



# **VSK HOME LEARNING RESOURCE BOOKLET**

## **POST 16**



## **Welcome**

### **Hello!**

#### **Welcome to the brave new world of home learning...**

We know some of you might be feeling a bit confused with the changes that have been implemented over the past months. You are not alone and VSK have put together this leaflet to support you during this time.

It has a list with links to some websites you may wish to use over the next few weeks, as well as some tips and hints you may find useful to help you study and promote positive wellbeing, both physically and mentally.

Finding a routine that suits you will be important over the coming weeks. Your School/College/Training Provider may have provided you with work relevant to the course you are studying, and this should be your focus.

In the following pages, you will also find some ideas for keeping structure to your day. Keeping a routine which mirrors a typical day when you attend your education provider will help you to cope when we are able to carry on with our 'usual' activities.

#### **Create a daily routine!**

Life is changing for a while and whether you are staying at home or social distancing, you are likely to see some disruption to your normal routine.

Think about how you can adapt and create positive new routines and set yourself goals.

You might find it helpful to write a plan for your day or your week. If you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and stick to the same sleeping schedule.

You could set a new time for a daily home workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.

## **One method of planning your day**

As an idea you may wish to consider the following 2 day structure which incorporate all the points above and gives you a feel for times and breaks, you'll find the links for the specific ideas in the following pages.

<b>Day 1</b>
<b>7:30</b> Breakfast – Free time
<b>8:30</b> Get some exercise – e.g., Joe Wicks (see links)
<b>9:00</b> English – Education provider set work or use one of the resouces listed in the following pages
<b>10:00</b> Break
<b>10:15</b> Read a book, newspaper or magazine
<b>11:00</b> Break
<b>11:15</b> Education provider set work
<b>12:00 12:30</b> Lunch Break—food and free time, sending messages to friends catch-up on social media
<b>13:30</b> Afternoon activity— Design a quiz, general knowledge with different categories ie sport, history, film, music and research questions/answers online.
<b>14:30</b> On-line learning using futurelearn or another online free course resource, see links on following pages. Choose a course which will support either your future chosen career or a specific area of interest.
<b>15:00</b> Write up journal, based on today.

<b>Day 2</b>
<b>7:30</b> Breakfast – Free time
<b>8:30</b> Start a Journal – Set a daily plan what you would like to achieve or think about how you are feeling.
<b>9.00</b> Maths Education provider set work or use one of the resouces listed in the following pages
<b>10:00</b> Break
<b>10:15</b> Go for a walk/jog: listen to some music or a podcast
<b>11:00</b> Break
<b>11:15</b> Look at the live plays currently being screened on the internet
<b>12:00 12:30</b> Lunch Break— food and free time, sending messages to friends catch-up on social media
<b>13:30</b> Afternoon activity – create a menu for a meal which you could cook for yourself and your household.
<b>14:30</b> On-line learning using futurelearn or another online free course resource, see links on following pages. Choose a course which will support either your future chosen career or a specific area of interest
<b>15:00</b> Read a book, newspaper or magazine

## **Useful websites to support your home learning**

Some of the following websites will need Google Chrome so check your browser if you can't access the site.

### **Career Advice:**

<https://successatschool.org/advisedetails/1221/coronavirus-gatsby-subject-guides-free-to-access-from-home>

### **English:**

Mr Bruff (on YouTube) – who has posted hundreds of videos about all different area of the course

<http://thebicesterschool.org.uk/wp-content/uploads/2017/02/Poetry-Support-Booklet.pdf>

(link to a printable annotated poem anthology for power and conflict course which includes language techniques, structure and context)

### **Maths:**

Onmaths

<https://www.onmaths.com/>

Free website where young people can complete practise papers on the internet and get marked as they complete each question.

<https://www.mathsgenie.co.uk/>

### **TES**

<https://www.tes.com/coronavirus>

Has free resources uploaded by many teachers across the country, varying in age and ability.

### **Crest Awards**

<https://www.crestawards.org>

Science awards you can complete from home.

### **iDEAAwards**

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

### **BBC Bitesize**

<https://www.bbc.co.uk/bitesize>

### **Khan Academy**

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

### **TED Talks**

<https://www.ted.com/talks>

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages.

### **Futurelearn**

<https://www.futurelearn.com>

Free to access 100s of 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).

### **Seneca**

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

### **Openlearn**

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University, but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

### **Scratch**

<https://scratch.mit.edu>

Creative computer programming.

### **British Council**

<https://www.britishcouncil.org>

Resources for English language learning.

### **The Artful Parent**

<https://www.facebook.com/artfulparent>

Good, free art activities.

### **Geography and history:**

<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#several-exhibits-in-the-national-museum-of-natural-history-in-washington-dc-can-be-toured-virtually-11>

### **Big History Project**

<https://www.bighistoryproject.com>

Aimed at Secondary age. Multi disciplinary activities.

### **National Geographic Kids**

<https://www.natgeokids.com/uk>

**Duolingo**

<https://www.duolingo.com>

Learn languages for free. Web or app.

**Earthcam**

<https://www.earthcam.com/>

**Joe Wicks**

<https://www.youtube.com>

Lots of 20 minutes exercise programmes.

But don't forget to give yourself screen breaks too! Why don't you just turn up the music and dance or sing along or go for a walk or run?



## **Useful websites to support your emotional wellbeing**

### **Action for Happiness**

10 keys to happiness

<https://www.actionforhappiness.org>

### **Tips on well being**

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

### **Young Minds**

Resources and ideas around supporting good mental health

<https://youngminds.org.uk/resources>

### **Mind**

Mental Health Charity

<https://www.mind.org.uk>

<https://www.studentminds.org.uk/coronavirus.html>

### **Place2be**

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

Think about how much news and social media you look at, perhaps just at certain points in the day and use good quality sources of information...

<https://www.familiesonline.co.uk/news/how-to-protect-your-mental-health-during-the-coronavirus-crisis>

## **Keep connected with your education provider**

Either your mentor at College, member of staff from your training provider or a designated member of staff from School will contact you during the time you are at home, please ensure that you answer their phone calls or respond to their emails.

They will want to make sure that you are safe and will be able to answer any questions you may have relating to the home learning you have been given.



## **Other Tips**

Use this checklist to help you work successfully at home.

### **Set up the environment**

- Designate a study area – quiet, well-lit and private. Not too hot or too cold.
- Limit chances of distractions and interruptions.
- Play suitable study-music softly in the background or listen through headphones.
- Get adequate supplies, such as pens, dictionary, and paper.
- Prepare water or non-sugary drinks and healthy snacks – studying is hard work!

### **Manage home working time**

- Establish a routine to help establish good study habits.
- Rules can include:
  - Homeworking time every day: 9am-3pm
  - Work quietly and do your best.
  - Say no to distractions.
  - Take a 5-minute break every 25 minutes. Stand up, breathe deeply, stretch, rest eyes, and take a sip of water.
  - Spend more time on difficult tasks than easy ones
  - Complete each assignment in full.
  - Ask for help if the work is too hard.
  - Do something else if you become frustrated or tired.
- Help create an atmosphere of study- ask friends and family members not to distract you.

### **Guidance and good practice**

- Don't just give up, ask for help.
- If you get stuck, ask for guidance and stay patient.
- Ask for feedback after each homework session.
- Discuss and review good work.
- Show interest in what your fellow learners are studying.
- Share and discuss books, articles, TV programs, or TED talks relevant to work.
- Read the tutors comments and notes on assignments.
- Stay in touch with the tutor and find out what the study goals are.

- Make sure the tutor knows of any crisis or big change at home, such as family problems, illness or a crisis.
- Research other resources that might help you.

### **Connect with others**

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online.

### **Talk about your worries**

It is quite common to feel worried about the current situation. Remember, it is OK to share your concerns with others you trust – doing so could help them too. Or you could try a charity helpline or webchat.

### **Look after your body**

Our physical health really affects how we feel. Try to make sure you eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or drugs and try not to drink too much alcohol as this could end up making you feel worse. Get outside for a walk or a run if you can or try one of our follow-along home-workout videos.

### **Stay on top of difficult feelings**

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from. It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed, there are some things you can try to help manage your anxiety, like listen to a mental wellbeing audio guide. Take time to relax - this can help with difficult emotions and worries and improve our wellbeing. Relaxation techniques can also help deal with feelings of anxiety.

### **Do not stay glued to the news**

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. Use trustworthy sources – such as GOV.UK or the NHS website – and fact-check information from the news, social media or other people.

**Carry on doing things you enjoy**

Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help – there are lots of ideas online.

**Keep your mind active**

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.

We hope you find this guide helpful and that you enjoy giving some of these activities a go!