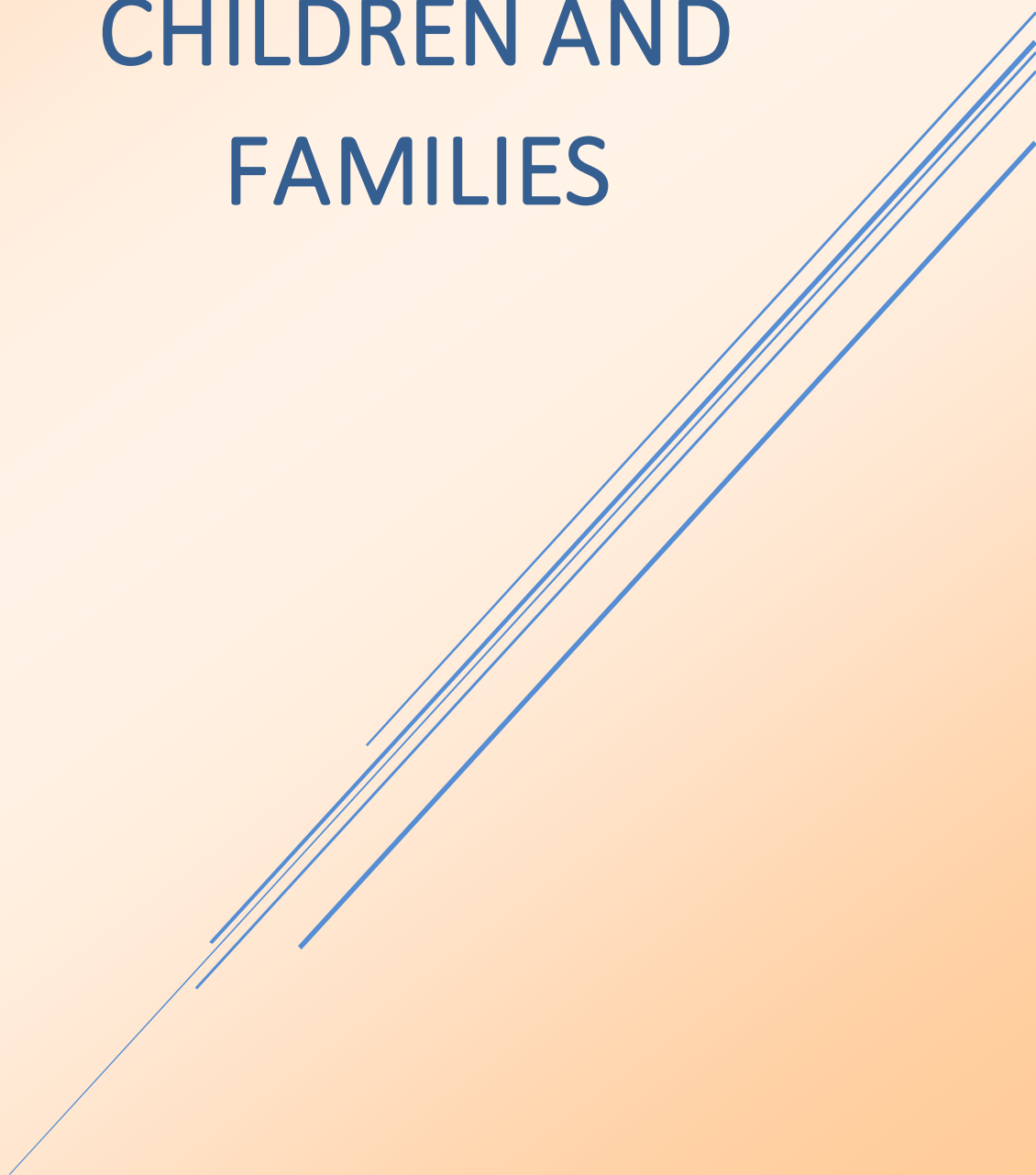


**ONLINE RESOURCES PACK  
FOR YOUNG PEOPLE,  
CHILDREN AND  
FAMILIES**



BBC Learning,  
Maths, English, etc.



CSCS card/CITB  
practice



Creative



Cooking



**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.

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**CITB's official App** for revision for the Test £5.99:

[Apple](#)

[Android](#)

**Free CITB tests/resources:**

<https://builderstest.com/>

<http://www.cscswizard.co.uk/>

<https://cscstest.org.uk/cscs-mock-test/>

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

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**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.

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**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 Appetit**

<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/UCRIZtPlgnbgRiXcgbtSTQNw>

New recipes every week, playlists based on occasions, meal types.

### **Halal Chef**

[https://www.youtube.com/channel/UCMRrH3pUjztiOV8TtQhv\\_Tw](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.seriousseats.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).

Easy and simple language, pictograms, interactive learning



English Language



Family activities



General



### Virtual DofE programme

<https://youth.essex.gov.uk/young-people/the-duke-of-edinburghs-award/register-to-become-a-virtual-dofe-participant/>

Award levels: Bronze, Silver and Gold.

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/>

### 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](https://www.youtube.com/user/TrinityVideoChannel/playlists?view=50&sort=dd&shelf_id=3)

### 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.

### 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](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/homeo>

Aimed at Secondary age. Multi-disciplinary activities.

## **IT Skills**



### **Amazon Future Engineer programme**

<https://amazon.firetechcamp.com/python/>

Free virtual coding 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 and 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



### 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.

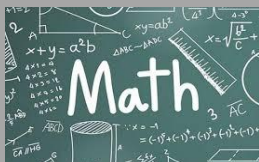
### Essex Libraries

<https://libraries.essex.gov.uk/reference-and-courses-online/free-courses/>

You can download [e books, magazines, comics and audiobooks](#).

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>

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](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.

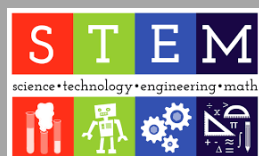
### Everyone Active

<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-eokVofpeoasg>

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-oReKPPyhf7-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

|   |   |   |
|---|---|---|
| <p><b>BBC Learning English</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>App for the BBC Learning English site; various English lessons.</p>  | <p><b>Calm Harm</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>It helps help people resist or manage the urge to self-harm. It's private and password protected.</p>   | <p><b>Headspace</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Sessions on physical health, personal growth, stress management and anxiety relief.</p>   |
| <p><b>Houseparty</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Houseparty is a social networking service that enables group video chatting. Make sure the lock feature is used.</p>                             | <p><b>Microsoft Teams</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Online meetings, audio and video, file sharing.</p>   | <p><b>MindShift</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>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.</p>                   |
| <p><b>NHS</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>NHS app lets users search trusted NHS information and advice if you think you have Covid-19 symptoms and provides instant advice or medical help.</p> | <p><b>Scribd: Audiobooks &amp; eBooks</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Digital library to access audiobooks, eBooks, magazine articles, research documents. Free or subscription access.</p> | <p><b>Wordfeud</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>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.</p> |
| <p><b>Wysa</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Friendly and caring chatbot, mood tracker, mindfulness coach, anxiety helper, and mood-boosting buddy.</p>   | <p><b>Yummly Recipes</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Recipes, shopping list, video tutorials.</p>   | <p><b>ZOOM</b></p>  <p><a href="#">Apple</a><br/><a href="#">Android</a></p> <p>Zoom offers screen sharing and quality video and audio tools for online meetings.</p>  |