**Online Resources pack**

**for young people,**

**children and**

**families**

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| **BBC Learning, Maths, English, etc.** | **BBC Learning**  <https://www.bbc.co.uk/bitesize>  <https://www.bbc.co.uk/learningenglish/>  <https://www.bbc.co.uk/teach/skillswise>  No TV licence required except for content on BBC iPlayer.  Help with homework, revision and learning. Free videos, step-by-step guides, activities and quizzes by level and subject. |
| **CSCS card/CITB practice** | **CITB's official App** for revision for the Test £5.99:  [Apple](https://apps.apple.com/gb/app/citb-map-hs-e-test-2019/id1456274776)  [Android](https://play.google.com/store/apps/details?id=uk.co.citb.imagitech.gt100.android.vy19.plus) |
| **Free CITB tests/resources:**  <https://builderstest.com/>  [http://www.cscswizard.co.uk/](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cscswizard.co.uk%2F&data=02%7C01%7C%7Caaf9a3b75d894cf45c3b08d7d175db14%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637208176425528251&sdata=nwuNVe%2F5RjPxzLvk1IXeOsV%2BK%2BhYNZ6Af6E94jetNf4%3D&reserved=0)  <https://cscstest.org.uk/cscs-mock-test/>  <https://www.facebook.com/builderstest/> |
| **Creative** | **Blue Peter Badges**  <https://world-geography-games.com/world.html>  If you have a stamp and a nearby post box. |
| **CreativeBug**  <https://www.creativebug.com/>  Creative and Craft ideas and tutorials. |
| **Firstsite Art Gallery**  <https://firstsite.uk/art-is-where-the-home-is/>  Artist Activity Packs  Get creative at home during lockdown. |
| **The Artful Parent**  <https://www.facebook.com/artfulparent/>  Free art activities. |
| **Cooking** | **101 COOKBOOKS**  <https://www.101cookbooks.com/>  Vegetarian and vegan recipes. |
| **BBC FOOD**  <https://www.bbcgoodfood.com/>  Budget recipes, chefs, techniques, diets. |
| **BBC FOOD Nadiya Hussain**  <https://www.bbc.co.uk/food/chefs/nadiya>  Recipes from a winner of the Great British Bake Off. |
| **Binging with Babish**  <https://www.youtube.com/user/bgfilms/playlists>  Recipes easy and cheap to cook. |
| **Bon Apetit**  <https://www.youtube.com/user/BonAppetitDotCom/featured>  Recipes that anyone can make at home. |
| **BritishMuslimTV**  East Eats West (Recipes)  <https://www.youtube.com/playlist?list=PLv2LLinLa14zyRo2XvmL7oIHpNxUhBcGm> |
| **BUDGET BYTE$**  <https://www.budgetbytes.com/>  Inexpensive and simple recipes. |
| **Christinatosi**  <https://www.instagram.com/christinatosi/channel/>  Baking recipes, live baking sessions**.** |
| **Food Wishes**  <https://www.youtube.com/channel/UCRIZtPl9nb9RiXc9btSTQNw>  New recipes every week, playlists based on occasions, meal types. |
| **Halal Chef**  <https://www.youtube.com/channel/UCMRrH3pUjztiOV8TtQhv_Tw>  New recipes ideas, video tutorials. |
| **Halal Home Cooking**  <https://www.halalhomecooking.com/>  Huge collection of recipes. |
| **LOVE FOOD hate waste**  <https://www.lovefoodhatewaste.com/recipes>  A variety of recipes that can be sorted by level of difficulty, cooking time, etc. |
| **Maangchi**  <https://www.youtube.com/user/Maangchi>  Cooking Korean cuisine. |
| **Massimo Bottura**  <https://www.instagram.com/massimobottura/>  Live home cooking with a Michelin star chef. |
| **Minimalist Baker**  <https://minimalistbaker.com/>  A variety of cooking and baking recipes that can be sorted by season, cuisine, diet, simplicity. |
| **My Halal Kitchen**  <https://myhalalkitchen.com/>  Halal food, various cuisines recipes, halal substitutes. |
| **Serious EATS**  <https://www.seriouseats.com/coronavirus-cooking-guide>  Recipes, techniques, coronavirus lockdown cooking guide. |
| **Duke of Edinburgh** | **2020 DofE Award Summer Programme**  <https://youth.essex.gov.uk/young-people/the-duke-of-edinburghs-award/funded-dofe-summer-programme/>  Open to disadvantaged young people in Essex, aged between 13\*- 24 years old. (\*13 years olds in current year 9). |
| **Virtual DofE programme**  [https://youth.essex.gov.uk/young-people/the-duke-of-edinburghs-award/register-to-become-a-virtual-dofe-participant/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyouth.essex.gov.uk%2Fyoung-people%2Fthe-duke-of-edinburghs-award%2Fregister-to-become-a-virtual-dofe-participant%2F&data=02%7C01%7C%7Cd1262851783b43574da808d7cc059145%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637202196591610018&sdata=gVfbXYzUHH5GuZfFX3iVEsFrQkIsbiaHODBd21rSO9o%3D&reserved=0)  Award levels: Bronze, Silver and Gold. |
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| **Easy and simple language, pictograms, interactive learning** | **Some activities here might be suitable for UASC learners? (In order to get used with basic words)**  <https://www.abcya.com/>  <https://www.coolmath4kids.com/>  <https://www.e-learningforkids.org/>  <https://www.funbrain.com/>  <https://www.highlightskids.com/>  <https://kids.nationalgeographic.com/>  <http://www.literactive.com/Home/index.asp>  <http://www.mathgametime.com/>  <https://pbskids.org/>  <http://www.sciencekids.co.nz/>  <https://www.seussville.com/>  <https://www.splashlearn.com/>  <https://www.starfall.com/h/>  <https://www.storylineonline.net/>  <https://www.switchzoo.com/>  <https://www.turtlediary.com/>  <https://www.uniteforliteracy.com/> |
| **English Language** | **British Council**  <https://www.britishcouncil.org/school-resources/find> |
| **YouTube – English for You**  <https://www.youtube.com/user/englishforyoutv> |
| **YouTube - Mr. Bruff**  <https://www.youtube.com/user/mrbruff> |
| **YouTube – Trinity College**  <https://www.youtube.com/user/TrinityVideoChannel/playlists?view=50&sort=dd&shelf_id=3> |
| **Family activities** | **Good to Know**  <https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855>  List of fun and cheap activities that families with children or young parents can access mostly for free. |
| **General** | **ACL Essex**  <https://aclessex.com/acl-shorts-free-online/>  Online sessions to inspire pursuing a passion, find a new hobby or develop existing skills and knowledge. |
| **Alison**  <https://alison.com/>  Huge offer of online courses in various work fields and interests. |
| **BrainPOP**  <https://www.brainpop.com/>  Free education resources specifically for school closures. |
| **CLASS Central**  <https://www.classcentral.com/>  Free online courses that have been developed by several top universities from across the globe, including in ICT and business. |
| **coursera**  <https://www.coursera.org/>  Courses and certificates provided online for free by a variety of universities and companies. The focus is on science, technology, engineering and mathematics. |
| **FutureLearn**  <https://www.futurelearn.com/courses>  Free courses only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account). |
| **Khan Academy**  <https://www.khanacademy.org/>  Free online courses, ages 4 – 18. |
| **National Geographic Kids**  <https://www.natgeokids.com/uk>  Resources, activities, information. |
| **OHSC**  <https://www.oxfordhomestudy.com/free-online-courses-with-certificates>  Free courses online with certificates. |
| **Open Learn**  <https://www.open.edu/openlearn/free-courses/full-catalogue>  Free courses on various subjects. |
| **SCHOLASTIC**  <https://classroommagazines.scholastic.com/support/learnathome.html>  Free learn-from-home site with 20+ days of learning and activities. |
| **Shaw Academy**  <https://www.shawacademy.com/>  Usually paid courses / membership, however they are offering a free access for a month. |
| **TEDEd**  <https://ed.ted.com/lessons?content_type=animations+talks&direction=desc&sort=publish-date&user_by_click=student>  Video lessons. |
| **The Crash Courses**  <https://thecrashcourse.com/>  <https://www.youtube.com/user/crashcourse>  Video crash courses on subjects such as Astronomy, Anatomy, Astronomy, Economics, History, Computer Science, Physiology and many more! |
| **The Kids Should See This**  <https://thekidshouldseethis.com/>  Wide range of cool educational videos. |
| **Twinkl**  <https://www.facebook.com/artfulparent/>  This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures. |
| **Geography** | **World Geography Games**  <https://world-geography-games.com/world.html>  Geography games! |
| **History** | **Big History Project**  [https://www.bighistoryproject.com/home0](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bighistoryproject.com%2Fhome&data=02%7C01%7C%7C5dcf117b3c304e179bbd08d7cbfb6866%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637202152951236013&sdata=RBJd4H%2Fq%2B0yHtO%2F%2Fa1QeAc%2Bj0jCTS1frVdOhZrNnPLY%3D&reserved=0)  Aimed at Secondary age. Multi-disciplinary activities. |
| **IT Skills** | **Amazon Future Engineer programme**  <https://amazon.firetechcamp.com/python/>  Free virtual codding programme made available due to Covid-19. |
| **Blockly**  <https://blockly.games/>  Learn computer programming skills. |
| **BT Skills for Tomorrow**  <https://www.bt.com/skillsfortomorrow/index.html>  Offers a wide range of free resources anyone can use to help them stay safe, connected an informed online. |
| **Code for Life**  <https://www.codeforlife.education/>  Learning to code. |
| **iDEA Awards**  <https://idea.org.uk/>  Digital enterprise award scheme you can complete online. |
| **Learn My Way**  <https://www.learnmyway.com/subjects>  Free courses to learn digital skills to stay safe and connected. |
| **Scratch**  <https://scratch.mit.edu/explore/projects/games/>  Fun little games created by people around the world. |
| **Tynker**  <https://www.tynker.com/>  Coding for 5+ |
| **Languages**  **C:\Users\paul.lovin\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\48C6E8AB.tmp** | **BBC Languages**  <http://www.bbc.co.uk/languages/>  Courses and phrases, audio and video, vocabulary, pronunciation, grammar, activities and tests. |
| **Transparent Language**  <https://library.transparent.com/ukessex/game/ng/#/signup/userid?continue=https:~2F~2Flibrary.transparent.com~2Fukessex~2Fgame~2Fng~2F%23~2Fregister~2Fuserid>  Need a library card, Student ID or an ID. Wide range of languages. |
| **Libraries** | **Amazon**  <https://blog.aboutamazon.co.uk/in-the-community/amazon-makes-books-video-music-and-more-available-for-free>  Stream free audio books, watch free family shows, listen to music. For some of those, an Amazon account might be required. |
| **Essex Libraries**  <https://libraries.essex.gov.uk/reference-and-courses-online/free-courses/>  You can download [e books, magazines, comics and audiobooks.](https://libraries.essex.gov.uk/e-books-e-audio-e-magazines-and-book-groups/)  For up to date information visit <https://libraries.essex.gov.uk/> |
| **Math** | **Best Academy**  <https://beastacademy.com/>  Math Curriculum ages 8 – 13. |
| **dfm**  <https://www.drfrostmaths.com/index.php>  Free Maths online learning. |
| **Museums** | **Virtual tour of 12 famous museums**  <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> |
| **Music** | **ChoirCommunity**  <https://www.choircommunity.net/blog/distant-sing-a-brand-new-virtual-singing-experience/>  Online singing experiences, meet singers from all round the world, interact with them, make suggestions and connections, and even (almost) sing with them. |
| **making music**  <https://www.makingmusic.org.uk/resource/covid-19-staying-connected>  Resources for group music. |
| **The Institute of Contemporary Music Performance**  <https://www.icmp.ac.uk/blog/free-resources-available-during-covid-19-pandemic>  Free resources and tools for musicians. |
| **WHAT HI-FI**  <https://www.whathifi.com/features/best-live-music-streams-and-virtual-concerts-to-watch-online>  Virtual concerts, DJ streams, live gigs and online clubs. |
| **Youth Music Network**  <https://network.youthmusic.org.uk/resources>  <https://network.youthmusic.org.uk/dj-lockdown-%E2%80%93-free-activities-and-advice-djs-home>  Tools, guidance and resources for music-making. |
| **Revision** | **Collins**  [https://collins.co.uk/pages/revision-gcse-ages-14-16-collins-gcse-revision-and-practice-flashcards](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcollins.co.uk%2Fpages%2Frevision-gcse-ages-14-16-collins-gcse-revision-and-practice-flashcards&data=02%7C01%7C%7C73a99d43c2e1433f967908d7d16cbd42%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637208138686770785&sdata=iG7Ylj5aBPIbL3iLGgNkpSvOOMaXAdlwL8znWKMwHYQ%3D&reserved=0)  Free revision cards and tests. |
| **CPG**  <https://www.cgpbooks.co.uk/resources/free-tests,-tips-and-games>  Revision, tests and games. |
| **GetRevising**  <https://getrevising.co.uk/>  Free revision materials at Functional Skills, GCSE, IB or A Level. Study Planner. |
| **SENECA**  <https://www.senecalearning.com/en-GB/>  Free revision materials at GCSE or A Level. |
| **Science** | **Fuse School**  <https://www.fuseschool.org/users/sign_in>  They cover core subjects such as Biology, Maths, Chemistry and Physics. |
| **MYSTERY Science**  <https://mysteryscience.com/>  Science lessons. |
| **Sports** | **AoC Sport**  <https://www.aocsport.co.uk/coronavirus-resource-hub/>  Live videos: <https://www.facebook.com/AoCSport1>  Virtual timetable of health, wellbeing and fitness sessions.  Guide to keeping active. |
| **Everyone Active**  <https://www.everyoneactive.com/>  Information and advice on exercising from home.  Online membership for those who want to enrol for home workouts, £9.99. |
| **STEM** | **Crest Awards**  <https://www.crestawards.org/>  Student-led project work in the STEM subjects (science, technology, engineering and maths).  Entry fees starting at £1. |
| **YouTube** | **Educational YouTube Channels**  Free School  <https://www.youtube.com/user/watchfreeschool>  Geek Gurl Diaries  <https://www.youtube.com/user/GeekGurlDiaries>  Geography Focus  <https://www.youtube.com/channel/UC8HYERScBt-e0kV0fpe0asg>  Mike Likes Science  <https://www.youtube.com/user/comaniddy>  Science Channel  <https://www.youtube.com/user/ScienceChannel>  Science Max  <https://www.youtube.com/channel/UCbprhISv-0ReKPPyhf7-Dtw/featured>  SciShow  <https://www.youtube.com/user/scishow>  SoulPancake  <https://www.youtube.com/user/soulpancake>  TheBrainScoop  <https://www.youtube.com/user/thebrainscoop> |
| **UCAS** | **UCAS**  <https://www.ucas.com/undergraduate>  <https://www.ucas.com/careers/buzz-quiz>  Home of universities applications, universities information, guides, key dates. |
| **YMCA** | **YMCA ESSEX**  <http://www.ymcaessex.org.uk/coronavirus-response/digital-youth-work/>  **Monday Motivation** – Every week new activities to complete at home.  **Wellbeing Wednesday’s** – Every Wednesday YMCA will connect with young people via Instagram. Join YMCA by searching for @ymcaessex.  **Virtual Youth Group** – Every Friday at 1.00pm, virtual youth group on ‘Zoom’. Invites will be sent out via text to those who are existing youth club members. |

**Useful Apps**

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| **BBC Learning English**    [Apple](https://apps.apple.com/gb/app/bbc-learning-english/id1416610731)  [Android](https://play.google.com/store/apps/details?id=uk.co.bbc.learningenglish)  App for the BBC Learning English site; various English lessons. | **Calm Harm**    [Apple](https://apps.apple.com/gb/app/calm-harm/id961611581)  [Android](https://play.google.com/store/apps/details?id=uk.org.stem4.calmharm&amp;hl=en_GB)  It helps help people resist or manage the urge to self-harm. It's private and password protected. | **Headspace**    [Apple](https://apps.apple.com/gb/app/headspace-meditation-sleep/id493145008)  [Android](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android)  Sessions on physical health, personal growth, stress management and anxiety relief. |
| **Houseparty**    [Apple](https://apps.apple.com/gb/app/houseparty/id1065781769)  [Android](https://play.google.com/store/apps/details?id=com.herzick.houseparty&hl=en_GB)  Houseparty is a social networking service that enables group video chatting. Make sure the lock feature is used. | **Microsoft Teams**    [Apple](https://apps.apple.com/gb/app/microsoft-teams/id1113153706)  [Android](https://play.google.com/store/apps/details?id=com.microsoft.teams&hl=en_GB)  Online meetings, audio and video, file sharing. | **MindShift**    [Apple](https://apps.apple.com/gb/app/mindshift-cbt-anxiety-canada/id634684825)  [Android](https://play.google.com/store/apps/details?id=com.bstro.MindShift&gl=GB)  MindShift uses strategies based on Cognitive Behavioural Therapy (CBT) to help young adults learn to relax and be mindful and take charge of their anxiety. |
| **NHS**    [Apple](https://apps.apple.com/us/app/nhs-app/id1388411277?ls=1)  [Android](https://play.google.com/store/apps/details?id=com.nhs.online.nhsonline)  NHS applets users search trusted NHS information and advice if you think you have Covid-19 symptoms and provides instant advice or medical help. | **Scribd: Audiobooks & eBooks**    [Apple](https://apps.apple.com/us/app/scribd-audiobooks-ebooks/id542557212)  [Android](https://play.google.com/store/apps/details?id=com.scribd.app.reader0)  Digital library to access audiobooks, eBooks, magazine articles, research documents. Free or subscription access. | **Wordfeud**    [Apple](https://apps.apple.com/gb/app/wordfeud/id428312806)  [Android](https://play.google.com/store/apps/details?id=com.hbwares.wordfeud.full&hl=en_GB)  Like Scrabble, Wordfeud is a puzzle game where you challenge friends to find high scores when landing on a double letters, double word, triple letters or triple word tiles. |
| **Wysa**    [Apple](https://apps.apple.com/us/app/wysa-mental-health-support/id1166585565)  [Android](https://play.google.com/store/apps/details?id=bot.touchkin&gl=GB)  Friendly and caring chatbot, mood tracker, mindfulness coach, anxiety helper, and mood-boosting buddy. | **Yummly Recipes**    [Apple](https://apps.apple.com/us/app/yummly-recipes-shopping-list/id589625334)  [Android](https://play.google.com/store/apps/details?id=com.yummly.android)  Recipes, shopping list, video tutorials. | **ZOOM**  Image result for zoom app  [Apple](https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307)  [Android](https://play.google.com/store/apps/details?id=us.zoom.videomeetings)  Zoom offers screen sharing and quality video and audio tools for online meetings. |