



## **Resources for Children & Young People**

### Keeping Active

#### **Byker Primary School PE**

Mr. Danquah from Byker Primary School is sharing video workouts for KS1 and up. Check out his workouts and challenges here on the Byker Primary PE Youtube channel.

<https://www.youtube.com/channel/UCIEgeOLIZ2n2OIWg3ITX8zg/featured>

#### **#PEwithJoe**

Live workouts from the Body Coach designed for kids live Monday - Friday at 6am. They're also available to stream afterward!

<https://www.youtube.com/user/thebodycoach/>

#### **Cosmic Kids Yoga**

If your children are feeling stressed or anxious due to the current situation, this Youtube channel with yoga, mindfulness and relaxation for kids might help! A lot of the videos are themed with their favourite books or films – think Frozen and The Gruffalo yoga adventures!

<https://www.youtube.com/user/CosmicKidsYoga/>

### Keeping Occupied

#### **KS1 Activity Ideas**

This handy document from Primary School teacher has some great ideas for home-based activities for KS1 & KS2 children, and links to fun websites and resources.

<https://bykercommunitytrust.org/wp-content/uploads/2020/03/KS1-KS2-Home-Activities.docx>

## Fairtrade

Activities, games and films, based around an interactive map!  
<https://schools.fairtrade.org.uk/resource/?map=true#page-1>

## MINE Youth

Home-based activities and connection for families. Updates here:  
<https://www.facebook.com/MINEYouth/>

## Streetwise TV (Suitable for 13 – 19yo's)

Live broadcasts from their @streetwise-newcastle Instagram account, also available on IG TV. They'll be trying to release a new video every day, and say: *"Warning - this isn't 'Phil & Holly' its SWTV with our front line youth workers! Just watch how we can totally make fools of ourselves but at the same time provide young people with useful information, support and advice. Top Tips! Corona Updates Q&A Things to Do - Home Alone!"*

Weekdays	Saturdays
2.00pm - 2.30pm	2.00pm - 2.30pm
4.00pm - 4.30pm	4.00pm - 4.30pm
7.00pm - 7.30pm	

The Project team are also offering wellbeing support calls to young people who are feeling isolated, down and want someone to talk to. Young people and professionals can request this service by contacting [admin@streetwisenorth.org.uk](mailto:admin@streetwisenorth.org.uk).

## Food Nation @ Home

Food Nation are releasing cook-along videos through their Facebook page. They let you know which ingredients you'll need in advance of the video so you know what you need or whether you have the correct items in already. So far, they have recipes suitable for a range of ages – One Cup Pancakes for kids and a not too tricky Tomato Soup for teens.

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

## Newcastle United Foundation

This activity pack contains everything from wordsearches to quizzes, puzzles, challenges, recipes and Netflix watch lists!

<https://bykercommunitytrust.org/wp-content/uploads/2020/03/Newcastle-United-Foundation-Activity-Pack.pdf>

### **Kids Kabin**

Kids Kabin are putting together fun, simple craft videos – check out their first one about what to do with all those extra toilet roll tubes!

<https://www.kidskabin.org.uk/post/what-to-do-with-all-the-extra-toilet-roll-holders>

### **NE Youth**

Live quizzes, games and Q&A sessions for teenagers every weekday from 4-5pm.

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

## **Keeping Healthy & Well**

### **Public Health England**

Stop germs spreading with fun e-Bug resources

<https://campaignresources.phe.gov.uk/schools>

### **Anna Freud**

Advice and resources to support children and young people's mental health and wellbeing:

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

### **Kooth.com (for Children & Young People)**

A web based confidential support service where young people can access support and have a text-based conversation with a qualified counsellor.

Counsellors are available from 12pm – 10pm on weekdays, and 6pm – 10pm on weekends.

Watch a short video about the service here:

<https://vimeo.com/318731977/a9f32c87de>.