

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



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# **RESOURCES & ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

AutismNI


## Scavenger Hunt (Garden)




Bee



Bird






Daisy




Stones

[Lots of Fun Games and Ideas from Autism NI](#)






## Being Active

An every day guide for people living with an impairment or health condition



[Being Active: A guide for people with impairments or health conditions](#)



A social story to explain a little about social distancing during the coronavirus - [read here](#).

Other stories and resources are available to [view here](#).





**family  
lives**

*We build better family lives together*

[Fun things to try with disabled children](#)



**MyChild at  
CerebralPalsy.org**

An informational website owned by attorney Kenneth A. Stern

[Outdoor Activities for Children with Special Needs](#)

**FirstDiscoverers**

brought to you by  
 wesco

[10 Sensory Activities for Children with Autism](#)

**Parenting  
healthy babies**

[50 Games for Children with Special Needs](#)



[Activities for people with disabilities](#)



[Coping with Change](#)



**National  
Deaf Children's  
Society**

The National Deaf Children's Society has a COVID 19 blog on their website, where they are gathering together in one place all the up-to-date information that families with a deaf child will be looking for.

It is specific to deafness and is updated regularly and contains all the NI specific contacts and references – [Access Blog Here](#)

Family sign Language course - NDCS tutors have filmed themselves in lockdown so families can still learn British Sign Language (BSL) to use at home. – [View Here](#)



### **Rainbow Resource Kit**

Information for parents of newly diagnosed children to support them in understanding their child and a range of autism strategies they can use. Booklets and resources include: A Positive Start for Life, Communication and Socialisation, Play, Making Sense of Sensory, Parent to Parent, Top 12 Tips and can be [downloaded here](#).

### **Education Resource Kit**

Social stories, learning plans, routine charts, e-books and audios for children of all ages – [available to download here](#).

Other resources are available from Autism NI to help autistic individuals, professionals, parents/carers and family members and are available to [view here](#).



The Special Education Needs Early Years Inclusion Service (SEN EYIS) provides support to parents of children with special educational needs.

Further information on the service and resources which you may find useful are available to [view and download here](#).



CENTRE FOR AUTISM  
MIDDLETOWN

[Useful Information and Resources](#)

# **RESOURCES & ACTIVITIES TO SUPPORT CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH**

# THE ANTI-BOREDOM PROJECT



## 8-10AM: GOOD MORNING!

- 1 Wake up, pop your clothes on, eat breakfast and go on a walk or follow a funny exercise video



## 10AM-12NOON: ACTIVE LEARNING

Learning without electronics: Puzzle books, journaling, flash cards, reading books, maths games, creative story writing, lego and construction games, art projects, printed worksheets

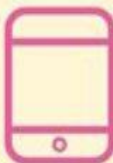
## 12NOON-2PM: MARY POPPINS

- 3 Have a yummy lunch then have some Mary Poppins Chores time (wipe kitchen table / do dishes / wash car / Hoover / tidy away toys and resources)



## 2-4PM: TECHNO LEARNING

- 4 Learning with screens: iPad / tablet / computer based educational games, educational tv shows, internet research for a project theme



## 4-5.30PM: ACTIVE AFTERNOON

- 5 Play outside if possible (park / trampoline / hide and seek / kick a football / frisbee). If you can't go outside, then play active games at home (e.g. YoYo / hide and Seek / hoola hoop)



## 5.30-7.30PM: DINNER & PJ'S

- 6 Enjoy a nice dinner together than do the getting-ready-for-bed routine (baths, brush teeth, PJ's on)

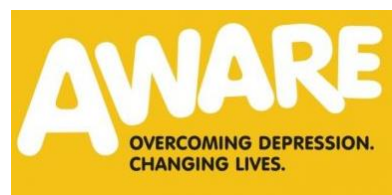


## 7.30-9PM: STORIES & BED

- 7 Reading time, bedtime stories and winding down to go to sleep



[Resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid resources](#)



[Useful resources from AWARE to support your mental health at this time](#)

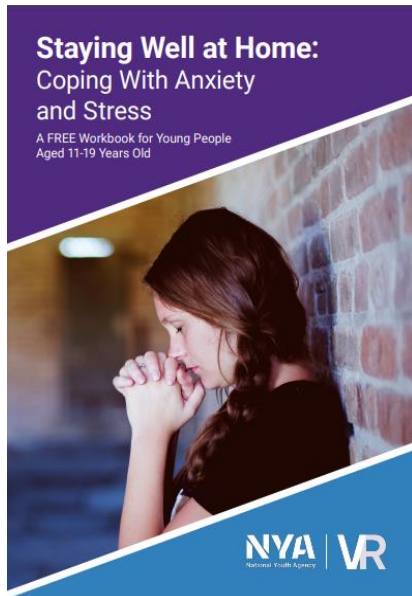
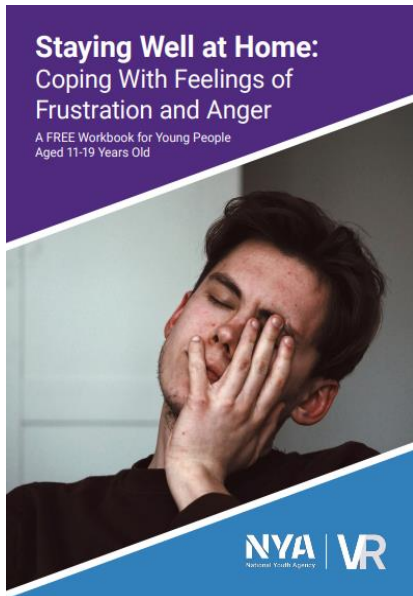


[Resource to support parents who are worried about their children's emotional health and wellbeing during lockdown](#)



[Mindfulness activity cards to help build confidence, positivity and resilience](#)





Workbooks to help young people aged 11-19

[Staying Well at Home: Coping with Feelings of Frustration and Anger](#)

[Staying Well at Home: Coping with Anxiety and Stress](#)



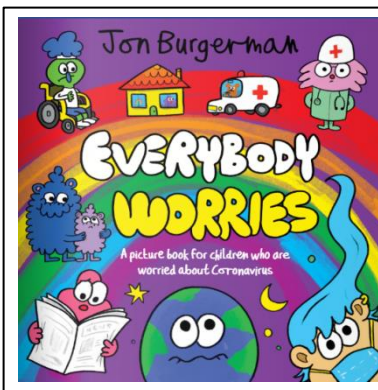
Website created for young people, carers and professional to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

[Go to Website](#)



Ideas and resources which you may find helpful in supporting children and young people's mental health.

[View Resource](#)



Picture book designed to support children who may be feeling worried about Coronavirus and in particular everyday changes to their lifestyle that it has brought about - [read online here](#)



## Helping children cope with stress during the 2019-nCoV outbreak



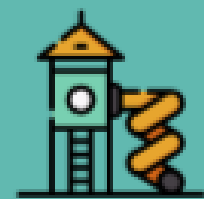
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

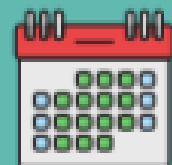
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

# HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

 @BELIEVEPHQ



**01**  
Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)



**02**  
Be clear with them some of the things that you'd appreciate their help with and why their help is important



**03**  
Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help



**04**  
Agree on some ground rules that you can all work towards together as a family. Respect each other's choices



**05**  
Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it



**06**  
Work together as a team who are looking to support each other



**07**  
Support your child to find things to do which will help to reduce boredom



**08**  
Encourage your child to stay connected to friends and family and to engage in activities that provide a sense of achievement



**09**  
Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing



**10**  
Identify some coping skills that you can test out and practise together. This is a great way to promote self care





# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



## ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



## TALKING

Support your child to talk about their problems and how they are feeling

## COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

## SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



## WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



## PLAY

Promote play and creativity among your child. Allow them to explore



## SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



## AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

## RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



## RELATIONSHIPS

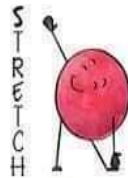
Support your child to build positive relationships with friends and family



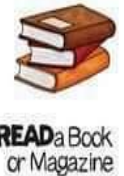




# 50 COPING SKILLS for kids



SAY Positive Affirmations



Look At or Take PHOTOGRAPHS



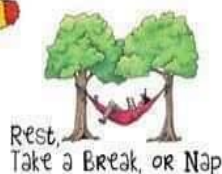
Visualize a Peaceful Place



EXPLORE & DISCOVER Nature's Treasures



Clean, Declutter or Organize



# 66

## POSITIVE THINGS TO SAY TO YOUR CHILD

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1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.



# THE EMOTIONAL CUP

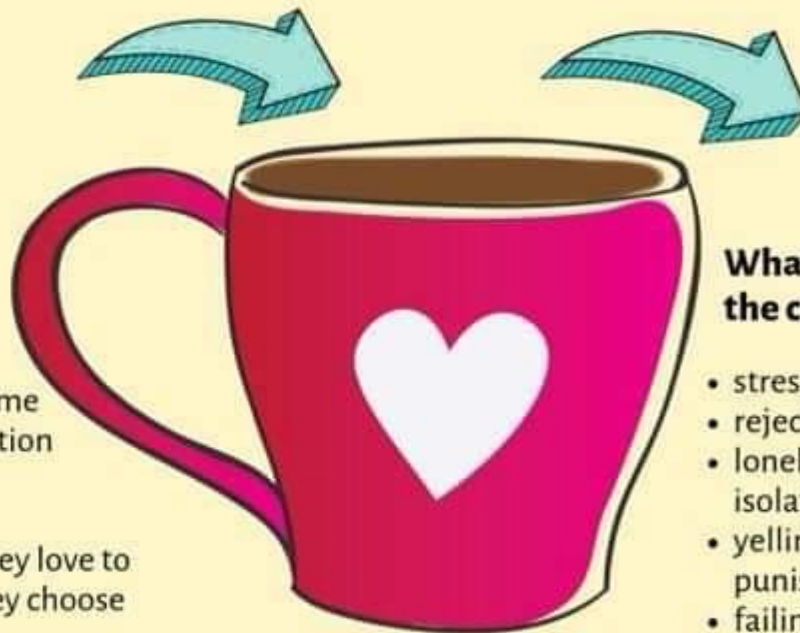
Imagine that every child has a cup that needs to be filled – with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

## Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

## What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



## What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

**upbidity**

Publisher of Therapy Resources

# Talking to your child about mental health



## TOP TIPS

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



### Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference



### Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic



### Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

### Let them know



Let your children know you are happy to talk and listen to them about any worries they may have

### Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health

### Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.



<p><b>Wash your hands often.</b></p>	<p><b>Drink more warm water.</b></p>	<p><b>Ample exercise and sunlight.</b></p>
<p><b>Be happy and positive.</b></p>	<p><b>PREVENTIVE MEASURES FOR HEALTH AND WELL-BEING</b></p> <p><b>5 Do's &amp; 3 Don'ts</b></p> <p>ICDAY <a href="http://www.icday.org">www.icday.org</a> FOWPAL <a href="http://www.fowpal.org">www.fowpal.org</a></p>	<p><b>Be careful and stay well-informed.</b></p>
<p><b>Don't lose your temper.</b></p>	<p><b>Don't worry and be well-prepared.</b></p>	<p><b>Don't be anxious.</b></p>

**SOUTHERN AREA LOCALITY PLANNING GROUPS**

Emotional Wellbeing and Mental Health Resource for Children and Young People



**Children in Northern Ireland**

The aim of this resource is to provide information on local services for children and young people which will be of benefit to their emotional wellbeing and mental health.

- 1 ARMAGH
- 2 BANBRIDGE
- 3 CRAIGAVON
- 4 DUNGANNON
- 5 NEWRY & MOURNE
- 6 SOUTH ARMAGH

Download this new resource for the Southern Area [HERE](#)

For further information contact Darren Curtis, Locality Development Officer, CYPSP on [Darren@cni-ni.org.uk](mailto:Darren@cni-ni.org.uk)

**A useful guide to Mental and emotional wellbeing resources**

**Minding Your Head**  
[www.mindingyourhead.info](http://www.mindingyourhead.info)

The Minding Your Head (MnH) website has a range of information and resources to support and enhance your mental and emotional wellbeing and information on how to help others and how to access help and support when needed.

**Resources**

- Ask, Talk, Listen - a guide to active listening
- Mental Health Factbook
- Minding Your Head Student Guide

The Minding Your Head student guide with resources on dealing with specific topics such as stress and worry.

Information on programmes such as:

- FLARE
- Flamethrill
- Training

**Online training**

The MnH site has details on some mental health courses that are available online including:

- Free online Stress Control classes
- Psychological First Aid
- Stress control

**Towards Zero Suicide 20-minute E-Learning training**

This suicide prevention training will help explain some of the warning signs and help you to feel more equipped when dealing with difficult conversations around suicide. Anyone can access the training directly via the following link:

[www.towardszero.ie/learning/](http://www.towardszero.ie/learning/)

**Helpines NI**

Helpines NI website provides a directory of over 50 helpline services operating across Northern Ireland. The Helpline provides information, support, advice and guidance on a wide range of health and wellbeing needs. The website also includes details of both national and local Coronavirus COVID-19 specific helplines.

**Local directories of services**

A list of local services in your health and social care trust area: [www.gphs.ni.gov.uk/public-health/local-services-directory](http://www.gphs.ni.gov.uk/public-health/local-services-directory)

**Reassessment support resources**

Online booklets and resources are available for people who have experienced a Reassessment during the COVID-19 pandemic period. To find out more, visit [www.gphs.ni.gov.uk/covid-19-reassessment/](http://www.gphs.ni.gov.uk/covid-19-reassessment/)

**Lifeline**

Lifeline is the Northern Ireland free-to-call crisis counselling helpline that provides immediate support for those in crisis, distress or despair and struggling to cope. Lifeline is available to anyone across Northern Ireland 24 hours a day, 365 days a year. Lifeline can also provide advice for people who are concerned about someone who is in distress.

**You in Mind - Your Guide to Mental Health Services in NI**

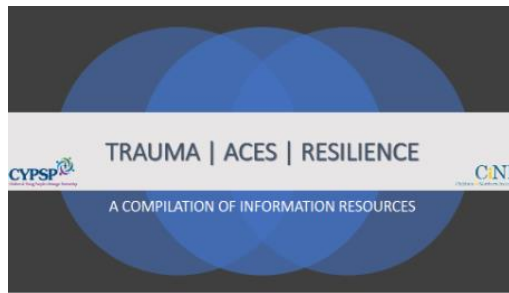
You in Mind provides you or someone you know with a pocket guide about what you should expect from Mental Health Services in Northern Ireland. This leaflet has been designed for and for people with lived experience and their families across Northern Ireland and explains the key steps involved when mental health care is required. It is based on the principle of 'no decision about me without me' - it can be accessed at [bit.ly/yiminmind](http://bit.ly/yiminmind).

**COVID-19 Information and resources**

COVID-19 information and resources (including a poster) contributed to UK and NI mass media COVID-19 advertising campaigns. This self-continuing Health Protection messaging and guidance, and health and wellbeing resources to help deal with the challenges that this situation is presenting for our communities. PHA has produced numerous COVID-19 resources for NI, including translated versions. Our website has been updated which offers the option of 30 languages. An advice booklet for people with a hearing disability has been developed with information on symptoms, stay at home and social distancing. Stay at home guidance for households with people with hearing disabilities with possible COVID-19 infection and advice on looking after your wellbeing while staying at home has also been made available in British and Irish Sign Language. These videos are available on our website at [www.gphs.ni.gov.uk/covid-19/](http://www.gphs.ni.gov.uk/covid-19/)

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# **OTHER RESOURCES & ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE**



### **Trauma | ACES | Resilience – Resources**

Resource to help raise awareness of existing information, research, multi-media information and links to work carried out with regards to Adverse Childhood Experiences, Resilience and Trauma Informed Practice.

[Download Here](#)

**WINSTON'S  
WISH** *WW*

Giving hope to grieving children

[Guidance on how schools can support children and young people during COVID-19](#)

internet  
matters.org

[Online resources, tools and advice to support families to make the best use of tech](#)

**WIDEPENSCHOOL**

POWERED BY  common sense

Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense. It is organized so teachers and families can easily find it and plan each day.

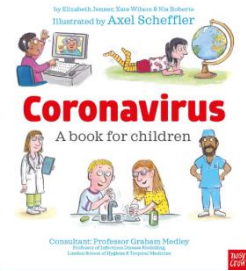
[Go to Website](#)

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Parenting NI has a range of resources available to help parents.

[View Resources](#)



[Free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler](#)



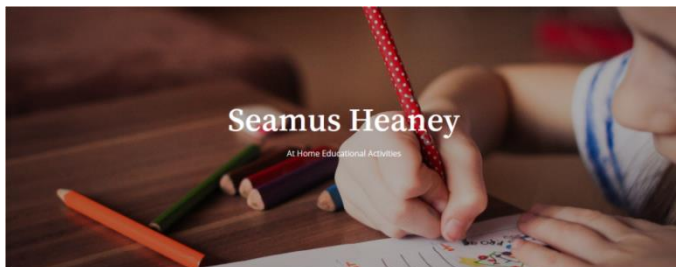
[Activities, tools and advice to support learning at home](#)



**Educational Family Activities & Games To Play At Home**

The Consumer Council have devised a number of consumer rights themed games and quizzes that you and your family can do while you are in the house.

[Visit Website](#)



[Literacy based activities for families](#)



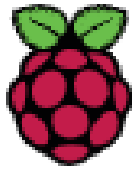
[Printable colouring in sheets from SPAR NI](#)



[15 ways to keep your kids active \(even if you don't have much space\)](#)

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### Digital Making at Home

Raspberry Pi Foundation are inviting you on a digital making adventure.

Each week they will have a new theme accompanied by code-along video's that will help you jumpstart your journey of creative expression and problem solving where you can create a digital making project to be proud of.

[Find Out More](#)



### BookTrust HomeTime

Looking for something fun as a family? Enjoy storytime with BookTrust's free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes. You can even learn how to draw some of your favourite characters.

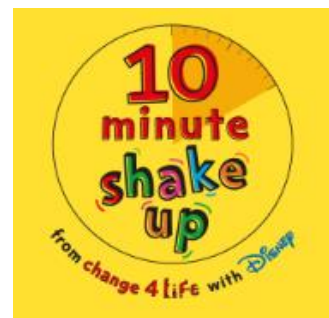
[Visit Website](#)



change 4 life

### 10 Minute Shake Up Games

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!



[Play Here](#)



'All the latest magical treats to keep you occupied - including special contributions from Bloomsbury and Scholastic, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world. We're casting a Banishing Charm on boredom!'

[Go to Website](#)



**PLAYBOARD NI**  
LEADING THE PLAY AGENDA

[Indoor Play Ideas and Activities](#)

Family Days Tried And Tested

*Adventuring through childhood... with love and dysfunction in tow*

[Simple craft activities using milk cartons, jars and bottles](#)

## FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

### PE WITH JOE WICKS

YOUTUBE.COM/THEBODYCOACH

### MUSIC WITH MYLEENE KLASS

YOUTUBE/MYLEENESMUSICKLASS

### SCIENCE WITH MADDIE MOATE

YOUTUBE.COM/MADDIEMOATE

### DANCE WITH OTI MABUSE

YOUTUBE.COM/OTIMABUSEOFFICIAL

### MATHS WITH CAROL VORDERMAN

THEMATHSFACTOR.COM

### HISTORY WITH DAN SNOW

TV.HISTORYHIT.COM

### ENGLISH WITH DAVID WALLIAMS

WORLD.OF.DAVID.WALLIAMS.COM

### FOOD TECH WITH JAMIE OLIVER

CHANNEL4.COM/KEEPCOOKINGANDCARRYON



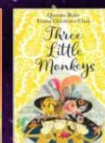
WWW.KIDADL.COM



[Colouring in and make & do activities](#)

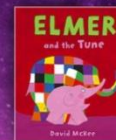
Every weekday  
7:00pm on Youtube

Monday Tuesday Wednesday



Thursday

Friday



libraries NI

<https://bit.ly/lnichildrenstories>

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## Become a Reporter for the day!



This is the perfect time to perfect your reporting skills. Today you can become a reporter! Imagine you work for a newspaper and they have sent you to your house to interview your family. Think up a list of questions that you would like to ask and then arrange a time to sit down and start the interview.

What's your name?

What did you like to do as a child?

What is your favourite meal?

What is your favourite family tradition?

What music do you like?

Where is your favourite place to spend time?



# How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



### THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM



*Simplicity in difficult times*



**SureStart**

*'It takes a whole village to raise a child'*

#### **No cook playdough recipe**

Use the same cup to measure:  
4 cups of plain flour  
1/3 cup of cooking oil  
1 cup of salt  
7 teaspoons of cream of tartar  
3 to 4 cups of boiling water



Put all ingredients into a large bowl.

Add the 2 cups of water, I would add essence and food colouring at this stage by putting it into the cups of boiling water, followed by a 3<sup>rd</sup> cup of water.

Keep mixing and kneading the dough, until it becomes firm like bread dough if it needs more water just add more in gradually.

If your mixture becomes sticky the trick is to add a teaspoon of oil or a little more.

This playdough needs a lot of kneading so it cooks while you knead, be patient enjoy it, its very relaxing.

This playdough will last up to 4 weeks in an air tight container. This is a large amount you could however break it up and have a selection of different colours.

[www.dryarchcentre.org](http://www.dryarchcentre.org)

*'simple acts of kindness will get us all through'*

### **Slow Cooker Crunchie Fudge**

400g Cadbury chocolate  
1 can of condensed milk  
15g unsalted butter  
1 teaspoon of vanilla essence  
4 bars of crunchie



Put everything (apart from the crunchies) into the slow cooker.

Put slow cooker on high setting.

Stir every 15 minutes for 45 minutes.

Add 3 bars of chopped crunchie and stir.

Pour mix into lined tin.

Sprinkle remaining crunchie on top.

Put in fridge to set - approx 5 hours.

Remove from tin and cut into chunks.

Enjoy and forget about the thousands of calories 😊



## CHARADES

### HOW TO PLAY

1. The players divide themselves into two teams.
2. The leader chooses the first player from one of the teams.
3. The leader then secretly gives this player a film or book title to act out.
4. The player is not allowed to use sounds, to mouth words or use drawing.
5. It is the job of the player's team to guess what the name of the film or book is.
6. If they are able to guess then the team gets a point.
7. Repeat with a player from the opposite team.

### VARIATION

Think about acting out different feelings that the players have been learning in their SEL lessons.

Believe in  
children  
Barnardo's

## Bubble Socks

You will need:

- An old sock
- Empty plastic drink bottle with top removed
- Elastic band
- Bubble mixture - washing up liquid and water

Cut the bottom of your bottle, put the sock over the bottom and secure at the top with the elastic band.

Dip your sock into the bubble mixture and blow into the bottle to make your bubbles!

[www.playboard.org](http://www.playboard.org)



# ni4kids

FAMILY • LIFE

[Activity ideas to help keep everyone upbeat and happy](#)



Creative play ideas resource produced by Sperrin and Lakeland Floating Support Team for you to try at home. Activities require little or no resources.

[Download Here](#)

## libraries ni

Tune in to the Libraries NI YouTube channel every weekday morning at 11:30am for Children's Storytime –

[Tune in here](#)

Activities to do at home: including colouring in sheets, wordsearches, crosswords and Sudoku –

[Download here](#)

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### 10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

<b>Switcheroo Zoo</b> <a href="http://www.switcheroozoo.com">www.switcheroozoo.com</a> Watch, listen, and play games to learn all about amazing animals!	<b>Fun Brain</b> <a href="http://www.funbrain.com">www.funbrain.com</a> Play games while practicing math and reading skills!
<b>Nat Geo for Kids</b> <a href="http://www.kids.nationalgeographic.com">www.kids.nationalgeographic.com</a> Learn all about geography and fascinating animals!	<b>PBS Kids</b> <a href="http://www.pbs.org">www.pbs.org</a> Hang out with your favorite characters all while learning!
<b>Into the Book</b> <a href="http://www.reading.ecb.org">www.reading.ecb.org</a> Go "into the book" to play games that practice reading strategies!	<b>Star Fall</b> <a href="http://www.starfall.com">www.starfall.com</a> Practice your phonics skills with these read-along stories!
<b>Seussville</b> <a href="http://www.seussville.com">www.seussville.com</a> Read, play games, and hang out with Dr. Seuss and his friends!	<b>Storyline Online</b> <a href="http://www.storylineonline.net">www.storylineonline.net</a> Have some of your favorite stories read to you by movie stars!
<b>ABC YA</b> <a href="http://www.abcya.com">www.abcya.com</a> Practice math and reading skills	<b>Highlights Kids</b> <a href="http://www.highlightskids.com">www.highlightskids.com</a> Read, play games, and conduct



[Simple, fun activities for kids, from newborn to five](#)



[Twinkl Home Learning Hub – New ideas, everyday!](#)



BBC Bitesize have resources to help with learning and revision including videos, step by step guides, activities and quizzes by level and subject.

Lessons are also available for home schooling in Maths and English for every year group as well as regular lessons in Science, History, Geography and more.

[Visit Website](#)



For a limited period, while the UK schools are closed, Oxford Owl are temporarily adding hundreds more eBooks to their free-eBook library so your child has more to read.

[Browse eBook Library](#)



Home learning resources for children in primary, post-primary, Irish medium schools and for learners with SEN.

[Go To Website](#)



[Hub of resources about Coronavirus aimed at young people](#)



180 lessons a week across every year group from Reception to Year 10.

[Visit Website](#)





While the Scouts normally love the great outdoors, they have pulled together some inspired indoor activity ideas to keep kids entertained while schools are closed.

[Go To Website](#)



A range of online information, including advice and resources to help parents, carers and children during Covid-19.

[View Here](#)



Fun physical activity record sheet which outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much activity they are getting track of how much physical activity they are getting.

[Download Here](#)



Online course to help parents and families make music with their children at home. Access remains free while schools are closed.

[Register Here](#)



Create your own COVID-19 Time Capsule – available for free download for both children and adults.

[Download Here](#)



Audible are offering free streaming on a wide range of books for children, including titles across eight different languages.

[Listen Here](#)





ArtsEkta are used to travelling across the country meeting the many different communities and cultures that reside across Northern Ireland and spreading joy and fun through the arts and culture.

Due to the current pandemic they are bringing all their best loved projects online for you to enjoy from the comfort of your own home.

[Visit Website](#)



Home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

[Download Here](#)



## Recipe Card Mars Bar Buns



### Ingredients

- 1x 4pk Mars Bars
- 4oz Rice Krispies
- 4oz butter
- 1 tbsp golden syrup
- 1 Block of Chocolate

### Method

1. Melt butter, Mars bars and golden syrup over a medium heat in a pan
2. Add in Rice Krispies and mix well
3. Press into a deep sided well greased non-stick rectangle tray
4. Chill
5. Melt block of chocolate and pour over chilled mixture
6. Leave to chill
7. Remove for 1/2 hour before cutting

Help us raise the vital funds we need by buying our luxury hand-poured soy wax candles at <https://space-ni.com/buy-candles/>  
Or to Donate visit [justgiving.com/space-ni](https://justgiving.com/space-ni)

Space is registered with the Charity Commission of Northern Ireland 105005

@SpaceNI15  
[www.space-ni.com](http://www.space-ni.com)  
The Good Space NI  
SPACE



## **Best Virtual Museum Tours for Kids:**

### **The Louvre**

**Via their website:**

**[www.louvre.fr/en/visites-en-ligne/](http://www.louvre.fr/en/visites-en-ligne/)**

### **The British Museum**

**Via their website:**

**<https://britishmuseum.withgoogle.com/>**

### **The Metropolitan Museum of Art**

**Via their website:**

**[www.metmuseum.org/art/online-features/metkids/](http://www.metmuseum.org/art/online-features/metkids/)**

### **Van Gogh Museum**

**Via their website:**

**<https://artsandculture.google.com/partner/van-gogh-museum>**

### **Roald Dahl Museum and Story Centre**

**Via their website:**

**[www.roalddahl.com/museum/visit/virtual-museum-tour](http://www.roalddahl.com/museum/visit/virtual-museum-tour)**

### **NASA Glenn Research Center**

**Via their website:**

**[www.nasa.gov/glennvirtualtours](http://www.nasa.gov/glennvirtualtours)**

# HOW TO HELP YOUR CHILD OVERCOME BOREDOM DURING LOCKDOWN

 @BELIEVEPHQ



**01**  
Draw up a weekly plan and encourage your child to schedule activities into their week. This can be day by day or week by week



**02**  
Encourage your child to identify a list of activities that they can do which will promote physical health habits



**03**  
Make sure your child schedules activities into their week which provide them with a sense of relaxation and calm. These can be their self care activities



**04**  
Encourage your child to organise play dates with their friends or family member using a range of technology



**05**  
Encourage your child to stay connected to friends or family via text, email, messenger or other online apps



**06**  
Identify a list of routine and necessary activities that you can schedule into your child's day each week



**07**  
Support your child to begin a long term project that they can do each day



**08**  
Involve your child in helping with daily tasks such as cooking or cleaning



**09**  
Identify a list of pleasurable activities your child would like to engage in and schedule them in on a regular basis



**10**  
Work with your child to identify their top 5 strengths and think about how they can use them each week





## Play in lockdown

While children are confined to home with their family during the current pandemic this provides a unique opportunity for many parents to spend time with their child and strengthen family connections through play. Play allows your child to develop important socialisation skills that they will be able to use when this is over, such as independence and understanding how to manage relationships.

Play is very important for children's development and provides an ideal opportunity for your child to learn how to interact with others, share, observe boundaries and problem solve while having fun.

### Remember...

- Play is your child's natural way of learning.
- You are your child's favourite toy.
- Resist the temptation to take over or direct what is played.
- Play encourages development of fine and gross motor skills.
- Play doesn't have to involve expensive toys in fact more benefit is gained when children use their imagination to devise games and play toys.
- Play teaches children how to make friends, team work and taking turns.
- Children can play alongside or with others and they also benefit from playing alone at times.
- Siblings will form strong bonds that last a lifetime when they have the opportunity to play together.
- Have fun. This is the ideal opportunity to make memories and enjoy some light relief from the current situation.



**parentingni.org**  
**Support Line: 0808 8010 722**

## Tips for play with your baby

Research shows 75% of your child's brain development occurs after birth. Play helps promote that development by stimulating the brain through the formation of connections between nerve cells.

It's never too early to introduce play so why not try:

- Get close to your baby give them time to study your face. Stick your tongue out or pull facial expressions and they may mimic these back.
- Sing or try nursery rhymes that involve touch e.g. 'round and round the garden'
- Talk to your baby, mirror the sounds they make, give kisses and use tickles and gentle touch.
- Play peek-a-boo using a sheet or your hands.
- Role play hand clapping and encourage your baby to try.
- Give your baby different objects to feel – soft toys, rattles or cloth books with pages of different textures – discovery is fun for babies.
- Use bath time as a relaxing way to introduce bubbles and water play.



**parentingni.org**  
**Support Line: 0808 8010 722**



# 1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.  
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

## Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

### Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

## Switch off the TV and phone. This is virus-free time

### Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

### Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

**Listen to them, look at them.  
Give them your full attention.  
Have fun!**

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



The mark "COVID" is owned by the US Dept of Health and Human Services and is used only for identification. Use of this logo in such an endorsement is not for sale of any particular product, service, or business.

Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa, Ififa Labantwana, Rand Merchant Bank Fund, the ApexHi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPRAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

## Activities for children and families to do at home

Empathy Day may be over for another year but you can still enjoy all the empathy boosting activities, in their Family Activities Pack.

The activities cover Empathy Day's three themes – Read, Connect, Act but can be done in any order, with just some scrap paper and a pen or pencil.

[Download the Family Activities Pack here.](#)

so that everyone would know they were friends . . .

### While We Can't Hug

Short video story which may help children in the current situation.

[Watch Video](#)

Fun, easy play ideas for your child to enjoy in and around the home- from making indoor dens, to playing in the dark, to old school games such as hide & seek.

[View Here](#)

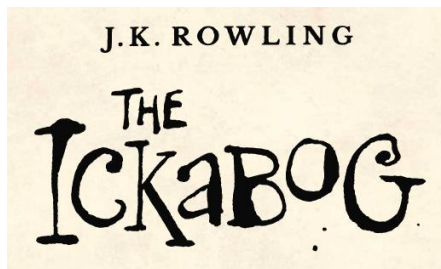




Play is a vital a part of childhood and is necessary for children and young people's healthy development.

Play Matters leaflets and resources available to download:

- [Play Matters Leaflet](#)
- [Nurture Your Child's Mental Health Through Play](#)
- [Play for Parents Guide](#)
- [Play and Digital Technology](#)
- [Play Outdoors](#)
- [Play and Challenge](#)
- [Outdoor Fun in the Sun](#)
- [Play in all Weathers](#)
- [Hanging Out – Older Children at Play](#)
- [Playing with Stuff Around the Home](#)
- [Play with Nature, Mud and Getting Dirty](#)



J.K. Rowling's new story - The Ickabog.

The story will be published for free on The Ickabog website, in instalments, over the next seven weeks, a chapter (or two, or three), at a time.

[Read Here](#)



Colouring in is a great way for kids and adults to relax, lower anxiety and improve mood. Have a break from your computer or phone and get creative instead.

[Download Colouring Pages](#)



# Random Acts of Kindness



List 10 things you love about your parents and give this to them.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

# Social and Emotional Learning

## Emoji Sudoku

How about an emoji-twist on the popular Sudoku puzzle? We've replaced the numbers 1-9 with some of our favourite emoji's so you can try to complete the grid by placing the missing emoji in the blank squares. Just remember:

- Each row has only one of each emoji.
- Each column has only one of each emoji.
- Each block of nine squares has only one of each emoji.






# Social Emotional Learning

## Lesson 6: Self-Awareness

### Feelings

#### SEL Objectives:

- To understand and use a range of feeling words.
- To know that feelings can be either comfortable or uncomfortable but **ALL** feelings are OK to have.
- To recognise the difference between feelings and behaviours.
- To understand that feelings can change and it is important to talk about and share how you feel because we all have feelings.

#### Talking Points:

- 'Feelings' is a word for all the different ways you can feel on the inside like happy and sad. Feelings can show on the outside and we can tell others how we feel.
- How can we show feelings on the outside? E.g. our facial expressions, body language and even your tone of voice.
- How many feeling words can you think of? On a sheet of paper write down as many feeling words as you can. Discuss some of the different words your child has come up with.
- What do you notice about the feeling words? Discuss the idea we can sort them into 2 groups **COMFORTABLE** (e.g. proud, excited) and **UNCOMFORTABLE** (e.g. angry, disappointed).
- We don't label feelings good or bad because **ALL** feelings are OK and normal to have. Ask everyone in your household to share a time when they felt happy (comfortable). Share a time when you felt sad (uncomfortable). We all have feelings!
- Feelings are OK to have, but it is important to remember that our behaviours can be 'OK' or 'NOT OK'. Can you think of any 'NOT OK' behaviours? E.g. teasing, hitting, breaking property. Can you think of any OK behaviours e.g. deep breaths, sharing, asking.
- Feelings can change over time. What makes me sad (or uncomfortable) today might not feel so sad later.
- Sometimes we can feel more than one feeling at the same time. Share a time when you felt two or more feelings at once e.g. I felt excited and nervous about going to the party. Discuss.



Believe in  
children  
Barnardo's

- We can do lots of things to help us to feel better when we feel uncomfortable e.g. scared or worried. Can you think of what might make you feel more comfortable again? E.g. take a deep breath, exercise, listening to music, think 'Happy' thoughts. (You can refer back to SEL Lesson 2 – 'Calming Down' for more ideas).
- One great way to help us feel better is to talk about how we are feeling with someone else. Who might you talk to about you are feeling? E.g. Mum, Dad, Teacher, Friend, Aunty etc....
- Foundation stage/KS1 – You might want to watch the Audio Book 'Tamara Feels Worried' and discuss the feeling worried - see link below).

### Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above. Your video will be shared to [www.facebook.com/pathseducation](https://www.facebook.com/pathseducation) and <https://twitter.com/PATHSEdUK> on 26/05/20. The Audio Book for 'Tamara feels Worried' can be accessed online <https://bit.ly/35hoFr1>

### Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School:	Drawing Activity
Age 4-7:	Share your feelings – Sweet Game
Age 7-11:	Feelings Chart

### Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.





## Pre-school

### Drawing Activity

Draw a picture of something that makes you feel 'Happy'



## Age 4-7

### Share your Feelings – Sweet Game

**Materials:** Skittles or M&Ms

**Process:** Have everyone in your household pick one sweet and depending on the colour, share one thing that makes them feel that that emotion. Keep eating and sharing your feelings!!

(Of course, you can always create a healthy alternative with fruit! You can also make up your own feeling questions.)

THE  FEELINGS GAME		
FOR EVERY		SHARE
Red		<i>One thing that makes you <b>HAPPY</b>.</i>
Orange		<i>One thing that makes you <b>SAD</b>.</i>
Green		<i>One thing that makes you <b>ANGRY</b>.</i>
Yellow		<i>One thing that makes you <b>EXCITED</b>.</i>
Purple		<i>One thing that makes you <b>AFRAID</b>.</i>



## Age 7-11









### **Feelings Chart**

Create your own 'Feelings chart.' See below for an example template - you can print this out or make your own with more or different feeling words.

Think about how you are feeling at different times of the day and tick that emotion on the chart. Remember, you can tick more than one feeling during the day. Our feelings can change throughout the day. It is important share your feelings with someone if they feel very uncomfortable.

Place your chart where others can see it.

Encourage other members of the family to create their own 'Feelings chart' too.

Tell me about your day									
	HAPPY	SAD	ANGRY	DISAPPOINTED	FRUSTRATED	PROUD	EXCITED	SCARED	NERVOUS
									
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									



# Beans!

There are different actions for each type of bean. Each time the name of the bean is called out, the child(ren) should do the correct action.

**Runner beans** - run on the spot

**String beans** - stretch up tall and be as thin as possible

**Dwarf beans** - bend down and be as small as you can be

**Broad beans** - hold arms out wide and stand with wide legs

**Chilli Beans** - shiver

**Frozen beans** - everyone has to stand still

**Jumping beans** - jump up and down

**Beans on toast** - lie on your back with your arms across your chest

## Please adhere to guidelines when exercising on our outdoor spaces



Practice social distancing (stay at least two metres away from other people)



Keep to designated path/walkways



Please keep dogs on leads at all times



Please clean up any fouling



Toilets in Trust buildings are for patient and visitor use only

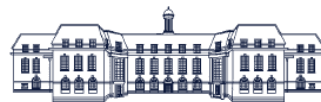
## PAINT A STONE ANIMAL



### OUTDOOR CLASSROOM DAY

Outdoor Classroom Day is a global movement to inspire and celebrate outdoor play and learning.

[Further Information](#)



STRANMILLIS UNIVERSITY COLLEGE  
A College of Queen's University Belfast

Playful outdoor learning ideas and activities from PGCE students at Stranmillis University College.

[View Here](#)



# 30 THINGS TO DO WITH YOUR KIDS OUTSIDE

<p>Look at a cloud and say what you think it looks like. <input type="checkbox"/></p>	<p>Make a wish on a dandelion. <input type="checkbox"/></p>	<p>Explore a cobweb and make spiders cool. <input type="checkbox"/></p>	<p>Hug a tree. <input type="checkbox"/></p>	<p>Build a house for fairies. <input type="checkbox"/></p>
<p>Read a book in the woods. <input type="checkbox"/></p>	<p>Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/></p>	<p>Pick up 3 pieces of trash from outside. <input type="checkbox"/></p>	<p>Identify 3 birds. <input type="checkbox"/></p>	<p>Throw rocks in a river, pond, or puddle. <input type="checkbox"/></p>
<p>Plant wildflowers. <input type="checkbox"/></p>	<p>Build a rock cairn. <input type="checkbox"/></p>	<p>Slide down a sand or grassy hill. <input type="checkbox"/></p>	<p>Explore a trail you have never been down. <input type="checkbox"/></p>	<p>Draw pictures in the dirt. <input type="checkbox"/></p>
<p>Paint rocks with water and see what colors arise. <input type="checkbox"/></p>	<p>Splash in a big puddle. <input type="checkbox"/></p>	<p>Put bugs in a bowl and observe them. <input type="checkbox"/></p>	<p>Work in a garden or explore a public garden. <input type="checkbox"/></p>	<p>Pick out how many shades of green you see on a trail. <input type="checkbox"/></p>
<p>Look for something prickly. <input type="checkbox"/></p>	<p>Sing in the rain. <input type="checkbox"/> no rain?? stick your head in a fountain or waterfall and sing!</p>	<p>Plant a seed that you find on the trail. <input type="checkbox"/> i.e. acorn, pine cone, willow fuzz</p>	<p>Have a picnic. <input type="checkbox"/></p>	<p>Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/></p>
<p>My Trail <input type="checkbox"/> Name a trail with your own special name.</p>	<p>Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/></p>	<p>Make a new friend. <input type="checkbox"/></p>	<p>Walk like a duck, a deer, or a bear. <input type="checkbox"/></p>	<p>Find different items that are your child's favorite color. <input type="checkbox"/></p>

www.hikeitbaby.com

## Bug Hotel

Going on a bug hunt and creating a bug hotel offers lots of opportunities to explore and to discuss nature and the environment.

You can make your bug hotel out of materials you have at home or in your garden such as old plant pots or half a plastic bottle, and fill with bug friendly bits and bobs of different shapes and sizes for insects and bugs to crawl into such as sticks, wood, bark, leaves, stones, flowers, grass etc.

Once you have opened your bug hotel just wait for the bugs and creatures to move in!

[www.playboard.org](http://www.playboard.org)



## Shadow Drawings

You will need:

- sheets of paper or old wallpaper
- colouring pencils
- your favourite toys
- sunshine (or a torch)

On a sunny day line up your favourite toys on a sheet of paper and draw around their shadows.

This is a fun way to improve your drawing skills, colouring big shadows and small shadows (depending on the time of day), as well as enjoying some fresh air in your garden.

You can also try this inside using a torch.

[www.playboard.org](http://www.playboard.org)



NO TIME FOR  
FLASH CARDS

[50 simple outdoor activities for kids to get them outside without breaking the bank.](#)



[7 Fun & simple outdoor activities for kids](#)



## Den building

All that's required is household items or things found in your garden and lots of imagination! Dens can be any shape or size and based outdoors in your garden, for example using just a blanket and a tree, or indoors using items such as cushions, chairs, tables and boxes.

If you don't have a lot of space mini dens could be created for favourite toys! The best dens, and those which are the most fun, are built and designed by children!

Den building offers many benefits such as respect for and understanding of the natural environment and can help children develop many skills such as problem solving, reasoning, communication, planning and motor skills.

**Mastery play** - Control of the physical and affective ingredients of the environments, like digging holes or constructing shelters. This play activity can also incorporate many of the other play types.

Play Types developed by Bob Hughes - A Taxonomy of Play Types

[www.playboard.org](http://www.playboard.org)



## Water play

- Water xylophone - fill glass jars with varying amounts of water (and food colouring/paint) and tap with a spoon to discover the different notes.
- Boat race - make toy boats and have a race.
- Car wash - just add fairy liquid and toy cars to create your own car wash.
- Water painting - using a paint brush, children can have fun 'painting' walls, drainpipes, the ground etc. outside.
- Make a magical potion using food colouring and special ingredients such as flowers, leaves, fairy dust and sunshine!
- Enjoy splishing, splashing, pouring, experimenting, and learning using different sizes of containers, funnels, sponges, jugs, bath toys etc.

[www.playboard.org](http://www.playboard.org)



## what to expect.

Easy ideas for outside fun to keep toddlers and pre-schoolers entertained from [WhatToExpect.com](http://WhatToExpect.com)

[View Here](#)

## TEACHING 2 AND 3 YEAR OLDS

Fun preschool outdoor learning ideas that will encourage hands-on exploration and fun. Everything from sensory to literacy to science and much more!

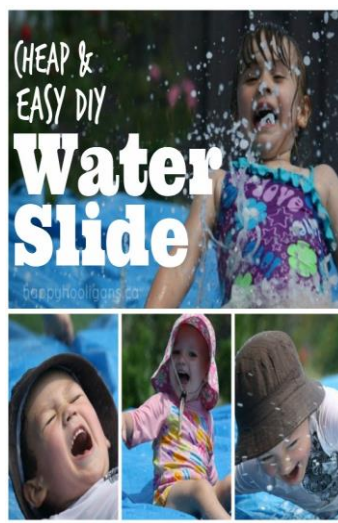
[View Here](#)



A selection of outdoor activities that will entertain, teach and engage young children. Most can be set up with things you already have around the house.

Click on image to view activity.

More outdoor activity ideas from Happy Hooligans [available here](#).







Play Scotland have launched a Parents' Play Pack aimed at parents and carers of children aged 8-12 years. The pack includes tips and hints on getting your child out to play everyday.

[Download Play Pack](#)




### Pac-a-Map


Simple resource which aims to open up conversations about experiences of play and play spaces.


[Download Here](#)

# 15 Foods You Can Regrow from Scraps


Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!

**Green Onion**  
 Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt

**Onion**  
 Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions


**Kale**  
 Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem 


**Sweet Potato**  
 Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips" 


**Leeks**  
 Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out.


**Ginger**  
 Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

**Basil**  
 Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter 

**Mint**  
 Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil 


**Garlic**  
 Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow

**Rosemary**  
 Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

**Potatoes**  
 Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt 

**Cilantro**  
 Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed 

**Romaine Lettuce**  
 You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves

**Celery**  
 Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

**Bok Choy**  
 Bok Choy can be regrown just like romaine lettuce! 

[Back to Contents](#)



# TOP TIPS! All about sleep

From your Parent Café.



Stick to your normal wake and sleep times as much as possible.



## Create a calming bedtime routine

Give your child a warm bath



Get dressed into cosy pyjamas

Read a story with your child & snuggle up

Sing a lullaby and kiss your child goodnight



Get as much daylight as possible



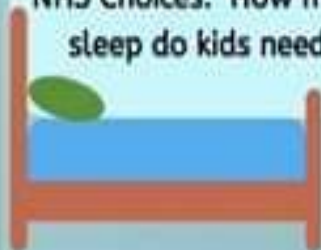
Get some exercise every day



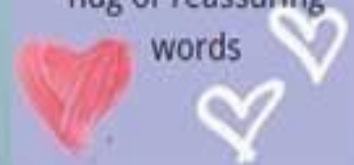
Sleep times vary during children's early years.

You can find out how much sleep your child needs by looking on

**NHS Choices: How much sleep do kids need?**



Remember it is normal for children to wake often through the night, it is a time of separation which is often soothed with reassurance through a hug or reassuring words





**Time for a clean slate**

Children shouldn't have to adapt to a new post-crisis reality – they deserve to be able to thrive. This is our chance to put wellbeing at the heart of school. Read our young people's top tips for




**Young people want schools to:**

- Be open with your pupils. Listen to them.
- Return gradually. Don't overwhelm your pupils.
- Talk to your pupils about the impact of Covid.
- Tell them where they can access services.
- Help your pupils rebuild friendships.
- Support pupils in transition.
- Give pupils one-to-one support.
- Help pupils access specialist support if they need it.
- Think about the whole family - not just the pupil.
- Know which of your pupils are vulnerable and support them.

For lots more information and activities for Children and Young People updated daily visit <http://www.cypsp.hscni.net/covid-19-daily-updates/> and filter to kids/young people

Filter by:


All Autism BAME / Translations Bereavement Careers Child Protection Community Disability Domestic Violence Drug/Alcohol Early Years Education Food Funding Helpines Homeless / Housing HSC In Care **Kids / Young People** LGBTQ+ Mental Health Newsletters Parenting Volunteers



**5 Nature play ideas for the outdoors**  
 October 20, 2020

Children who get to know nature are more likely to grow up wanting to protect it. Help your students connect...


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**Bedtime Stories Every Weekday 7.00pm**  
 October 20, 2020

We have more Bedtime Stories this week for the children. Simply click the link from 7.00pm - <https://bit.ly/inchidstories>


[Read More](#)



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 October 20, 2020

Our #BookOfTheDay is a wonderful way to start conversations about different kinds of families - or simply an entertaining addition...


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**'a beautifully-written story... mysterious, poetic and dream-like'**  
 October 20, 2020

Do not miss our #BookOfTheDay! #WhenLifeGivesYouMangoes by @keroengation is a wonderful, warm story that already feels like a classic. [https://booktrust.org.uk/book/when-life-gives-you-mangoes/...](https://booktrust.org.uk/book/when-life-gives-you-mangoes/)


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 October 20, 2020

We are so excited that #TimeToRead week is here! Join us at 5.30pm every day from 19-25 October for a...

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 October 16, 2020

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