## CONTENTS

<table>
<thead>
<tr>
<th>RESOURCES &amp; ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Autistic Society: Resources</td>
<td>5</td>
</tr>
<tr>
<td>Being Active: A guide for people with impairments or health conditions</td>
<td>5</td>
</tr>
<tr>
<td>SEN Resource Source: Story to aid explaining social distancing and other resources</td>
<td>5</td>
</tr>
<tr>
<td>Autism NI: Resources</td>
<td>6</td>
</tr>
<tr>
<td>Family Lives: Fun things to try with disabled children</td>
<td>6</td>
</tr>
<tr>
<td>Assistivetech.net: 20 fun activities for kids with disabilities</td>
<td>6</td>
</tr>
<tr>
<td>First Discoverers: 10 sensory activities for children with autism</td>
<td>6</td>
</tr>
<tr>
<td>MyChild at CerebralPalsy.org: Outdoor activities for children with special needs</td>
<td>6</td>
</tr>
<tr>
<td>Sunrise Medical: Activities for people with disabilities</td>
<td>6</td>
</tr>
<tr>
<td>The Genius of Play: Advice on sensory play for children with special needs</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RESOURCES &amp; ACTIVITIES TO SUPPORT CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Anti-Boredom Project</td>
<td>8</td>
</tr>
<tr>
<td>Safe Hands Thinking Minds: Resources to support children and adults around anxiety, worry, stress and fears</td>
<td>8</td>
</tr>
<tr>
<td>AWARE: Useful resources to support your mental health</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OTHER RESOURCES &amp; ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trauma</td>
<td>ACES</td>
</tr>
<tr>
<td>Winston’s Wish: Guidance on how schools can support children and young people during COVID-19</td>
<td>10</td>
</tr>
<tr>
<td>InternetMatters.org: Resources, tools and advice to support families to make the best use of tech</td>
<td>10</td>
</tr>
<tr>
<td>Resource</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Wide Open School: Collection of the best online learning experiences for kids</td>
<td>10</td>
</tr>
<tr>
<td>Parenting NI: Resources</td>
<td>11</td>
</tr>
<tr>
<td>Nosy Crow: Information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler</td>
<td>11</td>
</tr>
<tr>
<td>Pearson: Activities, tools and advice of support learning at home</td>
<td>11</td>
</tr>
<tr>
<td>BBC: BBC’s plan to deliver its biggest push on education in history</td>
<td>11</td>
</tr>
<tr>
<td>Seamus Heaney: Literacy based activities for families</td>
<td>11</td>
</tr>
<tr>
<td>The Consumer Council: Educational family activities &amp; games to play at home</td>
<td>12</td>
</tr>
<tr>
<td>Raspberry Pi: Digital making at home</td>
<td>12</td>
</tr>
<tr>
<td>Book Trust: Home Time activities</td>
<td>12</td>
</tr>
<tr>
<td>Change 4 Life: 10 Minute shake up games inspire by Disney</td>
<td>13</td>
</tr>
<tr>
<td>Free Celebrity Classes for Kids in Lockdown</td>
<td>13</td>
</tr>
<tr>
<td>RTE Jr: Colouring in and make &amp; do activities</td>
<td>13</td>
</tr>
<tr>
<td>Caner Fund for Children: Easter activity pack</td>
<td>13</td>
</tr>
<tr>
<td>SPAR NI: Printable colouring in sheets</td>
<td>14</td>
</tr>
<tr>
<td>Today’s Parent: 15 ways to keep your kids active (even if you don’t have much space)</td>
<td>14</td>
</tr>
<tr>
<td>Family Days Tried And Tested: Simple craft activities using milk cartons, jars and bottles</td>
<td>14</td>
</tr>
<tr>
<td>Playboard NI: Indoor play ideas and activities</td>
<td>14</td>
</tr>
<tr>
<td>Harry Potter at Home</td>
<td>14</td>
</tr>
<tr>
<td>Become a Reporter for the Day</td>
<td>15</td>
</tr>
<tr>
<td>How to Grow a Rainbow</td>
<td>15</td>
</tr>
<tr>
<td>Dry Arch Children’s Centres: No cook play dough recipe</td>
<td>16</td>
</tr>
<tr>
<td>Playboard NI: Bubble Socks</td>
<td>17</td>
</tr>
<tr>
<td>Barnardos: Charades</td>
<td>17</td>
</tr>
</tbody>
</table>
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 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.
A range of resources from Autism NI to help autistic individuals, professionals, parents/carers and family members.

20 Fun Activities for Kids with Disabilities

10 Sensory Activities for Children with Autism

Outdoor Activities for Children with Special Needs

Activities for people with disabilities

Advice on sensory play for children with special needs
RESOURCES & ACTIVITIES TO SUPPORT CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH
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

**WINSTON’S WISH**
Giving hope to grieving children

**Online resources, tools and advice to support families to make the best use of tech**

Guidance on how schools can support children and young people during COVID-19

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.

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
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!
‘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 family tradition?
- What music do you like?
- Where is your favourite place to spend time?
- What’s your favourite meal?

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**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
No cook playdough recipe

Use the same cup to measure:
- 4 cups of plain flour
- 1 3/4 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 3rd 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

'Simple acts of kindness will get us all through'.

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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

CHARAIDES

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
Barnardos