

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



**APRIL 2020**

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



This unprecedented period of change and disruption is very difficult for many autistic people and families. The National Autistic Society have put together some tips and links to online resources to help families deal with this difficult time.

[View Here](#)



[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](#).



A range of resources from Autism NI to help autistic individuals, professionals, parents/carers and family members.

[View Here](#)



**family  
lives**

*We build better family lives together*

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



[20 Fun Activities for Kids with Disabilities](#)



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



**MyChild at  
CerebralPalsy.org**

An informational website owned by attorney Kenneth A. Stern

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



[Activities for people with disabilities](#)



It's more than play!

[Advice on sensory play for children with special needs](#)

**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



2

**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

3

## 12NOON-2PM: MARY POPPINS

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



4

## 2-4PM: TECHNO LEARNING

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



5

## 4-5.30PM: ACTIVE AFTERNOON

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)



6



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

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

7

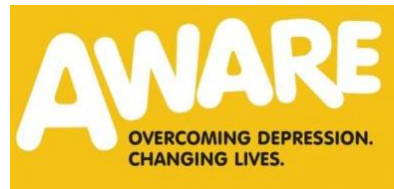
## 7.30-9PM: STORIES & BED

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



SafeHands  
ThinkingMinds

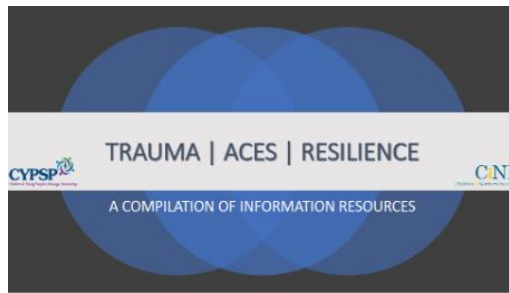
[Resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid resources](#)



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



**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](#)



Giving hope to grieving children

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



[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](#)



Resources available from Parenting NI:

[Talking to your children about COVID-19](#)

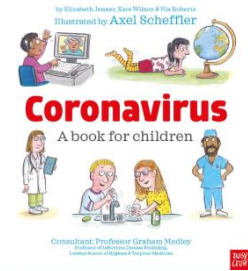
[Co-parenting in the time of COVID-19](#)

[Child Contact Guidance](#)

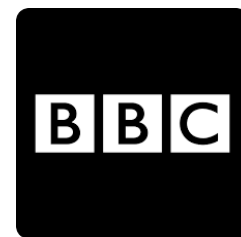
[Advice on school at home](#)

[School at home tips](#)

[Learning in everyday activities](#)



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



The BBC's plan to deliver its biggest push on education in its history - ensuring that every child in the UK has the opportunity to continue to follow the appropriate core parts of their nation's school curriculum in these challenging times.

[Read More](#)



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



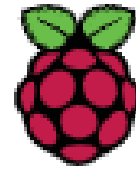
[Literacy based activities for families](#)



### **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](#)



### **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.

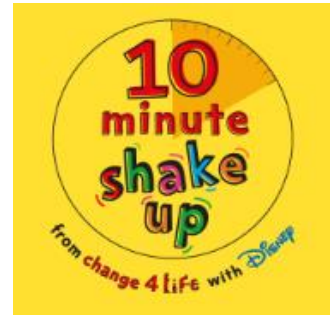
You can even learn how to draw some of your favourite characters.

[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](#)

## FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

9:00	<b>PE WITH JOE WICKS</b> YOUTUBE.COM/THEBODYCOACH
10:00	<b>MUSIC WITH MYLEENE KLASS</b> YOUTUBE/MYLEENESMUSICKLASS
11:00	<b>SCIENCE WITH MADDIE MOATE</b> YOUTUBE.COM/MADDIEMOATE
11:30	<b>DANCE WITH OTI MABUSE</b> YOUTUBE.COM/OTIMABUSEOFFICIAL
13:00	<b>MATHS WITH CAROL VORDERMAN</b> THEMATHSFACTOR.COM
14:00	<b>HISTORY WITH DAN SNOW</b> TV.HISTORYHIT.COM
15:00	<b>ENGLISH WITH DAVID WALLIAMS</b> WORLDODOFDAVIDWALLIAMS.COM
17:30	<b>FOOD TECH WITH JAMIE OLIVER</b> CHANNEL4.COM/KEEPCOOKINGANDCARRYON



WWW.KIDADL.COM



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



[Cancer Fund for Children Easter Activity Pack](#)



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

The logo for "Today's Parent" features the word "Today's" in a smaller, teal, sans-serif font above the word "Parent" in a larger, bold, teal, sans-serif font.

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



Family Days Tried And Tested

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

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



[Indoor Play Ideas and Activities](#)



'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](#)

## 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.

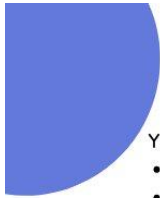
Sprinkle remaining crunchie on top.

Put in fridge to set - approx 5 hours.

Remove from tin and cut into chunks.

Enjoy and forget about the thousands of calories 😊





## 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)



## 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.