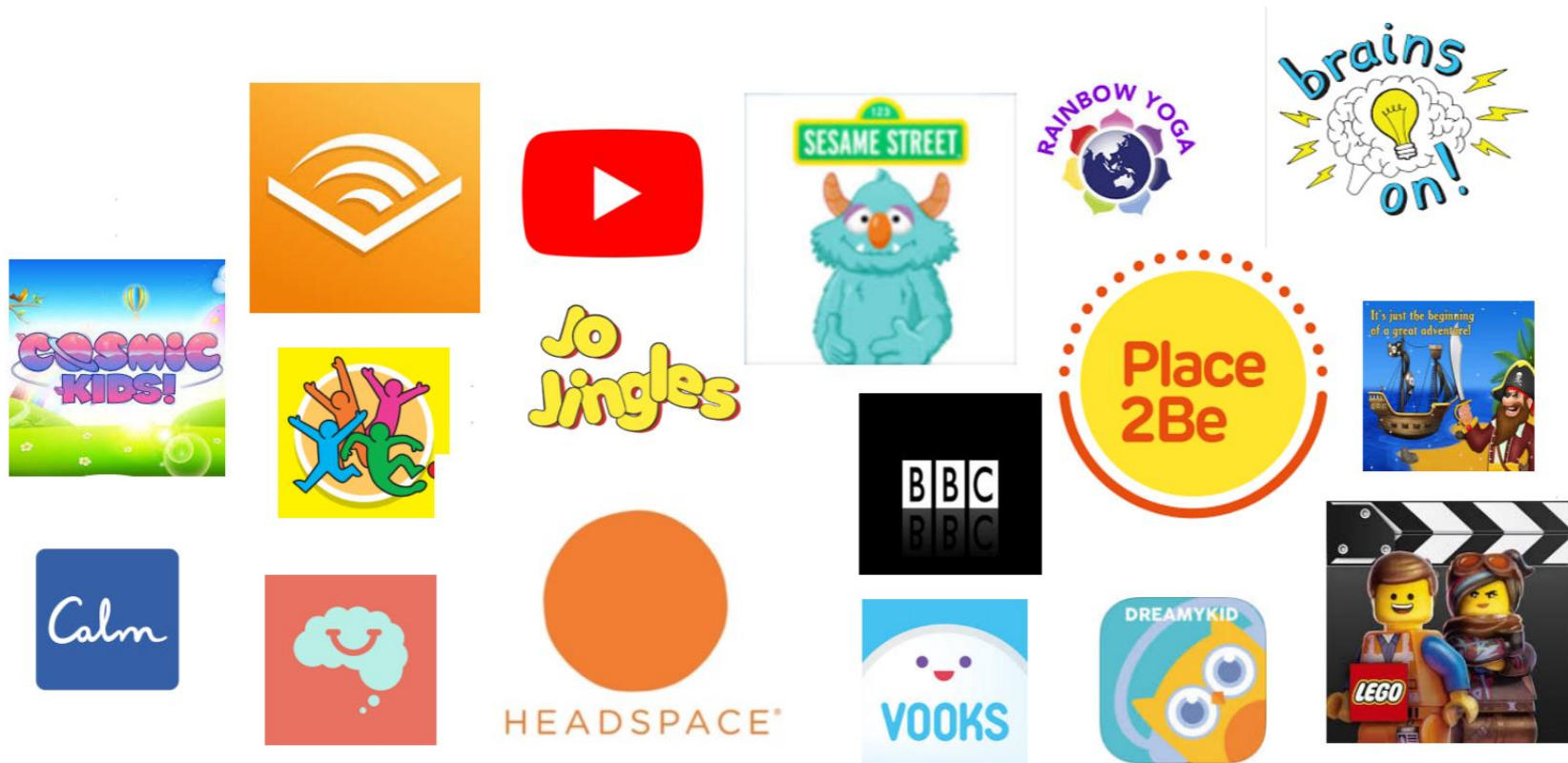




















Using Technology to support Social and Emotional Learning







A guide for parents












	Age	Description	QR Scan Code
	4+	AUDIBLE is an online collection of audiobooks. As long as schools are closed, audible are offering children and parents access to hundreds of books for free . So why not read a classic like 'Winnie the Pooh' and explore key SEL themes, such as feelings, empathy and friendships, with your children. (stories.audible.com)	
	7+	BBC HISTORY FOR KIDS has a plethora of free history resources for kids. Why not give your child a history research project to do on a famous person from history like Florence Nightingale? Encourage them to reflect on the goals the person set, the plan they made to achieve their goals, what obstacles they met on their journey and how they overcame them. (http://www.bbc.co.uk/history/historic_figures/)	
	4+	The BRAINS ON website hosts a number of free podcasts made specifically for curious kids. It answers lots of interesting questions and includes podcasts on many feelings including angry, frustrated, happy... (https://www.brainson.org)	

	<p>2-5</p>	<p>BREATHE THINK DO with Sesame Street is a free interactive app for teaching young children self-awareness, self-management and problem-solving skills in a fun and engaging way. Help the monster calm down by tapping his belly or to think of a plan by tapping his thought clouds!</p>	
	<p>4+</p>	<p>Use some of the Calm apps free features to help ease your child's anxiety at this time before bed with free stories, lullabies and much more.</p>	
	<p>3-9</p>	<p>The COSMIC KIDS website offers free yoga videos for kids. There is an option to choose the length of the yoga video and the intensity. There are many benefits of yoga for children including increased self-control and increased self-esteem, not to mention it is fun! https://www.cosmickids.com</p>	

	3-17	<p>DREAMY KID is offering free kids programmes during the Coronavirus outbreak. You just need to download the app and choose from yoga, meditation and self-affirmation exercises. There are plenty of activities to choose from boost self-esteem, improve self-control and manage anxiety.</p>	
	4+	<p>HEADSPACE is offering free access to meditations, workouts and advice on their app. Just download the app and look for 'weathering the storm' to access these stress and anxiety relieving activities.</p>	
	3mo +	<p>JO JINGLES provide music and movement classes for children as young as 3 months. During the coronavirus outbreak, Jo Jingles are offering free online classes in some areas. Just find your local class teacher and make an enquiry to access the online material.</p>	

	8+	<p>LEGO MOVIE MAKER APP. Children can make their own movies using the Lego Movie Maker App. Why not encourage your children to create a movie about friendship and adventure? They can include some key friendship themes like working together, helping each other, being kind and trustworthy.</p>	
	4+	<p>PIRATE TREASURE HUNT app is available on iOS only. This free app encourages children to use their problem-solving skills to help the pirate find his lost treasure.</p>	
	4+	<p>The Place2Be website has some great resources to help parents cope with the coronavirus and includes guidance on how to communicate effectively with their children about the coronavirus. (https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/)</p>	

	<p>7+</p>	<p>SMILING MINDS app is free for all users. It has been designed by psychologists and educators to bring peace and calm to the minds of children and adults alike. There are a range of meditations available for all age groups, why not try a meditation for study course to help your children achieve the mindset needed for home study.</p>	
	<p>4+</p>	<p>RAINBOW YOGA is offering a free 30 day mindfulness challenge for families. Why not join the online community to build your mindfulness practice as a family? This is not only great for relieving anxiety and stress, but will also strengthen connections within your family at this difficult time.</p>	
	<p>4+</p>	<p>Get your children collaborating to complete a fun activity using THE FUN GENERATOR. This free resource gives plenty of ideas for indoor and outdoor activities that will keep the children busy. (https://media.nhswebsite.nhs.uk/change4life/fungenerator/)</p>	

	<p>2-8</p>	<p>VOOKS is an online bookstore. Parents currently get one month free, for teachers it's a full year! Signup to complete a book challenge, how many SEL themed books can you read?</p>	
	<p>4+</p>	<p>YOUTUBE. Join the Body Coach every morning at 9:30 for a free PE class. Don't worry if you miss it, you can still catch the recording at any time throughout the day. What a great way to get children motivated, promote self-esteem and positive body image.</p>	