



Wellbeing

The Derbyshire NHS 24/7 mental health helpline is all age groups and is currently operating 24/7 - midnight <https://bit.ly/2RRtjXb>



Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>
<https://www.headspace.com/meditation/kids>

General information for young people about managing their mental health

<https://bit.ly/3aoW9F1>

Resources for schools, parents and children to address mental health and wellbeing during Covid19

<https://bit.ly/2VnVEGS>

Special education needs and disability - useful resources

National Autistic Society – guidance and helpline for parents, young people and staff:

<https://bit.ly/3bqp7Wf>



Mencap - Easy read guide to Coronavirus:

<https://bit.ly/3bzRWzP>

The Autism Education – A social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places

<https://bit.ly/2VpkXsi>

Home learning and activities

A useful website full of home learning and fun activities for students and parents

<https://offschool.org.uk/>

Tours of 10 of the world's most famous landmarks

<https://bit.ly/3eukln4>



Ideas for projects which involve STEM learning

<https://library.crestawards.org/>

Free English resources

<https://bit.ly/2XOVvhp>

For details that are updated daily listing the Stage shows, musicals and opera you can watch online now for free follow the link below

<https://bit.ly/34OHVfr>