



EPSS Resources List **(last updated 8th April 2020)**

Hello and welcome to Educational Psychology & Specialist Support (EPSS) resources list.

The purpose of this list is to share resources and activities that may be helpful for children and young people, families and teachers. Included within this list is information to explain the Coronavirus to children, resources to support learning at home, and links to support mindfulness and wellbeing.

We will add to this list as we find further resources and some of the information listed may change as external websites are updated.

We hope that everyone stays safe and well in these difficult times.

With warm wishes and kind thoughts.

The EPSS team

Disclaimer

The links and websites provided in this document are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by EPSS or Norfolk County Council of any of the products, services or opinions of the corporation or organisation or individual. EPSS and Norfolk County Council bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Please contact the external site for answers to questions regarding its content. We will aim to keep this document updated, if you have any feedback please email epss@norfolk.gov.uk.


Using this document

This resource is designed to be used efficiently and contains interactive features to allow quick access to the relevant content. To get the most out of the features this document has to offer, the user should follow a few simple steps to ensure that the appropriate settings are enabled.

When opening the resource, the first thing the user may notice is the 'restricted editing' box on the right-hand side. Simply click on the 'x' to close it and return to a full screen.



Enabling Hyperlinks

This resource contains several hyperlinks. Most of the hyperlinks direct you to a webpage and can be accessed by clicking on the PC symbol 

It is important to make sure that the ‘use CTRL + Click to follow hyper link’ option is NOT ticked.

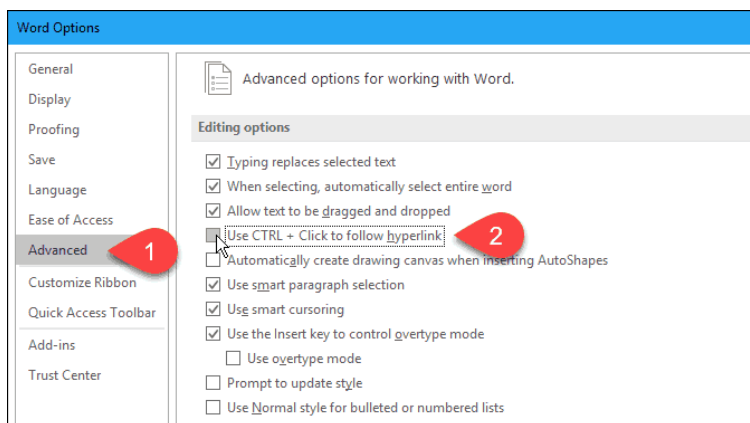
To do this:

Click on ‘**File**’ then scroll down to ‘**Options**’. Clicking options takes the user to further options. (See image)

1 – Click ‘Advanced’

2 – Untick ‘use CTRL + Click to follow hyperlink.’

This should enable the user to click on the links within the document.




























INDEX

1) <u>Explaining the Coronavirus</u>
• Resources for children
• Resources for Parents
2) <u>General Social Stories</u>
3) <u>Resources for Learning at Home</u>
• Department of Education
• Maths
• Literacy
• Science
• Arts, Crafts and Design
• Computer Programming
• Enterprise Skills
• Geography
• Variety of Subjects
• Revision site
• PE
• Recreational
• Creating a routine
• Tips for parents / carers
4) <u>Resources for Mindfulness, Wellbeing and Keeping Active</u>
5) <u>Advice and strategies for staying at Home</u>
6) <u>Resources to support Schools and Parents</u>
• General
• Community Support
• Online safety
• Free online training
• Podcasts
• Bereavement Support






1) Explaining the Coronavirus			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Resources for children			
Children's guide to Coronavirus <i>from the Children's Commissioners</i>	Children over 7	Guide to exploring what is the Coronavirus	
Guide to Coronavirus <i>by Mencap</i>	Children under 11	An easy to read guide on the Coronavirus and how to prevent it from spreading	
Newsround video	Children under 13	A video explaining why the Coronavirus is not as scary as it sounds	
Coronavirus book <i>by MindHeart</i>	Children under 7	A short book exemplifying the Coronavirus with an activity on how a child feels	
My Story about Pandemics and the Coronavirus <i>by Carol Gray</i>	Children 5 - 11 Children with ASD	Social story explaining the coronavirus with visual aids	
Someday: A story of Hope for children <i>by Carol Gray</i>	Children 5 - 11 Children with ASD	Social story about how to phrase discussion about the future	
BrainPOP video on Coronavirus	Children under 7	Video explaining the Coronavirus and how to prevent it spreading	
Just For Kids: A Comic Exploring The New Coronavirus	Children under 11	An online comic exploring the Coronavirus	
What is the Coronavirus <i>by Amanda McGuinness</i>	Children under 7 Children with ASD	Easy to read explanation of what is the Coronavirus	
Advice about the Coronavirus on <i>Easy Read Online</i>	Children under 7	Easy to read slides explaining the Coronavirus	
Coronavirus social situation on <i>twinkl.com</i>	Children 5 - 11	Social story about getting ill and how to stop spreading the Coronavirus	
What is the Coronavirus <i>from Open Arms Support Services</i>	Children under 7	Social story aimed at young children	












Resources for Parents			
How to talk to your child about coronavirus disease 2019 (COVID-19) <i>from UNICEF</i>	Parents / carers	8 tips to help comfort and protect children during the Coronavirus	
Talking to about the Coronavirus for children <i>by The British Psychological Society</i>	Parents / Carers and Teachers	A guide on why it is important to speak to children and how to reassure them about changes caused by the Coronavirus.	
Talking to Children About COVID-19 (Coronavirus): A Parent Resource <i>from NASP</i>	Parents / carers	Article discussing how to speak to children about the Coronavirus and discussing strategies including: <ul style="list-style-type: none"> • Remaining calm and reassuring • Making yourself available. • Avoiding excessive blaming 	
Talking to Children About Coronavirus (COVID19) <i>from Child & Adolescent Psychiatry</i>	Parents / carers	Suggestions to help guide conversations about the virus	
Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children <i>from Centers for Disease Control and Prevention</i>	Parents / carers	CDC guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the virus	
Talking to Kids about the Coronavirus <i>from the Child Mind Institute</i>	Parents / carers	Youtube video giving tips on speaking to children about the Coronavirus	
Talking to your child about coronavirus <i>from youngmind.org</i>	Parents / carers	10 tips from the Parents Helpline	
Talking to Kids About COVID-19 <i>from International OCD Foundation</i>	Parents / carers	Tips for speaking to children about the Coronavirus and some tips specifically for parents / carers whose children have OCD	
What to say to children about the Coronavirus <i>by Klinikk for krisepsykologi</i>	Parents / Carers and Teachers	Advice for parents on the Coronavirus and what to say to children	
Talking to Your Child about COVID-19 Based on Their Age: <i>from Parents Lead</i>	Parents / Carers and Teachers	Advice on how to talk to children about the Coronavirus based on their age	
Tips for families to explain the coronavirus <i>by Zero to Three</i>	Parents / Carers and Teachers	Tips for families to explain the coronavirus including age appropriate responses	















2) General Social Stories			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
A Social Story About Hand Washing	Children 4 - 7	A social story on the importance of washing your hands	 A Social Story About Hand Washir
School is closed social story	Children with ASD	Explaining why the school is closed using words and visuals	 words and pictures about school clousur
Seeing Tragedies on television	Children 6 - 11	Provides an explanation of the Coronavirus and how it affects people	 4.-Tragedies-on-Tel evision.pdf











3) Resources for learning at home			
Resource available	Suitable for	What	Where can I find out more?
Department of Education			
List of online education resources for home education from <i>Gov.com</i>	Parents / carers	A list of online educational resources to help children to learn at home	
Maths			
Cbeebies – Numberblocks	Early years	Singalong videos for learning number	
Khan Academy	Children 2 - 14	Maths activities for all ages but other subjects at secondary level (Science, Engineering, Computing, Arts, Humanities, Economics and Finance) NB: The material is based on the US grading system	
Oxford Owls for Home	Children 3 - 11	Reading, Maths and English activities for children	
Doorway Online	Children 4 - 7	Maths and literacy activities	
The Maths Factor	Children 4 - 12	Maths activities from Carol Vorderman. <i>Currently free to use</i>	
ICT Games	Children 5 - 8	Games for maths and English	
Time Tables Rockstars	Children 5 - 11	A sequenced programme of daily times tables practice <i>Currently free access to schools ONLY (schools need to sign up for free home access for pupils)</i>	
White Rose Maths	Children 5 - 13	A series of maths lessons for each year group from Year 1-8.	

















Sumdog	Children 5 - 14	Practice maths, spelling and grammar at home through games	
Prodigy Math's	Children 6 - 13	Maths activities NB: The material is based on the US grading system	
Ronit Bird	Children with dyscalculia or other specific difficulties	For teaching maths in a hands-on and multisensory manner	
Literacy			
Cbeebies - Alphablocks	Early years	Watch as the letters of the alphabet tell stories and sound out words	
Teach your Monster to Read	Children 3 - 7	A game to help children to learn letters and sounds and to read words and full sentences	
Oxford Owl for Home	Children 3 - 11	Reading, Maths and English activities for children; includes free e-books	
Doorway Online	Children 4 - 7	Literacy and maths activities	
Teach Handwriting – Cursive Practice	Children 4 - 11	Teaching children to form continuous cursive letters, using animations & worksheets.	
Phonics Play	Children 5 - 7	Teaching resources and lessons plans to help phonics <i>Currently free to use</i>	
Letters and Sounds	Children 5 - 7	Printable handouts to support learning phonics	
ICT Games	Children 5 - 8	Games for English and maths <i>Free to use</i>	
Phonics Bloom	Children 5 - 11	A range of online phonics games	
















Shakespeare Week	Children 5 - 11	This website has lots of themed activities in its Kids' Zone. There is a printable booklet to track what children have been doing	
Stories read by Oliver Jeffers	Children 5 - 11	Children's author, Oliver Jeffers will be reading a story on Instagram live every day at 6pm and talking about his book ideas.	
Nessy	Children 5 - 12 Children with dyslexia or other specific difficulties	Games to help children with literacy <i>Currently free access to schools ONLY (schools need to sign up for free home access for pupils)</i>	
Clicker and DocsPlus software	CYP 5 -18	Educational software for home use <i>Currently free access to schools ONLY (schools need to sign up for free home access for pupils)</i>	 Clicker email.docx
British Library	Children 6 - 16	The British Library's website has lots of information about books and stories and some great activities	
Poems by Michael Rosen	Children and Young People (CYP) 12 – 18	Michael Rosen reads and performs his poems	
Science			
British Science Week	Children 3 -14	Website with downloadable 'Diverse Planet' activity packs for early years, primary school and secondary school children	
DK Find Out	Children 4 - 11	A range of science topics but also other subjects at primary level	

















Science Museum	CYP 5 - 16	This website has a range of learning games and apps	
Explorify for Science	Children 5 - 11	A range of science activities including videos and hands-on activities	
Crest Awards	CYP 5 - 18	STEM projects for young people of all ages	
Mystery Science	Children 6 - 11	Videos teaching science <i>Currently free to use</i> NB: The material is based on the US grading system	
Big History Project	CYP 11 - 18	Videos exploring the history of the Cosmos, Earth and Life	
Brain Story Certification	CYP 15+	An in-depth course for anyone who wants to learn more about the science of brain development	
Arts, Crafts and Design			
The Imagination Tree	Early years	Craft activities for early years	
Paw Print Family (Paw Print Badges section)	Children 4 - 11	Challenge packs, activities and resources	
The Artful Parent	CYP 4 - 16	Fun and creative ideas and activities	
		There is the option of using Facebook to access the activities	
Tinkercad	CYP 4 - 18	An easy-to-use 3D design tool.	
Red Ted Art	CYP 4 - 18	Fun and easy crafts for kids and grown ups	
Google Art Project	CYP 6 - 18	Art from around the world	
Computer Programming			
Bee-Bot App	Children 4 - 11	Helps children with programming sequences skills	






Blockly Games	Children under 11	Blockly is designed to teach computer programming to children who have no experience of this	
Scratch	CYP 8 - 16	Computer programming	
Enterprise Skills			
iDEA Awards	CYP 13 - 18	Helps you develop and demonstrate your digital, enterprise and employability skills	
Geography			
National Geographic Kids	Children under 11	Activities, facts and quizzes for young children Also includes other subjects at primary level	
Geography Games	For all ages	Geography gaming!	
Variety of Subjects			
Norfolk County Council	Early years	Home learning tip for young children	
Cbeebies Radio	Early Years	Different listening activities for young children	
Scholastic	Early Years	Home learning pack	
TopMarks	Early years Children 5 - 9	Learning and interactive games	
Twinkl	Early years CYP 5 - 18	Home Learning Hub with resources for schools and parents <i>Currently free to use</i>	
BBC Bitesize	CYP 3 - 16	Indepth online learning from the BBC	
Toy Theater	Children 4 - 11	Interactive online art, reading & math games for kids	
Scholastic	Children 5 - 7	Home learning pack	















Norfolk County Council	Children 5 - 11	Educational resources for learning at home	
Scholastic – classroom magazines	Children 5 - 10	Magazines which cover the latest topics to enhance instruction in maths, science, reading and social studies	
The Kids Should See This	CYP 5 - 16	A wide range of educational videos	
Crash Course Kids	Children 7 - 11	A range of YouTube videos covering a variety of subjects aimed at younger children	
Scholastic	Children 8 - 11	Home learning packs	 
Ted Ed	CYP 10 - 18	A variety of educational video	
Futurelearn	CYP 16 +	Access to hundreds of courses	
Openlearn	CYP 18 +	Taster courses provided by The Open University.	
PE			
The Body Coach TV	Children 4 - 18	Daily PE works at 9am with Joe Wicks	
Revision site			
Seneca	CYP 7 - 18	Revision content for those taking GCSE and A level as well as KS2 and KS3 content in a range of subjects	
Recreational			
Nature Detectives	CYP 4 - 16	Activities which can be adapted for use in the garden	
Blue Peter Badges	Children 6 - 15	Eight different badges for children to earn	
Virtual Museums Tours	CYP 6 - 18	Links to 12 famous museums from around the world	








NASA	CYP 6 - 18	Online tour	
London Zoo	CYP 6 - 18	Online activities	
Harry Potter at Home	CYP 10+	Fun articles, quizzes and puzzles on the wizarding world	
Duolingo	CYP 11 - 18	Teaches foreign languages through use of videos and games	
origami.me	Children 11 - 18	Learn origami	
National Theatre live	CYP 15+	Showing screenings of plays every Thursday	
Citizens Science Projects: SciExplorer	CYP 17 +	Articles discussing a range of scientific areas of interest	
zooniverse	CYP 17 +	Volunteer to assist professional researchers with their projects	
Creating a routine			
Home Learning Schedules <i>by Tobii Dynavox and Boardmaker</i>	Children with ASD	Resources to create a routine for children.	 Home Learning Schedules.pdf
Tips for parents /carers			
The Communication Trust (Early Years)	Parents / carers	Tips for parents to support your child's speech, language and communication.	
The Communication Trust (Primary School Children)	Parents / carers	Tips for parents to support your child's speech, language and communication at home	








4) Resources for Mindfulness, Wellbeing and Keeping Active			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Smiling mind	Early years Children 5 - 9	Short audio sessions to help with mindfulness	
Cosmic Kids	Children 3 - 11	Yoga, mindfulness and relaxation for kids	 
How to Avoid Becoming a Lizard	Children 5 - 10 Parents and Carers	You Tube video helping children and adolescents to manage stress and anxiety	
Belly Breathing	Children 5 - 10 Parents and Carers	You Tube video on managing stress	
BBC Supermovers	Children 5 - 11	Fun curriculum linked resources to get your children moving while they learn	
Go Noodle	Children 5 - 11	Movement and mindfulness videos	
CBBC	Children 6 - 12	Videos and games you could play when at home	 
Mindfulness Exercises from section 3	CYP 8 - 16	A range of activities which each take around 15 minutes	
Dot-B	CYP 11 - 16	Mindfulness animations that aim to support children at home	
Calm.com	CYP 14 - 18	Content to support mental and emotional wellness for both adults & children	










	Parents and Carers		
Headspace	CYP 14+ Parents and Carers	This mindfulness website has free meditations and exercises	
Thriving adolescent	CYP 15 - 18	Free audio mindfulness exercises	
Every Mind Matters	Parents and Carers	Expert advice and practical tips to help you look after your mental health and wellbeing.	
Resources from <i>The Anna Freud National Centre for Children and Families</i>	Parents and Carers Teachers	Website providing advice for helping manage mental health and wellbeing during the Coronavirus	
Resources For Mental Health And Wellbeing Toolkit from <i>Mentally Healthy Schools</i>	Parents and Carers Teachers	A free toolkit with resources and tips to help support the mental health and wellbeing of school staff, parents, carers and children	











5) Advice and strategies for staying at home			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Coronavirus guidance <i>from Carers UK</i>	Carers	Article discussing: <ul style="list-style-type: none"> • Being prepared for the coronavirus • Do I need to stay away from others? • How do I protect someone I care for? • Care workers and other home help • Guidance for working carers 	
Coronavirus and your wellbeing <i>from Mind</i>	Parents / carers	Article discussing helping individuals feeling anxious & worried about staying at home.	
Guide to helping parents answer questions from their children and to support family wellbeing <i>from Place2Be</i>	Parents / carers	Article discussing: <ul style="list-style-type: none"> • how parents can deal with their worries • talking to a child • being reassuring • taking precautions to stay safe 	
Calming Coronavirus anxiety in children (and everyone else) <i>from specialneedsjungle.com</i>	Schools and parents / carers	Article discussing: <ul style="list-style-type: none"> • Keeping yourself and child calm • How to respond to anxiety from children to Coronavirus? • Teaching children to wash their hands properly • Helping children understand the Coronavirus 	
Child Mind Institute	Parents / carers	Range of articles to support: <ul style="list-style-type: none"> • Coping with the coronavirus 	





		<ul style="list-style-type: none"> Managing anxiety Helping child behaviors 	
Keeping calm and providing supportive parenting during the Coronavirus <i>from Jonathan Woodall</i>	Parents / carers	Advice on how to manage with school closures	
Five Ways to View Coverage of the Coronavirus <i>from the American Psychological Association</i>	Parents / carers	Some tips to help manage anxiety from the media coverage of the Coronavirus	
Tips for handling work and kids during COVID-19 isolation <i>from livescience</i>	Parents / carers	Article discussing explaining the Coronavirus to children and creating A new routine	
Premier League Stars	Schools and parents / carers	Helps to promote movement and wellbeing	 
Survival tips for parents <i>from 3pppsychologies.com</i>	Schools and parents / carers	10 Activities to do at home	
'FACE COVID' by Dr Russ Harris	Parents / carers	A set of practical steps for responding effectively to the Corona crisis	







6) Resources to support Schools and Parents: General			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Extra support for schools and parents to help cope with coronavirus <i>from gov.uk</i>	Parents / carers	Details of the extra support which schools and parents can access.	
Resource Paper <i>from the British Psychological Society (Division of Educational and Child Psychology)</i>	Parents / carers Teachers	Support and advice for schools and parents/carers regarding school closures.	 DECP (2020) UK schools closures - su
Educational Psychologist guidance for advisors/teachers during school closures (due to COVID-19)	Parents / carers Teachers	Advise for one parent from an Educational Psychologist in Hong Kong	
Inclusion Development Programme	Parents / carers Teachers	A suite of materials aimed to support teachers, teaching assistants & trainee teachers to increase their knowledge and skills in working with children & young people with a range of special educational needs	
The Communication Trust	Parents / carers Teachers	Summary of the different resources available on their website to support children and young people with speech, language and communication needs.	
ACE's	Parents / carers Teachers	Introductory resources and training around adverse childhood experiences (ACEs).	
Hand Washing Advice For Children With Sensory Processing Difficulties	Parents / Carers	Occupational therapy advice sheet around trying to make hand washing an easier process for children with sensory processing difficulties.	 Hand Washing Advice For Children
Supporting Individuals with Autism through uncertain times <i>from UNC</i>	Parents / Carers	Booklet with strategies and resources to support children with autism during uncertain times (specifically tailored towards the coronavirus pandemic).	 Supporting Individuals with Aut







6) Resources to support Schools and Parents: Community Support

<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Covid 19 Food Support for Norwich Area	Parents / carers	List community fridge schemes, foodbanks and other support within the community	 Early Help Norwich Food Support.pdf
Resources for families	Parents / carers	Early Help Norwich list of different resources available to families	 Early Help Norwich Resources for families






6) Resources to support Schools and Parents: Online safety

<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Thinkuknow	Children 4 -14+ Parents / carers	Explore one of the six age appropriate websites for advice about staying safe when you're on a phone, tablet or computer	
Rough Guide to social media use for Teens with Autism by <i>Autistic Adolescents</i>	Parents / carers For Children with SEN	Guide to using social media safety	 rough_guide_to_social_media_use.pdf
Staying safe online by <i>Autism West Midlands</i>	Parents / carers For Children with SEN	Do's and Don't for using the internet	 safety.pdf
Learning disabilities, Autism and Internet safety by <i>Cerebra</i>	Parents / carers For Children with SEN	Suggestions on how to reduce the risks of their child having a negative experience online	 Internet-safety-web.pdf



6) Resources to support Schools and Parents: Free online training			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
The Open University	Young adults Parents / Carers Teachers	A range of free online courses which provide a taster of studying an undergraduate degree	
The Communication Trust	Parents / carers Teachers	A short course on speech, language and communication	
ACE's	Parents / carers Teachers	Free trauma awareness training	
Future Learn	Young adults Parents / Carers Teachers	Future Learn offers a range of different courses which vary in length from 2 to 3 weeks long to 6 to 10 weeks long	






6) Resources to support Schools and Parents: Podcasts			
<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Podcasts on building resilience and coping with trauma	Young adults Parents / Carers Teachers	Links to the following podcasts: <ul style="list-style-type: none"> • Trauma Resonance Resilience • The Adoption and Fostering Podcast • The Polyvagal Podcast • The Trauma Therapist • Pivotal Podcast • Happy Place • Under The Skin • Give Me Strength 	
PsychCrunch	Young adults Parents / Carers Teachers	Podcast from the British Psychological Society's Research Digest	
The Brain Architects	Young adults Parents / Carers Teachers	Podcast considering the neurodevelopment of children	
Child in Mind Podcasts	Young adults Parents / Carers Teachers	Podcast discussing important issues in child and family mental health	
Speaking of Psychology: Coronavirus Anxiety	Young adults Parents / Carers Teachers	Podcast explaining why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined.	



Emerging Minds Podcasts	Parents / Carers	Podcast discussing the importance of play for child social and emotional wellbeing.	
-------------------------	-----------------------------	---	---

6) Resources to support Schools and Parents: Bereavement Support

<i>Resource available</i>	<i>Suitable for</i>	<i>What</i>	<i>Where can I find out more?</i>
Child Bereavement UK	Parents / Carers Teachers	Supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.	
Winston's Wish	Parents / Carers Teachers	Charity providing specialist child bereavement support services across the UK.	
Cruse Bereavement Care	Parents / Carers Teachers	They offer support, advice and information to children, young people and adults when someone dies.	
Nelson's Journey	Parents / Carers Teachers	Local bereavement charity offering support, advice and guidance for bereaved families	