



QUEEN'S  
UNIVERSITY  
BELFAST

# Childcare at Queen's RESOURCES **WHILE AT HOME**

A workbook of a variety of activities  
for all ages and subjects

LEARN SOMETHING NEW EVERY DAY



## LEARN SOMETHING NEW EVERY DAY

**Childcare Services at Queen's** has put together a selection of helpful links to fun and educational activities including music, arts and crafts, exercise and learning to help parents and caregivers who are looking after children and young people at home during this time – we hope you find this useful and enjoy.

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## 1 WASH YOUR HANDS!

A new video that shows children how long to wash their hands to the tune of Baby Shark but with a change of lyrics and a shot of how they should do it in the bottom right corner throughout the video:

▶ <https://www.youtube.com/watch?v=L89nN03pBzl>

children

Activities for



at home

## 2 PRESCHOOL TO UPPER KEY STAGE 2

**Scholastic** has a wide abundance of resources that are free for use. Users only have to sign up via email address to access the library with activities from preschool to Upper Key Stage 2.

▶ <https://resource-bank.scholastic.co.uk/content/39880>

**Learning4kids** have some activities for a range of ages, linked is activities for ages 1 -2 years old.

▶ <https://www.learning4kids.net/category/1-2years//>

### Activities for toddlers:

a large range of activities to keep toddlers occupied.

▶ <https://toddlerinaction.com/category/toddler-activities/>

**Twinkl** also offers a wide range of activities for children from toddler all the way to secondary school.

▶ <https://www.twinkl.co.uk/home-learning-hub>



### 3 FOOD

**BBC Good Food** has a guide for 10 kid friendly recipes that allow your child to assist with the cooking.

▶ <https://www.bbcgoodfood.com/howto/guide/10-kids-cooking-projects-you-should-be-doing-half-term>

### 4 EXERCISE

**To help children relax** and still remain active, this YouTube channel is solely focused on teaching yoga and relaxation to children. A large library exists here and is updated daily.

▶ <https://www.youtube.com/user/CosmicKidsYoga/>

**Joe Wickes exercises** are well known, but he also has a couple more playlists to help keep the family active.

**PE with Joe:**

▶ <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdST>

**5 minute move:**

▶ <https://www.youtube.com/watch?v=d3LPrl0v-w&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

**Active 8:**

▶ <https://www.youtube.com/watch?v=uqLNxJe4L2I&list=PLyCLOpd4VxBvSzBLWgWMpt9kb5sKDXNX6M>

**Strictly Come Dancing star Oti Mabuse**

Dance Classes has been uploading dance classes for all the family. A great way to learn a new skill.

▶ <https://www.youtube.com/user/mosetsanagape/videos>

## 5 ANIMALS

**San Diego Zoo** has live webcam footage of a group of animals. Due to time zones it is best to log in around mid to late afternoon onwards:

▶ <https://zoo.sandiegozoo.org/live-cams>

**Dublin Zoo** has webcams on penguins, giraffes and elephants from mid morning to early afternoon:

▶ <https://www.dublinzoo.ie/animals/animal-webcams/>



## 6 ART

A multitude of resources for those who love to draw and create art. From simple ideas such as making play dough, to learning how to draw and how to draw animals from the mere shape of your hand.

### Art history for kids:

▶ <https://www.arthistorykids.com/newsletter>

### Make playdough:

▶ <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

### Origami dinosaur

▶ <https://www.nhm.ac.uk/discover/origami-tyrannosaurus-rex-dinosaur.html>

### How to draw a dinosaur:

▶ <https://www.nhm.ac.uk/discover/how-to-draw-a-dinosaur.html>

### Drawing animals from the shape of their hand:

▶ <https://www.youtube.com/watch?v=qJNSOte9h4I>

### Learn how to draw:

▶ <https://www.youtube.com/watch?v=7SWvIUd2at8>

### More drawing tutorials:

▶ <https://www.youtube.com/channel/UCHRHILY0t3i5VvKEeFMoJxw>



## 7 HOME ECONOMICS

**Theo Michaels** will be teaching children to cook simple recipes every Monday, Wednesday and Friday at 4pm. A great way to help children learn how to cook in time with a chef.

▶ <https://www.youtube.com/watch?v=qvmZHFiljw>

**INTO Film** have a number of resources to keep children active. They suggest that the child can write a story. Then draw the story into the storyboards, design the characters of the story with their hair and makeup and costume print outs. And also make a movie poster for their story. Here is the plan below:

### Write a story

#### Draw the story to make into a film

▶ <https://an-nasihah.com/project/storyboard-template/>

#### Hair and Make-up design

▶ <https://www.intofilm.org/resources/3017/hair-makeup-design-v03.pdf>

#### Costume design

▶ <https://www.intofilm.org/resources/3014/costume-design-v02.pdf>

#### Design a poster

▶ <https://www.intofilm.org/resources/4859/film-poster-template-v05.pdf>

## 8 SCIENCE

**NASA** has resources for children to help them learn about space and space programs. A great beginning for those who have an interest in the topic.

▶ <https://www.nasa.gov/kidsclub/index.html>

▶ <https://www.nasa.gov/stem/forstudents/k-4/index.html>

## 9 GEOGRAPHY

**National Geographic Kids** has worksheets ranging from volcano and rain forest facts. A great way to introduce children to the natural world.

▶ <https://www.natgeokids.com/uk/category/discover/geography/>

**Adventurer Ben Fogle** has a daily lessons about wilderness and adventures, including information about the planet Earth on his Instagram account.

▶ <https://www.instagram.com/p/B-Mt-1rHA4a/>

## 10 ENGLISH

**David Walliams** reads funny stories from his books every weekday at 11am.

▶ [worldofdavidwalliams.com/elevenses/](http://worldofdavidwalliams.com/elevenses/)

**Save With Stories** is a programme started by Jennifer Garner and Amy Adams for **Save the Children**, who have enlisted a multitude of stars from television and film to read children's books. Such stars as **Jeff Goldblum**, **Emilia Clarke** and **Chris Evans** have lent their time to read a story. Please note this is via Instagram and Facebook.

▶ <https://www.instagram.com/SAVEWITHSTORIES/?hl=en>

## 11 LANGUAGES

**Duo Lingo** is a great free app for those who want to begin to learn a new language and starts off very easy for the learner. Better for the older children within the family. But also a good way to learn for all of the family.

▶ <https://www.duolingo.com/>

## 12 MUSIC

At 10am, Mondays to Fridays **Myleene Klass** is teaching music and the entire resource is free for everything on YouTube.

▶ <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/>

## 13 MATHS

**Carol Vorderman** has maths tutorials for children that is usually £2 a week but during this time it is free. An invaluable resource.

▶ <https://www.themathsfactor.com/>

## 14 BBC TEACH

BBC Teach is a massive resource to help keep your children learning **from the ages of 5 and over**. With all of the subjects on the curriculum, your child will be kept busy all day:

▶ <https://www.bbc.co.uk/teach>



## **DON'T FORGET TO WASH YOUR HANDS!**

WATCH THE VIDEO AGAIN:)

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<https://www.qub.ac.uk/directorates/StudentPlus/ChildcareatQueens/>