



## Learning in the Home – Post-16 Information and Support

# Welcome to your Help Guide!

This guide aims to provide useful advice and signposting to promote independent learning, in accordance with our learning homes caring schools ethos. We hope this guide will be helpful for the Young People in your home to further their education.

In this booklet you will find:

- Learning activities to do at home
- Useful links and ideas for self-study
- Advice and links for EAL students

We hope that you find this resource useful!

North Yorkshire Virtual School Team

Whilst every effort has been made to ensure that the links provided are accurate, we are not endorsing companies/providers.

## Contents

| Section                                     | Page |
|---|------|
| Keeping your Young Person Engaged           | 3    |
| Links for Learning                          | 4    |
| Hobbies and interests to engage in together | 5    |
| Online Safety                               | 6    |
| Wellbeing tips                              | 7-8  |



# Five ways to keep your Young Person entertained and engaged when learning at home

Keep them engaged in real-time learning: Ensure the activities are interactive

Keep them active: Make activities active or take exercise breaks frequently

Keep them full: BBC Food has a guide on learning through cooking  
[https://www.bbc.co.uk/food/articles/learning\\_through\\_cooking](https://www.bbc.co.uk/food/articles/learning_through_cooking)

Keep things short and simple: Your child will learn more if you do a few short sessions a week

Keep them coming back for more!

# Useful web links to help your young person's wider education

Barclays Life Skills – Workshops on CV writing, applying for jobs & interview skills

• [www.barclayslifeskills.com](http://www.barclayslifeskills.com)

Lingvist - Use AI to level up your vocabulary of your chosen language

• <https://lingvist.com/>

Quizlet - Revision tool for all ages

• <https://quizlet.com/en-gb>

BBC drama podcasts - Retellings of stories - classic and new.

• <https://www.bbc.co.uk/programmes/p02pc9s1/episodes/player>

BBC English in a minute - A one minute video explaining grammar with activities.

• <https://www.bbc.co.uk/learningenglish/english/course/eiam>

BBC Skillswise - Helps adult learners improve reading, writing & maths.

• <https://www.bbc.co.uk/teach/skillswise>

# Hobbies and interests to engage in together!

Learn basic engineering

• <https://www.primaryengineer.com/>

Learn how to DJ

• <https://www.algoriddim.com/apps>

Creative Bug – Online classes for anyone interested in arts & crafts

• <https://www.creativebug.com/>

Learn how to draw cartoons

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

Learn how to play the Guitar

• <https://try.fender.com/play>

Curiosity Stream - Thousands of documentaries for All ages

• <https://curiositystream.com/>

Learn the basics of Computer Science

• <https://code.org/break>

# How to keep your Young Person safe online!

These websites are recommendations only and content can change. Please make sure to safeguard your children by using 'parental controls' from your internet provider and on the device they are using. We recommend supervising them and regularly checking the search 'History'.

Teaches Young People how to stay safe online

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Resources on how to keep your young person safe online

- <https://www.childnet.com/resources/>

Useful guides specifically about keeping Looked After Children safe online. There is also a section on responding to behaviours/warning signs in an appropriate manner

- <https://www.internetmatters.org/inclusive-digital-safety/>

The Every Mind Matters campaign is offering practical NHS-endorsed tips and advice to help Young People and their mental wellbeing.

The site takes a pro-active, preventative approach aiming to help young people realise the benefits of taking care of themselves.

The site is not just for young people suffering, it provides tools to help young people build resilience and equips them to look after their mental wellbeing.

It encourages young people to look out for each other, and get early support for their mental health when problems first start to emerge, to prevent long term effects on their mental health.

There is a range of videos on topics such as how to stop worrying about things that are out of your control and dealing with unhelpful thoughts. As well as links for urgent support offering details of services such as the Samaritans, CALM, Shout and HopelineUK.

## Examples of the advice available through the site

What you can do if you feel lonely

Self-care and social media

Dealing with disappointing exam results

10 tips to help if you're worried about coronavirus

HOW DO YOU HANDLE  
LIFE'S UPS AND DOWNS?



# Health and Wellbeing Tips

## Prioritize

- Break up tasks into manageable chunks
- Categorize items on your to do list as must, should, could
- Forgive yourself if you don't achieve what you set out too

## Focus

- Disrupt negative thinking by paying attention to the present moment
- Notice how your feet hit the floor when walking from room to room
- Tune in to the taste and texture of your food as you eat

## Exercise

- Dance to your favorite song
- Do push ups during the adverts on TV
- Go for a walk with a friend
- Join a gym or start a fitness class

## Breathe

- Take control of your breathing
- Perform slow and rhythmic breathing in and out
- Listen to meditation guides such as on the Calm app

## Gratitude

- Take notice of the pleasures in life
- Thank others for what they do more often
- Get into the habit of listening or reflecting on three good things which you are grateful for each day



## Wheel of Well-being

