Given that we must all potentially isolate, here is a list of resources to prevent boredom/ existential angst:

https://www.thesilverline.org.uk/
Telephone befriending service for the elderly

www.llttf.com
Online cognitive behavioural therapy site

www.youngminds.org.uk
Children and adolescent mental health support resource

https://www.headspace.com
Meditation/ relaxation and sleep resources

https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/
Wellbeing advice

https://www.cruse.org.uk
Bereavement counselling

https://www.samaritans.org/
Samaritans

https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
Self help resources for mental health issues

https://www.moodjuice.scot.nhs.uk
Online resource for all mental health issues, including bereavement

https://www.coursera.org/
Online resource for skills building

https://www.udacity.com/
"Udacity is the world's fastest, most efficient way to master the skills tech companies want. 100% online, part-time & self-paced."

https://www.senecalearning.com/
Online learning support resource for GCSE/ A-Level/ KS2 and KS3

https://corbettmaths.com
Maths Learning support

https://www.u3a.org.uk
University of the 3rd age, online courses for more mature students

https://ocw.mit.edu/index.htm
Online courses from MIT

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

Yoga you can do with the kids, to chill them out?

https://www.udemy.com/
Free online courses

https://www.explorationoftheday.com/
Artistic exploration website

http://languagejam.net
Learn new languages online

https://www.humblebundle.com/
Online sci-fi books

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.

BBC Learning
http://www.bbc.co.uk/learning/coursesearch/
This site is old and no longer updated and yet there's so much still available, from language
learning to BBC Bitesize for revision. No TV licence required except for content on BBC
iPlayer.

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.

Blockly
https://blockly.games
Learn computer programming skills - fun and free.

Scratch
https://scratch.mit.edu/explore/projects/games/
Creative computer programming

Ted Ed
https://ed.ted.com
All sorts of engaging educational videos

National Geographic Kids
https://www.natgeokids.com/uk/
Activities and quizzes for younger kids.

Duolingo
https://www.duolingo.com
Learn languages for free. Web or app.

Mystery Science
https://mysteryscience.com
Free science lessons

The Kids Should See This
https://thekidshouldseethis.com
Wide range of cool educational videos

Crash Course
https://thecrashcourse.com
You Tube videos on many subjects

Crash Course Kids
https://m.youtube.com/user/crashcoursekids
As above for a younger audience

Crest Awards
https://www.crestawards.org
Science awards you can complete from home.

iDEA Awards
https://idea.org.uk
Digital enterprise award scheme you can complete online.

Paw Print Badges
https://www.pawprintbadges.co.uk

Free challenge packs and other downloads. Many activities can be completed indoors.
Badges cost but are optional.

Tinkercad
https://www.tinkercad.com
All kinds of making.

Prodigy Maths
https://www.prodigygame.com
Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio
https://www.bbc.co.uk/cbeebies/radio
Listening activities for the younger ones.

Nature Detectives
https://naturedetectives.woodlandtrust.org.uk/naturedetectives/
A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council
https://www.britishcouncil.org/school-resources/find
Resources for English language learning

Oxford Owl for Home
https://www.oxfordowl.co.uk/for-home/
Lots of free resources for Primary age

Big History Project
https://www.bighistoryproject.com/home
Aimed at Secondary age. Multi disciplinary activities.

Geography Games
https://world-geography-games.com/world.html
Geography gaming!

Blue Peter Badges
https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges
If you have a stamp and a nearby post box.

The Artful Parent
https://www.facebook.com/artfulparent/
Good, free art activities

Red Ted Art
https://www.redtedart.com
Easy arts and crafts for little ones

The Imagination Tree
https://theimaginationtree.com
Creative art and craft activities for the very youngest.

Toy Theater
https://toytheater.com/
Educational online games

DK Find Out
https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgud
D49l71ep8-sjXmrac
Activities and quizzes

Twinkl
https://www.twinkl.co.uk
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.

https://roll20.net/
Play DnD and other RPGs with friends online or make new friends and learn how to play. It's
free for basic serivce (which is likely all you will need)

https://artsandculture.google.com/
There's a link to themes and collections in the drop down menu, and virtual gallery tours to
check out.

https://librivox.org/
Audiobooks. Like Audible, but FREE! Basically if you aren't aware, Project Gutenberg stores
all books which are outside copyright (and therefore free to read https://www.gutenberg.org/)
Librivox is where people have taken these books and then narrated them.

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.
html
Free online operas

https://www.boatloadpuzzles.com/
Free online puzzles

https://www.zooniverse.org/projects
You can help make a difference and keep boredom at bay right here -

https://m.youtube.com/playlist?list=PLD6BF044AE5B386D2
Complete online free music concerts

https://www.stageit.com/

Online theatre productions

https://www.dramaonlinelibrary.com
Online plays and theatrical performances

https://www.duolingo.com/
free website for learning languages which can be very useful if you're looking to learn a new language. Also comes in a phone app which is very good

Free old novels and short story collections can be found on Project Gutenberg and Wikisource:
https://www.gutenberg.org/
https://wikisource.org/wiki/Main_Page

https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Virtual museum tours

http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html
Free colouring books to download and print

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