed.



Are you  
having a  
difficult  
time?

We're  
here to  
help

We can offer  
you a safe and  
confidential  
space to talk

Womankind supports women in the Bristol area with professional counselling, group psychotherapy, befriending and a helpline service.

**Coronavirus – Womankind statement** [Click here for latest update](#)

Womankind is following the latest government guidance on Coronavirus (COVID-19). In order to protect our clients, staff and volunteers, we will be closing our Brunswick Court office and transitioning our face-to-face service delivery to telephone and online where possible, from week beginning Monday 23rd March, until at least after Easter.

We are committed to continuing to support vulnerable women in our community by running our telephone and webchat helpline remotely, and where possible we will be delivering counselling sessions by phone or online. If you're currently having counselling sessions at Womankind and we need to cancel your appointment we will contact you directly. You can contact us on our Helpline: 0117 916 6461 or email us at [info@womankindbristol.org.uk](mailto:info@womankindbristol.org.uk). Where fees are applicable, you will not be charged if your session has to be cancelled as a result of Coronavirus. Regrettably it will not be possible to continue our therapeutic groups - these are suspended until further notice.

Womankind's senior management team and board of trustees are monitoring the situation regarding Coronavirus on an ongoing basis. We are committed to ensuring the health and well-being of women in our community, our staff and our volunteers during these difficult times.

This statement will be updated if/when circumstances change.



# Bristol Autism Support

## Corona Virus Update and Information

Good evening,

The Prime Minister has just [announced that we must all avoid unnecessary travel and contact with other people](#). Therefore we have decided to cancel all of our scheduled activities from now until the virus situation has passed.

We will be offering support for BAS members via email and our members-only Facebook group. Membership is free and comes with a wide range of great perks. [Learn more and join here](#).

We will continue to keep you updated via email and social media.

### Information about Corona virus:

[Corona virus information - what should you do](#)

[Corona virus symptoms](#)

[Government response](#)

All the best,

*Kate Laine-Toner*  
*Founder and Director*

**Bristol Hate Crime & Discrimination Services will:**



Listen to you



Keep your story private



Take actions that you agree with

**If you report hate crime or discrimination:**

- You stop it getting worse
- You stop it happening to others
- You make people feel safer

**Bristol Hate Crime & Discrimination Services is made up of:**



Bristol Hate Crime & Discrimination Services is funded by:



This leaflet was made by Brandon Trust

**Bristol Hate Crime & Discrimination Services**

**Hate Crime  
Report it  
Stop it!**



Freephone: 0800 171 2272  
Email: [report@bhcds.org.uk](mailto:report@bhcds.org.uk)  
[www.bhcds.org.uk](http://www.bhcds.org.uk)

**IN AN EMERGENCY CALL THE POLICE ON 999**



## What is Hate Crime?

Hate Crime is when someone, or a group is bullied because of:



- Disability



- Race



- Religious beliefs



- Gender—being male or female



- Being lesbian, gay or bisexual



- Being transgender



- Their age

## Hate Crime can be when people:



- Bully you
- Call you names
- Hit or hurt you
- Take or break your things
- Send nasty messages online
- Make you do things you don't want to do

If any of these things are happening to you, talk to

**Bristol Hate Crime & Discrimination Services**



Freephone: 0800 171 2272



Email: [report@bhcds.org.uk](mailto:report@bhcds.org.uk)



[www.bhcds.org.uk](http://www.bhcds.org.uk)

## What is Bristol Hate Crime & Discrimination Services?

Bristol Hate Crime & Discrimination Services (BHC&DS) is a partnership of six organisations:



SARI is the race/faith and hate crime specialist. They coordinate BHC&DS.



Brandon Trust specialise in supporting disabled people and tackling disability hate crime.



LGBT Bristol supports people who have been victims of homophobic, biphobic or transphobic hate crime.



Bristol Mind supports victims of disability hate crime due to their mental health, and promotes better mental health for all.



Avon and Bristol Law Centre help people with complex cases involving the law.



Bristol Mediation are able to work with people to resolve conflict and repair harm through direct or indirect communication.

If you have been a victim of hate crime or discrimination, these organisations will work to get the best outcome for you.

### What is hate crime?

Hate crime is when someone is **targeted** because:

- they are disabled
- of their race, ethnicity or colour
- of their religion or beliefs
- of their gender
- they are, or appear to be, lesbian, gay, bisexual or questioning
- they are, or appear to be, transgender
- they are older

**Discrimination** is when someone is **treated differently** for these reasons (including pregnancy and maternity).

### Hate crime can include

- being hit (physically assaulted)
- being called names or made fun of (including on social media or by text)
- being threatened or intimidated
- receiving abusive written communications
- having your property or possessions damaged or attacked
- being taken advantage of, or exploited, because of being a disabled person

### If these things are happening to you, we can

- help keep you safe
- give you practical and emotional support
- make sure other organisations, e.g. the police, landlords or schools are doing everything they can to support you
- help you make a complaint if you have been treated badly by other organisations
- make referrals to other services you need

### If you think you are a victim of hate crime or discrimination

- always report it, even if you may not want to take further action
- keep evidence (e.g. texts, letters and photographs)
- record what happens and when it happens
- if you are in danger call the police on 999

### Report it Stop it

You can report hate crime or discrimination at any time

you can call freephone:  
**0800 171 2272**

you can email us:  
**report@bhcds.org.uk**

or you can visit our website:  
**www.bhcds.org.uk**

If you are in danger call the police immediately on 999



If you have **EXPERIENCED** or **WITNESSED HATE CRIME** or **DISCRIMINATION**

**Report it  
Stop it**

**0800 171 2272**

**Bristol Hate Crime & Discrimination Services (BHC&DS)**



**www.bhcds.org.uk report@bhcds.org.uk**

### If you report to BHC&DS

- your referral will be assessed according to the level of risk and urgency to ensure we respond to it in the right way
- you will be supported by the partner agency that best meets your needs and wishes
- at times, more than one partner agency may support your case if you are in need of more than one type of specialist service
- you will be assigned a Project Worker who will open your case and agree a plan of action with you
- your Project Worker will work with you and on your behalf to get the best possible outcomes for you

**Bristol Hate Crime and Discrimination Services partners will work together to get the best outcomes for everyone who reports hate crime or discrimination.**

**This service is FREE and CONFIDENTIAL**

**If you have experienced  
or been a witness to  
hate crime, report it**

Call 0117 942 0060  
Email [sari@sariweb.org.uk](mailto:sari@sariweb.org.uk)  
Visit [www.sariweb.org.uk](http://www.sariweb.org.uk)  
 [www.facebook.com/SARIcharity](https://www.facebook.com/SARIcharity)  
 @SARIcharity

**In an emergency,  
always call the police  
on 999**



**STAND AGAINST  
RACISM & INEQUALITY**

**HATE CRIME**

including racist, homophobic,  
disabilist, transphobic  
and faith-based:

**REPORT IT**

**STOP IT**

charity no. 1047699 / company no. 3060925

### What is a **hate crime**?

A crime that is motivated by prejudice against a person because of their:

- ethnicity or race
- disability, including mental health
- sexual orientation
- gender identity
- religion or belief
- age
- gender
- marital or pregnancy status

### **Hate crime** can be:

- a physical attack, like assault or spitting
- name calling, verbal abuse or rude gestures
- threats, harassment or intimidation
- humiliation or degradation
- vandalism or criminal damage to your property
- abusive letters, phone calls, leaflets, posters, graffiti, emails, social media, texts or phone calls

If you think you are a victim of **hate crime**, or have witnessed an incident, contact us

### If you report **hate crime**:

- you stop it getting worse
- you stop it happening to others
- you help identify the offenders
- you make your community safer

### **Stand Against Racism & Inequality** will:

- listen to you, and find out what happened
- not do anything unless you want us to
- keep your information private
- offer practical help like extra security in your home
- give you emotional support as your case develops
- take actions that you agree with

### You can report all types of **hate crime** to us

by telephone	0117 942 0060
by e-mail	<a href="mailto:sari@sariweb.org.uk">sari@sariweb.org.uk</a>
online	<a href="http://www.sariweb.org.uk">www.sariweb.org.uk</a>
on Twitter	@SARIcharity
or Facebook	<a href="https://www.facebook.com/SARIcharity">facebook.com/SARIcharity</a>



## **RESPONDING TO HATE CRIME – A FEW TIPS FROM YOUR LOCAL HATE CRIME CHARITY**

Responding to hate crime swiftly and firmly will ensure that we stop it sooner and keep our communities safer. Below are a few practical tips from SARI (Stand Against Racism & Inequality) – your local Hate Crime Charity. Please share with your friends, family, colleagues and service users.

### **1. Recognize it**

Hate crimes or incidents are any crimes or incidents that are targeted at a person or their property because of hostility or prejudice towards that person's actual or perceived:

- Disability
- Gender
- Race or ethnicity
- Religion or belief
- Sexual orientation
- Transgender identity

So a victim does not have to be a member of the group at which the hostility is directed – anyone could be a victim of a hate crime.

This can be committed against a person or property.

If someone perceives a crime or incident to be hate motivated, then it should be accepted as such and reported, recorded and investigated.

### **2. Always take it seriously**

No matter how low level it may seem to be, the impact of hate motivated abuse at all levels can be extreme and long lasting. If we don't deal with lower level incidents or people get away with such offences the situation can escalate and get more serious. If you're a victim and you don't get a good response when you first report – you may not feel like reporting ever again. Action should be taken regardless of whether the offender is under the influence of drugs or alcohol, is young or old; has mental health issues or a disability. There is no excuse for hate related abuse! If the offender is vulnerable or has any mitigating factors, this can be taken into account when the case is investigated.

### **3. Be safe**

The action you take must not put you or others in more danger. So only speak out, take action and intervene if you will be safe. If you can't take such actions for fear of further risk then record all that you can as described below and report the incident as soon as you safely can. Call the police as soon as you practically can too. Involve other supportive people or witnesses if this will help.

### **4. Say something**

Usually, challenging firmly and politely can stop people from further offending. Try to ensure you have other people around you or with you when you do this.

### **5. Record anything you see**

Record everything that will help with the investigation afterwards. This should include: the date; time; age; appearance; dress and distinguishing features of any offenders; car registration (if appropriate); place where it occurred; no. and driver details if it happens on a bus; details for any witnesses.

### **6. Film it**

Filming incidents e.g. on your mobile, can mean you capture important evidence that can be used for the police, CPS or other relevant agencies to take action. Only do this if it is safe to do so.

### **7. Report it**

It is important to report hate crime even if you don't want to take action. This helps us know where hate crime is happening, who to and the forms it is taking. Such information can help us prevent hate crime happening to others. Report to the police and to SARI or to the relevant overseeing body e.g. employer; school; landlord; local authority so they can offer the right support to the victim(s) and investigate the case.

### **8. Do you feel able to give evidence and go to court?**

Support will be available to you if you do feel able to go through this process. But don't worry if you don't feel able to – we understand and can still support you.

**In an emergency – always call the Police on 999.**

**Or for non-emergency call the Police on 101.**

**Contacting SARI: Freephone: 0800 171 2272. Tel: 01179420060.**

**E-mail: [sari@sariweb.org.uk](mailto:sari@sariweb.org.uk). Website: [www.sariweb.org.uk](http://www.sariweb.org.uk).**



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



<https://twitter.com/saricharity>.



## RESPONDING TO HATE CRIME – A FEW TIPS FROM YOUR LOCAL HATE CRIME CHARITY

應對仇恨犯罪 – 您本區仇恨犯罪慈善機構的幾點建議

Responding to hate crime swiftly and firmly will ensure that we stop it sooner and keep our communities safer. Below are a few practical tips from SARI (Stand Against Racism & Inequality) – your local Hate Crime Charity. Please share with your friends, family, colleagues and service users.

迅速堅定地應對仇恨犯罪，將確保我們早日停止仇恨犯罪，並使我們的社區更加安全。以下是本地反對仇恨犯罪慈善組織 SARI（反對種族主義和不平等立場）的一些實用技巧。請與您的朋友，家人同事和服務用戶分享。

### 1. Recognize it

對仇恨犯罪或事件的認知

Hate crimes or incidents are any crimes or incidents that are targeted at a person or their property because of hostility or prejudice towards that person's actual or perceived:

是指由於對某人的實際或感覺上有敵意或偏見而針對某人或其財產的任何犯罪或事件，包括：

- Disability
- Gender
- Race or ethnicity
- Religion or belief
- Sexual orientation
- Transgender identity
- 殘疾
- 性別
- 種族或膚色
- 宗教或信仰
- 性取向
- 變性人身份

So a victim does not have to be a member of the group at which the hostility is directed – anyone could be a victim of a hate crime.

This can be committed against a person or property.

If someone perceives a crime or incident to be hate motivated, then it should be accepted as such and reported, recorded and investigated.

因此，受害者未必是敵對組織的成員-任何人都可以成為仇恨犯罪的受害者。

這種仇恨犯罪可以是針對個人或財產。

如果你認為犯罪或事件是出於仇恨動機，則應該報告，記錄和調查。

### 2. Always take it seriously

嚴肅地對待

No matter how low level it may seem to be, the impact of hate motivated abuse at all levels can be extreme and long lasting. If we don't deal with lower level incidents or people get away with such offences the situation can escalate and get more serious. If you're a victim and you don't get a good response when you first report – you may not feel like reporting ever again. Action should be taken regardless of whether the offender is under the influence of drugs or alcohol, is young or old; has mental health issues or a disability. There is no excuse for hate related abuse! If the offender is vulnerable or has any mitigating factors, this can be taken into account when the case is investigated.

無論它看起來是多麼的小事，仇恨動機性之虐待在各個層面上的影響都是極端而持久的。如果我們不處理較低級別的事件，此類違法者得以逃避責任，那麼情況可能會升級並變得更加嚴重。如果您是受害者，當您第一次舉報時卻沒有得到很好的回應 - 您可能不想再舉報了。無論犯罪者是年老還是年輕，是否受毒品或酒精影響，有精神健康問題或殘疾都應採取行動；仇恨沒有任何的藉口：如果犯罪者是脆弱的人或有任何的因素，在案件調查時則可以考慮這一因素。

### 3. Be safe

#### 安全

The action you take must not put you or others in more danger. So only speak out, take action and intervene if you will be safe. If you can't take such actions for fear of further risk then record all that you can as described below and report the incident as soon as you safely can. Call the police as soon as you practically can too. Involve other supportive people or witnesses if this will help.

採取任何行動一定不能令您或他人面對更大的危險。因此，只有在安全的情況下，大聲說出來，並採取行動。如果您擔心以後的風險而無法採取此類措施，請按照以下，記錄所有過程，並在安全的前提下盡快報告事件，或盡快報警，或可以請一些支持者及證人參與，都或許有幫助。

### 4. Say something

#### 說話

Usually, challenging firmly and politely can stop people from further offending. Try to ensure you have other people around you or with you when you do this. 堅定而禮貌地挑戰或許可以阻止他們更進一步的冒犯。但請確保周圍有其他人與您在一起。

### 5. Record anything you see

#### 記錄下您看到的一切

Record everything that will help with the investigation afterwards. This should include: the date; time; age; appearance; dress and distinguishing features of any offenders; car registration (if appropriate); place where it occurred; no. and driver details if it happens on a bus; details for any witnesses.

記錄所有有助於調查的內容。包括：日期、時間、年齡、外貌和罪犯的衣著和特徵等；記錄車牌（如果有）；發生的地方；司機的編號及詳細信息（如果發生在公共汽車上）；證人的聯繫信息。

### 6. Film it

#### 拍攝

Filming incidents e.g. on your mobile, can mean you capture important evidence that can be used for the police, CPS or other relevant agencies to take action. Only do this if it is safe to do so.

例如在安全的情況下，使用手機，拍攝事件，可能意味著您捕獲了可用於警方、法庭或其他有關機構的重要證據，並採取行動。

### 7. Report it

#### 報告

It is important to report hate crime even if you don't want to take action. This helps us know where hate crime is happening, who to and the forms it is taking. Such information can help us prevent hate crime happening to others. Report to the police and to SARI or to the relevant overseeing body e.g. employer; school; landlord; local authority so they can offer the right support to the victim(s) and investigate the case.

即使您不想採取行動，舉報仇恨犯罪也很重要。這有助於我們了解仇恨犯罪發生的地點，犯罪對象和犯罪形式。這些信息可以幫助我們防止仇恨犯罪發生在其他人身。向警察，SARI 或相關監督機構報告，例如顧主；學校；房東；當地政府部門，因此他們可以為受害者提供適當的支持並調查案件。

### 8. Do you feel able to give evidence and go to court?

#### 您是否有能力提供證據並上法庭？

Support will be available to you if you do feel able to go through this process. But don't worry if you don't feel able to – we understand and can still support you.

如果您確實能夠，您是可以得到支持的。但如果您感覺不能夠，請放心-我們了解並且仍然可以為您提供支持。

# Resources





## Resources for Families During the Coronavirus Pandemic

Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.



# Parenting, Media, and Everything In Between

## Help Your Family De-Stress During Coronavirus Uncertainty

During this difficult time, we hope you'll find time to take care of yourself, and your kids. We've rounded up a few ideas for how to enact self-care for the whole family—with the help of media and tech, and sometimes without it.

**Manage family stress.** Kids pick up on our anxiety, so it's important to manage your own feelings first. Take deep breaths, go for a walk, or do whatever you need to do to bring your own stress levels down. Here are some other ideas for the whole family:

**Meditate.** We've got [apps for kids and families](#) that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for.

**Get help.** This collection of [mental health apps](#) might be the answer to a tween or teen who is really struggling but can't get face-to-face care right away.

**Stay active.** If you're stuck inside, you'll need to get creative to get everyone moving. Set up an obstacle course, play hide-and-seek, and watch some exercise videos on YouTube as a family. Also, try:

**Dance.** You might need to order a special controller from Amazon to play one of these [25 dance games](#), but nothing beats a dance party to get the blood flowing and put everyone in a good mood.

**Move around.** Our collection of [apps, websites, and video games that inspire running, jumping, or, um, conducting music](#) might be the perfect thing to keep things active.

**Maintain healthy habits.** Aside from the basics of washing hands and covering coughs, consider using this opportunity to dig into overall health. Here are some resources with different approaches to wellness:

**Feel better.** Check out [these health-focused apps](#) to pass the time while also getting some tips on eating well, exercising, and even managing the stress of an illness.

**Learn about our amazing bodies.** These [wellness websites](#) can be great resources for kids and teens who are curious about diseases ... and sex. Plenty of conversation starters!

**Double down on distraction.** If you're feeling frazzled, the best medicine is a cozy night on the couch with family and giant laughs. Also, turn off the news, silence your notifications, and get your kids to do the same. Here are the funniest picks we recommend:

**Laugh together.** Whether you prefer classic comedies or fresher fare, these [funny movies](#) will force everyone to forget their worries for a while and **Get goofy.** This [list of silly movies](#) might not include the finest filmmaking, but for tweens and teens, they tickle the funny bone in just the right place.

## Movement Apps, Games, and Websites

As a parent, it's important to balance the amount of exercise and screen time your kid has every day. So follow their motionless media with a marathon of running, jumping, and, most importantly, dancing! These active picks will have your kid putting down the controller and picking up the pace with titles that perfectly blend fun and fitness. For more information on how to properly incorporate exercise into your child's electronic games, be sure to check out our [Apps That Inspire Kids to Play Outside](#).

### Browse Movement Apps, Games, and Websites

[All ages](#) [Preschoolers \(2-4\)](#) [Little Kids \(5-7\)](#) [Big Kids \(8-9\)](#) [Twins \(10-12\)](#) [Teens \(13+\)](#)

## Apps to Help with Mental Health

Obviously, for tweens and teens in crisis, there's no substitute for face-to-face intervention and professional help. However, since phones are tools most teens use, they can offer timely resources and help for those who need it. Aside from [general health apps](#), these tools focus specifically on coping with anxiety, depression, and specific difficult circumstances via [meditation](#), connection, and other techniques. While some are focused on an individual's experience, others offer chat and the option to find a therapist. Especially when used in conjunction with other approaches, these apps might offer teens a little peace of mind.

### Browse Apps to Help with Mental Health

- [All ages](#)
- [Preschoolers \(2-4\)](#)
- [Little Kids \(5-7\)](#)
- [Big Kids \(8-9\)](#)
- [Twins \(10-12\)](#)
- [Teens \(13+\)](#)

# What to Watch, Read, and Play While Your Kids Are Stuck Indoors

Whether it's a snow day or a pandemic, these great media picks can help ease stress of families stuck at home. By [Caroline Knorr](#) 3/12/2020

Whether it's a snow day, a random school holiday, or a global pandemic, unforeseen time at home with the kids can be stressful, especially if [kids are feeling anxious](#). But if parenting teaches you anything, it's to keep calm and carry on. While some parents will get creative in the kitchen or let kids go wild on a science experiment, sometimes everyone just needs a little distraction to soften the edges. So if your kids are getting antsy, deploy something fun, engaging, and enjoyable for the whole family—whether you watch a movie snuggled on the couch, listen to an audiobook while building with Legos, or challenge each other in an all-ages video game.

## Watch (all picks available on streaming platforms)

### [Frozen 2](#), 6+

**The music! The ice! The magical, death-defying battles! It's all here in this just-released sequel full of positive messages and awesome role models tailor-made for winter snuggles.**

### [How to Train Your Dragon: The Hidden World](#), 7+

Young Viking Chief Hiccup and his trusty dragon Toothless are back for a third and final try at saving the town's dragons from certain doom, while learning the power of teamwork, courage, and familial support.

### [Timmy Failure: Mistakes Were Made](#), 7+

This inventive, book-based movie pulls off the rare trick of being a thinking person's film for kids, as it follows the misadventures of a very imaginative boy living in a very quirky town.

### [A Beautiful Day in the Neighborhood](#), 10+

The real-life story of the friendship between Fred Rogers and a skeptical journalist shows kids that the simplest things in life may be the most valuable.

### [Hairspray](#), 11+

A bit tamer than Jon Waters' original, this celebration of inclusivity features a rock-around-the-clock soundtrack and cool cameos by Zac Efron and Queen Latifah.

### [Men in Black](#), 12+

The main charm in *Men in Black*—part comedy, part science fiction parody, part action film—lies in the hilarious interplay between a comic Will Smith and straight man Tommy Lee Jones as they try to rid the world of obnoxious aliens.

## Read

### [The Best of Iggy](#), 8+

With a light touch and loads of humor, author Annie Barrows (of *Ivy + Bean* fame) gets into the head of Iggy, a hapless kid who veers into some bad actions—but always grows a little bit from his experiences.

### [Diana: Princess of the Amazons](#), 8+

Complex enough for older kids but gentle enough for younger readers, this graphic novel tells the story of a young Wonder Woman trying to find her place in the world.

[New Kid](#), 8+

Winner of the Newbery Medal and the 2020 Coretta Scott King Author Award, this graphic novel illustrates what it's like to be not just the new kid, but also one of the few students of color at a private school.

[Epoca: The Tree of Ecrof](#), 9+

This is the first installment in a sports-themed, magical fantasy series created by the late NBA superstar Kobe Bryant, which delivers lots of positive messages about the value of sports physically, mentally, and in building character.

[Almost American Girl](#), 12+

Author and cartoonist Frances Ha recounts her experience as a lonely South Korean teen struggling to fit in in Alabama, and eventually learning to belong by concentrating on her art.

[Sunnyside Plaza](#), 12+

Inspired by his own experience, award-winning journalist Scott Simon tells the story of a group home through the eyes of one of its developmentally disabled residents, resulting in a fascinating tale of spirit and determination.

## Play

[Mario Kart 8 Deluxe](#), 7+

Get the whole family together and race go-karts through all manner of twisty, jump-filled tracks using the world's silliest weapons (banana peels, turtles). (Nintendo Switch)

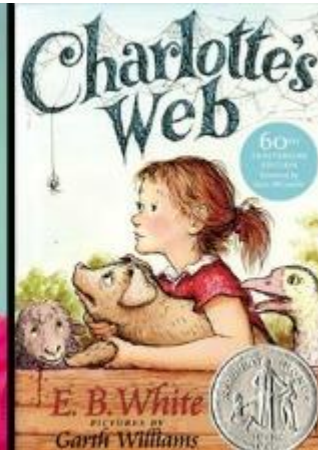
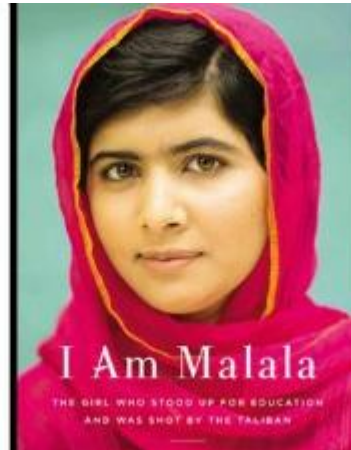
[Ring Fit Adventure](#), 10+

This fitness adventure game will get kids' creativity flowing and their blood pumping as they fight monsters through several levels of endurance activities. (Nintendo Switch)

[The Jackbox Party Pack 6](#), 12+

A collection of games that are best for small groups and kids with their own devices (iPads, laptops, phones). Can be really funny, but includes a bit of mature content. (Windows, PS4, Xbox)

## 50 Books All Kids Should Read Before They're 12



From picture books to graphic novels, fantasy to family fun, these must-read books have the power to hook both boys and girls. Some are cultural touchstones that belong in every kid's library. Others open kids' minds to cultures beyond their own. And some are modern releases that have the timeless quality of classics -- the kinds that get handed down to siblings and passed around classrooms. Whether you have a reluctant reader or budding bookworm, check out these surefire, kid-tested titles. (We've included a few rated best for 12 and up for the precocious readers out there!)


Want more? Check out the [Essential Books Guide](#) to build your kid's personal library.

### [Browse 50 Books All Kids Should Read Before They're 12](#)

- [All ages](#)
- [Preschoolers \(2-4\)](#)
- [Little Kids \(5-7\)](#)
- [Big Kids \(8-9\)](#)
- [Twins \(10-12\)](#)
- [Teens \(13+\)](#)

# Online Resources

1. [Twinkl](#) enter the code UKTWINKLHELPS. This is an online resource that many schools use, but due to the current Coronavirus situation, this is being offered as free resource to parents as well.
2. [5 Minute Mum](#). A stay-at-home mum blog who uses her skills and knowledge as an LSA to create 5 minute activities to keep little people engaged and happy!
3. [The Muddy Puddle Teacher](#). An online resource that normally teachers subscribe to, but in the current worldwide crisis that we are facing, they are opening it to parents as well as a free resource, initially for one month but this will be reviewed. A brilliant company that only use natural and upcycled resources.
4. [Bella Learning](#) – a resource set up by a local Mum who you can purchase from games and activities from.
5. [Play Hooray](#) – a blog and wealth of knowledge passed on by Early Years Specialist and Mum to a small person
6. [Sam & Fran's Book Corner](#) on facebook – a great selection of books, magic painting, puzzles etc.
7. [Lego](#) page on facebook – some amazing ideas and games you can try out
8. [Museum virtual tours](#) which look awesome for broadening the children's horizons
9. [UNICEF Paddington Postcards](#) where you subscribe for £8 per month and your child receives a postcard and pack teaching them about different countries around the world.
10. [Eats Amazing](#) – practise / experiment with baking with some amazing tutorials and ideas.
11. [Switcheroozoo](#) – watch, listen and play games to learn all about amazing animals.
12. [Nat Geo for Kids](#) – learn all about geography and fascinating animals
13. [Into The Book](#) – go 'into the book' to learn and practise phonic and reading strategies
14. [Seussville](#) – read, play games and hang out with Dr Seuss and his friends
15. [ABC YA](#) – practise maths and reading skills whilst playing games
16. [Fun Brain](#) – play games and practise reading and maths skills at the same time
17. [Star Fall](#) – practise phonics with read-along stories
18. [Storyline Online](#) – listen to some of your favourite stories read to you
19. [Highlights Kids](#) – read, play games and take part in cool science experiments

<p><b>Liz James, Senior Teacher (Education Hub)</b></p> <p><b>Jo Davies, Senior Teacher (Family Hub)</b></p>		<p><b>Bristol Autism Team</b>  <b>Office address:</b> Bristol Autism Team, City Hall, College Green, Bristol BS1 5TR  <b>Postal address:</b> Bristol Autism Team (CH), PO Box 3176, Bristol, BS3 9FS  <b>Hotline email address:</b> <a href="mailto:Bristol.Autism.HotLine@bristol.gov.uk">Bristol.Autism.HotLine@bristol.gov.uk</a> .</p>
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**Helpful links for parents (not autism specific but still good!)**

<p><b>Online resources:</b></p> <ul style="list-style-type: none"> <li>- BrainPop</li> <li>- Curiosity Stream</li> <li>- Tynker</li> <li>- Outschool</li> <li>- Udemy</li> <li>- iReady</li> <li>- Beast Academy (Math)</li> <li>- Khan Academy</li> <li>- Creative Bug</li> <li>- Discovery Education</li> </ul> <p><b>YouTube Channels:</b></p> <ul style="list-style-type: none"> <li>- Crash Course Kids</li> <li>- Science Channel</li> <li>- SciShow Kids</li> <li>- National Geographic Kids</li> <li>- Free School</li> <li>- Geography Focus</li> <li>- TheBrainScoop</li> <li>- SciShow</li> <li>- Kids Learning Tube</li> <li>- Geek Gurl Diaries</li> <li>- Mike Likes Science</li> <li>- Science Max</li> <li>- SoulPancake</li> </ul>	<p><b>Hyperlinks:</b></p> <p><a href="#">Scholastic</a> has created a free learn-from-home site with 20+ days of learning and activities.</p> <p>Pretend to travel the world: go on a <a href="#">virtual tour</a> of these 12 famous museums.</p> <p><a href="#">National Geographic Kids</a></p> <p><b>USA free learning websites:</b>  'Easy Peasy Home School <a href="#">curriculum</a> (American but good!)</p> <p>List of <a href="#">thinking games</a></p> <p><a href="#">Starfall</a> (literacy)</p> <p><a href="#">ABCYA</a> (literacy games)</p> <p><a href="#">Mighty Guy</a> (literacy and maths games and activities)</p> <p><a href="#">Splash Learn</a> (Maths activities)</p> <p><a href="#">Storyline Online</a> (videos of stories being read aloud)</p> <p><a href="#">PBS Kids</a> (various educational videos, and games)</p> <p><a href="#">Highlights Kids</a> (online interactive children's magazine with activities, jokes, games and more)</p> <p><a href="#">CoolMath4Kids</a></p> <p><a href="#">Math Game Time</a></p> <p><a href="#">Unite for Literacy</a> (free online information books suitable for EY and Primary age)</p> <p><a href="#">Literactive</a> (online fiction books suitable for EY and Primary age)</p> <p><a href="#">Science Kids</a> (fun science and technology)</p> <p><a href="#">Switch Zoo</a> (animal games and videos)</p> <p><a href="#">Dr Seuss's Word Challenge</a></p> <p><a href="#">Turtle Diary</a> (various educational games)</p> <p><a href="#">e-Learning for kids</a> (free digital education for children worldwide)</p>
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# Learning with Technology

## Explore Questions by Age:

[Preschoolers \(2-4\)](#) [Little Kids \(5-7\)](#) [Big Kids \(8-9\)](#) [Twens \(10-12\)](#) [Teens \(13+\)](#) [Most Popular](#)

## What online learning resources are available to supplement my homeschooling?

- Although few educational technology products are made specifically with homeschooling in mind, much of what gets built for classrooms -- and for learning in general -- works great at home. In fact, some learning tools that can be tough to make work in a classroom pay off big at home, where parents have more freedom and kids are guaranteed individual attention.

But how do you know what to look for? Make your search more manageable by looking for tools in three categories that are key to homeschool success.

**Instructional tools.** No homeschool parent is an expert in everything. Thankfully there are enough resources out there to fill instructional gaps. Here are some options that are chock-full of top-notch learning content. Some even have a [scope and sequence](#) and built-in assessments.

- [Khan Academy](#)
- [PBS Kids](#)
- [BrainPOP](#)
  - [IXL](#)
- [Google Art Project](#)
- [One Globe Kids](#)
  - [CK-12](#)

**Creation tools.** An important part of learning is assessment: a way to evaluate whether a student has or hasn't learned something. One of the best ways to assess student learning is by getting kids to show what they know through creative projects that build [21st-century skills](#). These standout tools do just that, and the best part? They're not subject-specific, so they can be used for just about any project specific, so they can be used for just about any project.

- [Minecraft](#)
- [Algodoo](#)
- [Procreate](#)
  - [Popplet](#)
- [Explain Everything](#)
- [Animoto Video Maker](#)

**Participatory communities.** Kids thrive when they connect, collaborate, and share with each other in supportive, productive communities. By interacting with others, they also build social skills and learn how to be responsible contributors to the world. Here are a few kid-friendly communities that parents can trust.

- [DIY.org - Creative Challenges](#)
  - [LittleBigPlanet 2](#)
  - [Historypin](#)
  - [Project Noah](#)
  - [Figment](#)
  - [Scratch](#)



# Free Educational Apps, Games, and Websites

You don't always have to pay big bucks for great educational games, apps, and websites: Lots of outstanding free options are only a click away. Since the subjects here range from [reading](#) to [math skills](#), kids can find all sorts of fun practice for all kinds of topics. The best part is that kids can check them out and move on if a title isn't a great fit -- and it won't impact your wallet! These resources are either completely free or full of quality free content for kids to explore. Next time your kids are looking for fun, try giving them one of the following picks below. They'll learn while being entertained!

## Browse Free Educational Apps, Games, and Websites

- [All ages](#)
- [Preschoolers \(2-4\)](#)
- [Little Kids \(5-7\)](#)
- [Big Kids \(8-9\)](#)
- [Tweens \(10-12\)](#)
- [Teens \(13+\)](#)

# 17 Apps to Help Kids Stay Focused

So much of the time, our technology is a way to escape -- and get off-task. We catch ourselves checking our phones at work, and our kids check them during [homework](#) time. If *Daniel Tiger* is on, there's no getting a little kid out the door. But instead of distraction, we can use devices to work for us and help us get things done. Need help organizing your kid's chores? There's an app for that. Creating good habits? Got you covered. There's even an app to help you not use other apps! So check out these fantastic tools to help keep you focused.

## Browse 17 Apps to Help Kids Stay Focused

- [All ages](#)
- [Preschoolers \(2-4\)](#)
- [Little Kids \(5-7\)](#)
- [Big Kids \(8-9\)](#)
- [Tweens \(10-12\)](#)
- [Teens \(13+\)](#)

150+  
EDUCATIONAL  
You Tube  
channels

HomeschoolHideout.com

Before we get started, you should know that I tried my best to arrange the list by subject. However, most channels have more than one topic, so I tried to pick the category that most of the videos fell into. *Some of the science videos will also teach you history, for example.*

Instead of telling you about each channel, like I do on my [Netflix](#), [Hulu](#) and [Amazon Prime](#) movie lists, I decided to pick out a video title that I found most interesting. These are just a few of my quick picks and you'll want to head to YouTube to find more videos from each channel.

### How to Subscribe to a YouTube Channel:

Once you find an educational YouTube Channel you love, you'll want to make sure you can easily find it again. By subscribing, you'll get notifications every time that channel posts a new video!

Here's how to subscribe:

- Make sure you are logged into the YouTube app or YouTube.com
- Under the video, click the "Channel" icon, then tap "subscribe"
- That's it! *Easy-peasy-chicken-squeezy!*

### How We Use this List of Educational YouTube Channels:

One of the questions we get asked the most is how we use our [Netflix movie lists](#) in our homeschool. Well, that's easy! We just watch one movie per day, as we eat lunch. **But this list of educational YouTube channels is more convenient than Netflix in that we can watch a video *quickly* and at any time.**

A few ideas of when to sneak in these educational YouTube channels:

- In the car
- In waiting rooms
- While mom is on the phone
- During bath time (Turn the lights out and let the kids soak in the dark as they watch a video on your tablet, *from a safe distance!* They'll love it!)
- School time
- On the crapper (because, who doesn't take their phone to the bathroom with them?)
- While cooking dinner (Most videos don't require you to actually *watch* them, so you can still learn, as long as you have the volume turned up.)
- As a family, before dinner and you'll have an instant conversation starters for the whole family

### Be Safe:

YouTube is great. It really is. But as awesome as it is, there are still some down sides to using it with your kids. **Your biggest concern will be your child seeing adult content on YouTube. Thankfully, that's a fairly easy fix.** Here's how you can turn the safety settings on in under a minute:

- Log in to YouTube.com
- Go to the left-hand side and click "Settings"
- Scroll to the very bottom of the YouTube homepage until you see several small buttons
- Click on "Restricted Mode" then click "On"
- Be aware that no filter is 100% accurate but this will ensure you don't see content that has been flagged by other users.
- To lock in your settings, you'll need to sign out of YouTube then sign back in. *Then you're done!*

# The Entire List of Education Companies Offering Free Subscriptions Due to School Closings – Click on the links below!

- [2Simple](#)
- [AdmitHub](#)
- [ABCmouse/Adventure Academy](#)
- [ALBERT](#)
- [Alchemie](#)
- [American Chemistry Society](#)
- [Backpack Sciences](#)
- [Boardmaker](#)
- [BookCreator App](#)
- [BrainPop](#)
- [Breakout Edu](#)
- [Buncee](#)
- [Century](#)
- [CheckMath](#)
- [CircleTime Fun](#)
- [CiscoWebex](#)
- [CK-12 Foundation](#)
- [ClassDojo](#)
- [Classroom Secrets](#)
- [ClassHook](#)
- [Classtime](#)
- [CMU CS Academy](#)
- [CommonLit](#)
- [Conjugemos](#)
- [Coursera for Campus](#)
- [Curriki](#)
- [Deck. Toys](#)
- [DeltaMath](#)
- [Discovery Ed](#)
- [Dyslexia Academy](#)
- [Ecoballot](#)
- [EdConnect](#)
- [Edmodo](#)
- [EdPuzzle](#)
- [Education Perfect](#)
- [Eduflow](#)
- [EduLastic](#)
- [Edu-Together](#)
- [Elementari](#)
- [Emile](#)
- [Epraise](#)
- [Epic!](#)
- [EverFi](#)
- [Explain Everything](#)
- [Fiveable](#)
- [Flipgrid](#)
- [Fluency Matters](#)
- [Freckle](#)
- [Free Math](#)
- [Gamilab](#)
- [Genially](#)
- [GoGuardian](#)
- [Good2Learn](#)
- [Google For Edu](#)
- [Gynzy](#)
- [Hapara](#)
- [Hawkes Learning](#)
- [HippoCampus](#)
- [Ideas Roadshow](#)
- [IDEA](#)
- [InThinking](#)
- [i-Ready](#)
- [Izzit.org](#)
- [Kahoot](#)
- [Kami](#)
- [KET's PBS Learning Media](#)
- [Khan Academy](#)
- [Kids Discover Online](#)
- [Kognity](#)
- [LabsLand](#)
- [Learning Apps](#)
- [Libby App](#)
- [ListenWise](#)
- [Manga High](#)
- [Microsoft Education](#)

- Minecraft: Education Edition
- MobyMax
- Mozi
- MusicFirst
- Mystery Science
- NearPod
- Newsela
- Nimbus Capture
- Outschool
- Otus
- Packback
- Parlay
- Pear Deck
- PebbleGo By Capstone
- Peergrade
- PenPal
- Prodigy
- Pronto
- Rockalingua
- Salesforce
- ScienceWerkz
- Schoology
- 
- ScreenCastify
- Seesaw
- Seneca
- Seterra Geography
- Scholastic
- Shmoop
- Sight Reading Suite
- SmartMusic
- StoryBoard
- Tailor-ED
- TechSmith
- Tes Blendspace
- Twinkl
- Typing Club
- Vidcode
- ViewSonic
- Voces Digital
- Vroom App
- Wakelete
- We Video
- Zearn
- Zoom

## More Things To Do While You're Stuck at Home:

- Another great way to help kids learn from home is a [virtual field trip](#) to somewhere cool, like the Galapagos Islands!
- Spend some time off electronics and pick from 25 different [screen-free activities](#) for kids.
- Quick and easy [5 minute crafts](#) are the way to go.
- Break out the junk drawer! Help kids [learn with everyday objects](#).
- [Science games](#) bring lots of fun to learning!
- Now is a great time to try out [subscription boxes for kids](#).
- Shh! They won't even realize they're learning with our [fun math games for kids](#).
- Here are some free ideas to [homeschool for elementary students](#).
- Yes! Your kids can [learn without screens](#).
- Might as well [homeschool preschool](#) while you're at it.
- Kiddos bouncing off the walls? Try these [active games for kids](#).
- Learn \*and\* play with [science activities for kids](#).
- Mix things up with these [inside games for kids](#).
- [Edible playdough](#) is fun with make, then eat! (Just be sure your kids wash their hands!)
- I just know there is a kid in your house who wants to make [unicorn slime](#).

If you are looking for some extra fun educational printables, we have hundreds of educational {and fun} printables you can download, print and use with your kids. [Check out Printables Library Here.](#)

# Home-schooling resources

## Online resources:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

## YouTube Channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science

## More awesome free learning websites:

- <https://www.starfall.com/h/>
- <https://www.abcya.com/>
- <https://www.funbrain.com/>
- <https://www.splashlearn.com/>
- <https://www.storylineonline.net/>
- <https://pbskids.org/>
- <https://www.highlightskids.com/>
- <https://kids.nationalgeographic.com/>
- <https://www.coolmath4kids.com/>
- <http://www.mathgametime.com/>
- <https://www.uniteforliteracy.com/>
- <http://www.literactive.com/Home/index.asp>
- <http://www.sciencekids.co.nz/>
- <https://www.switchzoo.com/>
- <https://www.seussville.com/>
- <https://www.turtlediary.com/>
- <https://www.e-learningforkids.org/>





[www.HomeschoolHideout.com](http://www.HomeschoolHideout.com)



# 50

kid-approved  
**QUICK & EASY**

LUNCH

ideas

# Main Menu:

## Leftovers

First things first. There's no point in making another meal when you've got perfectly good food already prepared in your fridge. Wasted food is wasted money. Use up those leftovers before they turn into science experiments!

## Goulash

Toss cooked pasta, tomato sauce, ground beef and some Italian seasonings together for an easy lunch that tastes much like spaghetti.

## Sloppy Joe

Ever since we started making [Homemade Sloppy Joe Sauce](#), this has been our go-to lunch idea. For a fresh spin on the recipe, try serving it over noodles instead of on a bun!

## Meatballs

Use eggs and breadcrumbs to hold your meatballs together while they bake. Serve them with ketchup and mustard, BBQ sauce or marinara.

## Pizza Roll Up

Turn a can of crescent rolls into yummy pizza roll ups in just a few minutes. Add pepperoni and cheese to crescent rolls and bake. Serve with heated pizza sauce.

## Soup

Whether it comes in a can or is homemade, soup is a lunchtime favorite. Chicken noodle, vegetable, stew...The possibilities are endless! Throw soup in the crockpot and you can set it and forget it!

## Quesadilla

[Quesadillas](#) are both kid and mom-approved! Chicken, beef, cheese and beans are favorites but sly moms across the world know you can sneak in extra veggies without hearing complaints!

## Wrap

Ham, cheese, turkey, avocado, chicken strips, onions, mushrooms, the list goes on and on. You name it, it can be put in a wrap! Drizzle with your favorite dressing, roll and EAT! It's really that easy! Try adding leftovers to wraps for a fun new meal. (Spaghetti wrap, anyone? How about a chili wrap? You never know, it might be your new favorite meal!)

## Salad

Lots of kids despise salad but by adding fresh fruit to your salad, it gives it a whole new kick. Strawberries, cantaloup, blueberries or chunks of peaches added to a green salad add an unexpected twist that you'll fall in love with!

## **Meat & Cheese Kabob**

Alternate deli meat, cubes of cheese and fresh fruits and vegetables on a skewer for a quick and easy lunch that will make the kids squeal.

## **Burgers**

Backyard burgers aren't just for dinner. Throw them on the grill or opt to cook them indoors. Either way, they're hard to beat!

## **Stir Fry**

Noodles, veggies and thinly sliced veggies make this yummy lunch a favorite for all. Pre-packaged stir fry veggies make it even easier to dump and cook, without a ton of clean up.

## **Pig in a Blanket**

This childhood favorite is still as fun as you remember as kids. All you need is a package of hotdogs and a can of crescent rolls. Wrap them, bake them and eat them. Easy peasy!

## **Nachos**

Cheese, meat and sauces turn an ordinary pile of chips into a scrumptious lunch. For an extra healthy version, skip the chips and use veggie sticks instead.

## **Chili**

A can of beans, some ground beef and chili seasoning can make a fast lunch that's healthy and satisfying. Serve with crackers or jazz it up with Fritos!

## **Taco Salad**

The perfect solution for an extra salad is to serve them up as a taco salad. Just add taco meat, sour cream and salsa for a completely new taste.

## **Mac & Cheese Delight**

Macaroni and Cheese is a childhood fave. Stir in chunks of meat for a hearty meal that is easy to whip up and light on the wallet. Chunks of ham, hotdogs, turkey, chicken or meatballs all work well!

## **Baked Potatoes**

When you add in the fun stuff, like chunks of ham, cheese, broccoli and sour cream, baked potatoes can become an entire healthy meal!

## Sandwich Tips:

*No time to cook? Take sandwiches to another level by tossing the bread and adding a fun twist instead:*

### **Make It!**

Use a [sandwich maker](#) to turn up the taste! These handy gadgets take an ordinary sandwich and make them even yummier!

### **Slide It!**

Buy mini buns and serve them up. The kiddos are sure to love them!

### **Toast it!**

By simply toasting your bread, you give your sandwich a whole new flavor.

### **Sub It!**

Instead of using bread, make it a sub. Add lots of varieties to choose from and serve it in an assembly line fashion.

### **Roll It, Wrap it!**

Throw any sandwich makings into a wrap or a tortilla and instantly change the flavor. A favorite around here is a peanut butter and jelly banana wrap!

### **Stuff It!**

Grab a package of Pita Pockets and stuff them with whatever you wish! We love to fry lunch meat with onions and peppers and top with ranch but the possibilities are endless!

## Need EVEN quicker options?

*Try making a large batch of one of these yummys on Sunday and eating them all week! They pair with pretty much anything and are cheap, easy and healthy.*

Potato Salad

Cole Slaw

Pasta Salad

Pea Salad

Fruit Salad

Veggie Tray

## INDOOR ACTIVITIES TO STAY BUSY AND HAPPY

- **Finger-paint with shaving cream.** Pour a good amount of shaving cream onto a large cookie sheet and add a few drops of food coloring. Let kids finger paint, creating a masterpiece of peaks and valleys out of the colored shaving cream. This is a great way to help toddlers learn their colors.
- **Have a dance-off.** Dig through the family music stash and put on some fun dance tunes for the family to enjoy. See which family member has the best moves. This is a great activity everyone will enjoy and it (hopefully) will burn off some of the pent-up energy.
- **Step into the kitchen.** Having to stay indoors is a great time to bake or cook with children. Children learn about measurements, practice their stirring skills and have to demonstrate patience when helping in the kitchen with mom or dad. Baking bread is a great kitchen activity for children to enjoy alongside a parent.
- **Draw a map.** Roll out a large piece of butcher paper (the backside of wrapping paper works great for this activity) and have kids draw roads and buildings on it, creating a map they can use for toy cars or small toys. Perhaps create a map of a town, the zoo, or even Disney World. Children will love making their own map and then will have great fun playing on it.
- **Host a stuffed animal birthday party.** Have children plan a birthday party for their favorite stuffed animal. They can draw invitations, create party decorations and then cook (with a parent's help) a tasty treat for everyone to enjoy at the animal's party. Be sure to sing "Happy Birthday" and have a candle for everyone to blow out!



- **“Wash” the dishes.** Fill the kitchen sink with warm water and bubbles and have kids wash their play dishes. Water play is enjoyed by all children, especially when they are assigned an “adult” task like doing the dishes. Keep safety in mind with this activity. Be sure to place towels on stools where kids are standing to keep them from slipping. Also, remind them never to turn on the faucet themselves as they might get scalded by the hot water
- **Hallway relay races.** Even when provided with a variety of indoor activities, children still need the chance to run and play. Host a family relay race down a long hall or in a large room. Have different themes for the races, such as having to wear large shoes while running or running backward. Time each race and see who can run the fastest and the slowest.
- **Write a book.** Staple a few pieces of construction paper together to make a blank book children can use to write a story about their life. Have them trace their hand, draw a picture of a favorite activity and attempt a self-portrait.
- **Go craft crazy.** Rather than sitting down for a structured craft, let kids create their own. Pull out the glue, scissors, paper, string, and any other odds-and-ends and let kids put their creativity to work. Little ones can improve their scissor skills by cutting everything possible while older kids can create a host of inventions by using the materials provided.
- **Make a play date.** Remember that other parents are stuck at home with kids as well. If road conditions allow, call up some friends and invite them over for a winter play date. Encourage them to come dressed in their pajamas, serve pancakes and hot chocolate and make paper snowflakes together. Let the children entertain each other for a bit while adults enjoy some quality conversation.
- **Get ready for Hollywood.** Help children make a homemade movie by acting out a favorite book or even creating their own screenplay. Film these stories on the family video camera, download to the computer and send to family and friends to enjoy!
- **Find out more even activities here:** <https://kidsactivitiesblog.com/124392/25-screen-free-activities-for-kids/>

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

275+ Enrichment Activities for Children While  
Parents are Working Remotely:

[https://docs.google.com/spreadsheets/d/1KCFnWreu4v7  
VoO3NbgP-  
Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&sle=tr  
ue](https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&sle=true)