

Resource Pack

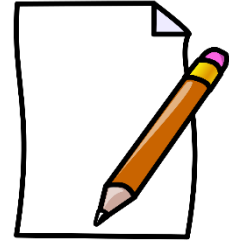
4-11 year olds

“Education is what remains after we’ve forgotten what we have learned in school.”

Stay safe and we will see you all soon!

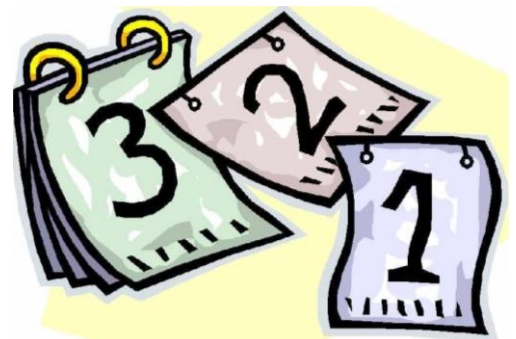
Week 1- Day 1

Draw a picture below of what you think Coronavirus is:



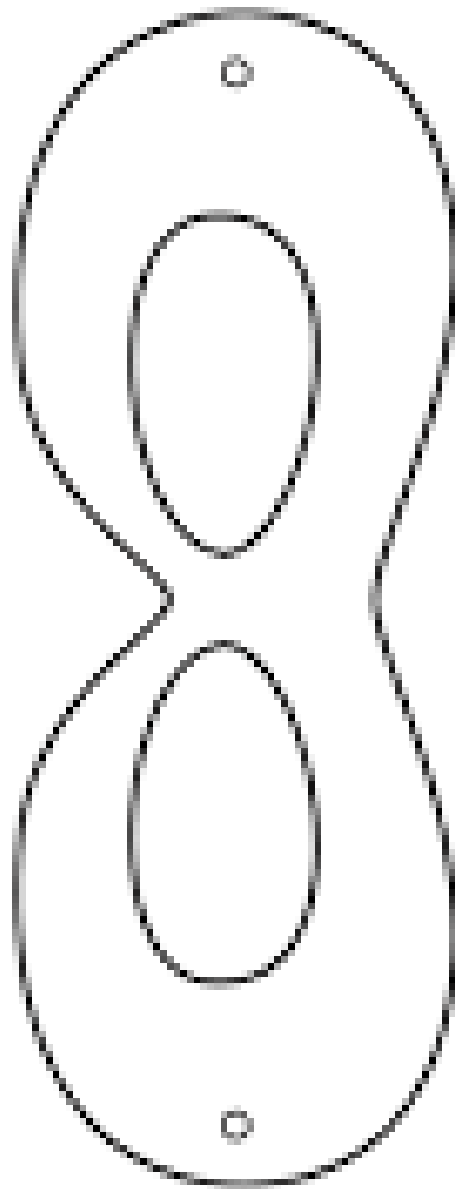
Week 1- Day 2

Draw your daily routine below, in a timeline, to show us how you are keeping yourself busy!



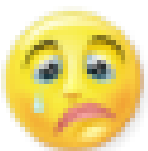
Week 1- Day 3

Make a superhero mask to help us fight Coronavirus!

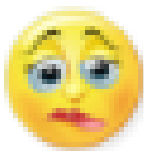


Week 1- Day 4

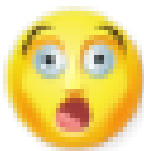
How are you feeling today? You can use words or pictures to describe your emotions.



Sadness



Rejected



Surprised



Fearful



Joy



Accepted



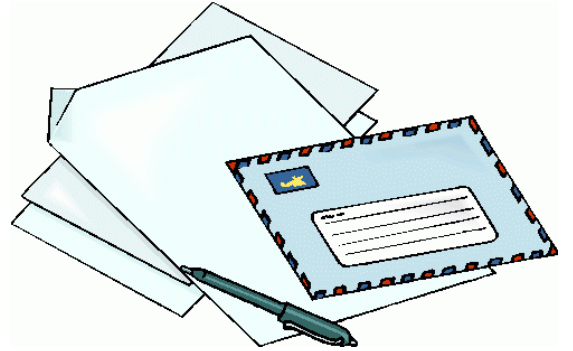
Aware



Angry

Week 1- Day 5

Write a letter to your best friend!



Week 1- Day 6

Write a short story or a poem about germs or doctors!



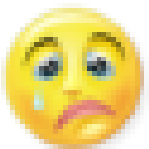
Week 1- Day 7

What career do you want to be when you are older? Draw a phot of your future self!



Week 2- Day 1

How are you feeling today? You can use words or pictures.



Sadness



Rejected



Surprised



Fearful



Joy



Accepted



Awake



Angry

Week 2- Day 2

Draw us a picture of what means the most to you, this can be your family members, friends or any hobbies you have!

Week 2- Day 3



Let's get creative and make some fun slime!

Makes 1 small ball

Takes 10 minutes

- 100ml PVA white glue (children's craft glue or CE marked glue)
- ½ tsp bicarbonate of soda
- gel food coloring
- 1 tsp contact lens cleaning solution
- glitter (optional)

1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well.

2. Add a drop or two of your chosen gel food coloring. Less coloring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.

3. Add the contact lens solution and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball.

4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.

Week 2- Day 4

Here's a challenge for you! To get your body moving follow these steps:

1. 10 star jumps
2. Run up and down the stairs twice
3. Run on the spot for 30 seconds
4. Drink plenty of water
5. Eat some fruit and vegetables



Week 2- Day 5

Draw a picture of your family below! Do you have any brothers or sisters? Do you have any pets?



Week 2- Day 6

Have fun and colour in the picture below!



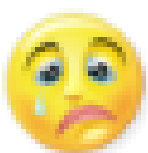
Week 2- Day 7

Finish off this week by baking or cooking something delicious with someone you live with and write about how it went below! Was it fun? What went well?

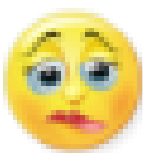


Week 3- Day 1

How you are feeling today? Also, how the Coronavirus have affected your life so far? You can use drawing or words to show your emotions.



Sadness



Rejected



Surprised



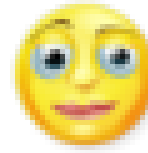
Fearful



Joy



Accepted



Awake



Angry

Week 3- Day 2

Let's get creative! Use any empty carton in your house, could be an old milk carton, to make something unique. Use any materials you can in your house such as old newspapers or magazines!

Below is an example of what you can make:



Week 3- Day 3

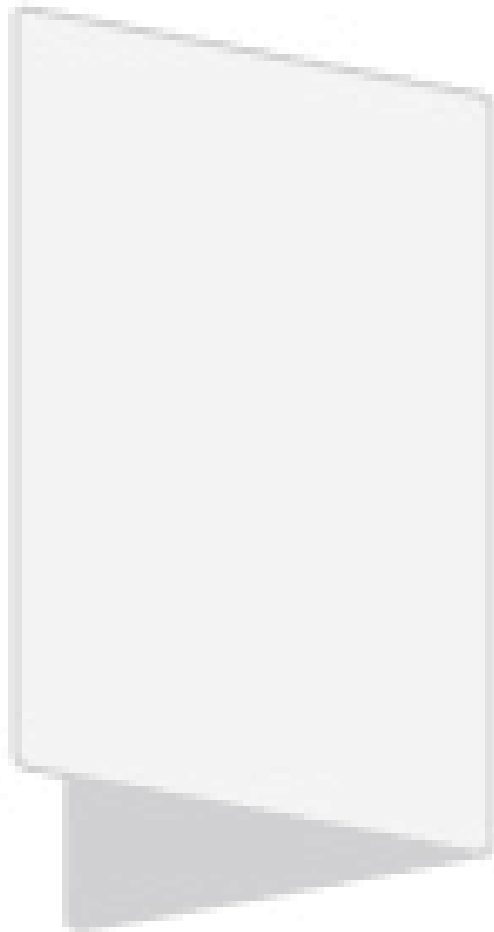
What is your favourite movie or TV show?

Draw a picture of your favourite character!



Week 3- Day 4

Design a card below for someone special in your life, this can be anyone!



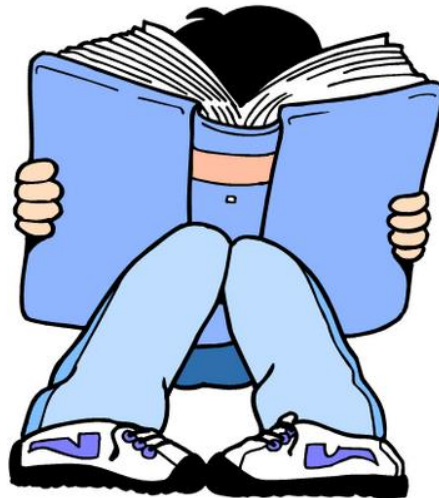
Week 3- Day 5

Write a creative story using your imagination!



Week 3- Day 6

Read a book and write below how much you enjoyed it!



Week 3- Day 7

Here's something fun! Play stop the bus with a family member.



Categories	letter	letter	letter	letter	letter
Country					
Animal					
Food or drink					
Clothes					
Job					
City					

Points

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.....

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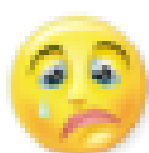
Total

1 point per correct answer
2 points per answer nobody else has found

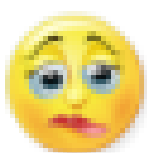
isLCollective.com

Week 4- Day 1

How are you feeling today? Draw a photo or use words to show your emotions.



Sadness



Rejected



Surprised



Fearful



Joy



Accepted



Aware



Angry

Week 4- Day 2

Draw a photo of what you had for breakfast this morning. Get creative!



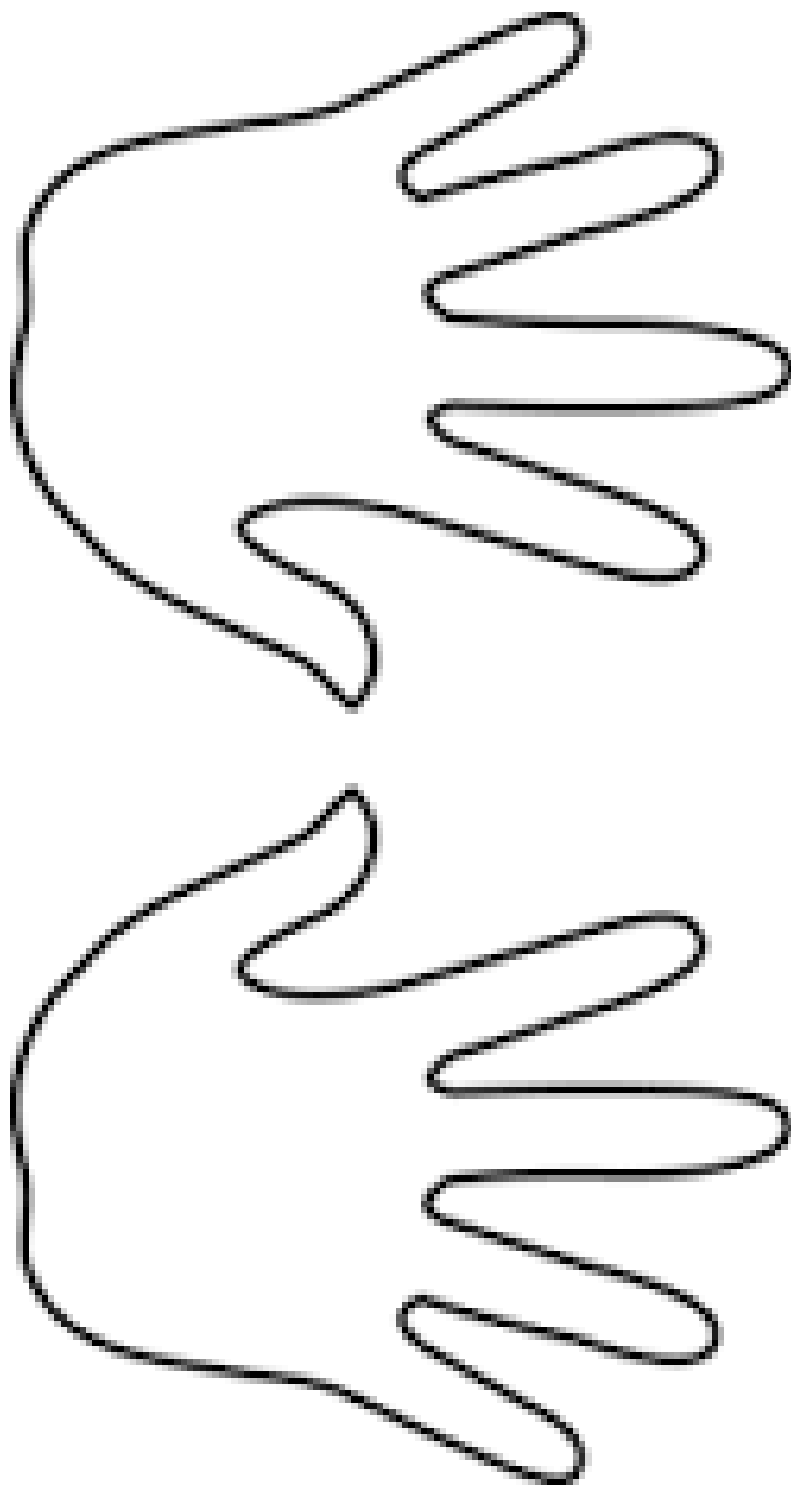
Week 4- Day 3

Write a short story or poem about your favourite season and draw a photo of that season.



Week 4- Day 4

Here's something fun for you to do! In the hands below, write or draw things that represent you. This can be what school you go to, your favourite colour, your hobbies etc.



Week 4- Day 5

Let's keep fit! Follow the steps below:

- 15 star jumps
- bear crawls for 30 seconds
- Run on the spot for 30 seconds
- 5 push ups
- Remember to drink water
- Remember to eat fruit and vegetables



Week 4- Day 6

What is your favourite food? Draw a picture of it below.



Week 4- Day 7

Draw a picture or write a short story to explain what you have done during your time at home and what you will do when it is safe to go outside.



“Minute to win it” Games

Card flip

Line up a deck of cards along the edge of a table side by side leaving a small gap in between each card. Line up the same amount of cards on each side of the table, aim of the game is to flick the card up with the back of your fingers and catch it before it hits the table again. You have to catch it with the palm of your hand facing down as it is harder. Fastest to catch them all wins.

What you need

- Pack of cards

Biscuit race

Place a biscuit on your forehead and without touching it wiggle it down your face without touching it, aim of the game being to get it into your mouth. You can do this on your own and try to beat your own time, or against family members. (don't eat too many biscuits lol)

What you need

- One biscuit

Bottle flip

Get an empty bottle and fill it with $\frac{1}{4}$ full of water and securely put the lid back on. See how many flips you can do in a minute, how many flips you can successfully do in a row, first to get to 10 flips.

What you need

- One bottle

Cup flip

You will need plastic cups and a bottle, the aim of the game is to put the cup slightly on the edge of the table and you need to flick the cup and aim to get it on the top of the bottle.

What you need

- Plastic cup
- Plastic Bottle

Pen flick

Keep your hand flat, palm to the ground, and place a pen across the top of your fingers, flick the pen up but catch it with your hand in the same position. See how many flicks you can get in a row, or within 1 minute.

What you need

- Pen

- Outdoor games

Trick shot

You will need either a tennis ball or bouncy ball, make a small but difficult challenge with household items such as a wash hand basin, upside down bucket and bins to bounce the ball across and end up in a bin at the end.

What you need

- Tennis ball or bouncy ball
- Bin
- Wash hand basin
- buckets

Assault course

It's your turn to be creative and get active!! Create an assault course from anything you can find in your house! Crawl, jump, balance, run - just have fun with it!

Keepy Ups

Keep up a football for as long as you can, switch from foot to foot, then use your knees and keep going!

Juggle

Try something new and learn how to juggle - if you don't have tennis balls or juggling balls use oranges

Limbo

Set up limbo with a brush on built up buckets.

Other things to try

Bake / Cook

Learn a new skill??

Garden

Paint / Draw

Exercise indoors or outdoors

Make new fun videos or Tik Tok's

Write a letter

Keep a diary / journal on your time at home

Online blog on a topic that interests you

Board Games (monopoly, UNO, cluedo etc)

Organise or Decorate your room!

Create your own board game (get creative!)

Online resources

Create your own comic book

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

Interact with others in an online quiz or create your own

<https://kahoot.com/>

UK Safer internet centre

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>

Mental Health Foundation

www.mentalhealth.org.uk

Natural History Online Tour

<https://naturalhistory.si.edu/visit/virtual-tour>

Pinterest - use this site for more creative ideas to do at home!

<https://www.pinterest.co.uk/>

Video Calls :

Google Hangouts

<https://hangouts.google.com/webchat/start>

HouseParty

<https://houseparty.com/>

Definitions

Coronavirus (COVID-19)

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



Quarantine

This is a strict isolation imposed to prevent the spread of disease and involves staying at home or another location. You don't need to have symptoms of the disease to be quarantined.

Social distancing

Simple! Staying further away from people. It can mean simply standing further away from people, but also includes avoiding busy places, such as restaurants shopping centres.



#stayconnected

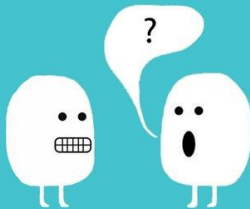


@eayouthservice
EA Youth Service

Telephone Support Lines for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414

Look after yourself



Connect with others...

if you can use technology to stay in touch, use video chat, normal chat or message your friends...if you can. Check up on family and friends to see if they are OK. Use the time to improve your existing relationships.

Exercise...

Limit your time outside and keep your distance from other people; but still get fresh air in your garden, or go for a short walk, run or cycle. Also take care of your mind by meditating, or take time to work through any worries and connect with others for support. and keep to a daily routine if you can



Manage your mind.

While connecting with others or exercise can help, you can also learn a new skill or spend time on a hobby. There are a wealth of free tutorials online you can follow.

Eat well

With lots of free time it might be hard to keep the snacks to a minimum. Instead unleash your hidden Chef, follow video tutorials, make a pancake or 10, make a stew or treat your parents to something new. Try new foods, be healthy, try meat free Mondays or Fruit on Fridays!



#stayconnected



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