

Service	Website	Description
Kooth	https://www.kooth.com/	Free, safe and anonymous online support for young people
The Mix	https://www.themix.org.uk/	Essential support for the under 25's
The National Autistic Society	https://www.autism.org.uk/	Information, advice and guidance
Young Minds	https://youngminds.org.uk/	Mental Health Support
Children and Young People's Emotional wellbeing hub	https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/infolink.page?infolinkchannel=2-1-1	Suffolk wellbeing service for young people
OCD.co.uk	https://www.ocduk.org/?qclid=CjwKEAjwutXIBRDV7-SDvdiNsUoSJACIITqQL7JVI0xXCTN3x_tp1y6RMpnDAviOkIgFJh_GUi8MhoCh7nw_wcB	Support with those with an obsessive compulsive disorder
Talk to Frank	https://www.talktofrank.com/	Honest information about drugs
Self Harm UK	https://www.selfharm.co.uk/	Free online support for 14-19 year olds
Papyrus	https://papyrus-uk.org/hopelineuk/	Prevention of young suicide
The UK ADHD Partnership (UKAP)	https://www.ukadhd.com/support-groups.htm	Information on support groups
Suffolk Family Carers	https://suffolkfamilycarers.org/young-carers/	Support for Carers across Suffolk
Joe Wicks free daily fitness class	https://www.thebodycoach.com/blog/pe-with-joe-1254.html	9am daily on Youtube
Audible	https://stories.audible.com/start-listen	Free stories to stream
Anna Freud	https://www.annafreud.org/on-my-mind/self-care/	Self help resources for self isolation
Kahoot.com	https://kahoot.com/home/family-friends/	Stay connected with friends and family remotely and play quizzes via an app
BBC Newsround	https://www.bbc.co.uk/newsround/news/watch_newsround	News delivered specifically for children and young people

Apps		
Headspace	https://www.headspace.com/	Meditation and sleep made simple
Calm	https://www.calm.com/	Sleep more, stress less, live better
Kahoot	https://kahoot.com/home/family-friends/	Try quizzes at home with friends and family

Activities to try	How to do it	You might need..
Playlist	<p>Think of all the songs that make you smile, that give you energy and remind you of happy memories.</p> <p>If you use services such as Apple music or spotify you can add your favourite songs to a playlist. Don't worry if you don't make a list on paper or perhaps on the notes section of your device.</p> <p>Shuffle and select songs at random if ever you need a mood boost.</p>	<p>A music streaming service</p> <p>A pen and paper</p> <p>Shazam is great to identify songs you hear on the radio or TV where you don't know what they're called or who sings them.</p> <p>You could get family and friends to join in and make a few different ones.</p>
Get crafty	<p>Being crafty doesn't mean you need to spend lots of money on new equipment or tools, you might decide to create a positive rainbow poster for your window.</p> <p>Make a bug house in the garden from sticks, stones and grass cuttings.</p> <p>Make a collage from items in your recycling bin</p>	<p>Your imagination</p> <p>To look at websites such as pinterest for ideas.</p> <p>Permission to raid the recycling bin</p>
Read.....or listen	<p>Reading isn't always fun for everyone, audible from Amazon is offering free stories..take a look.</p>	<p>To have a look on the audible website, you may need an adult to support setting up an account.</p>

DIY	<p>Remember there is always the TGS 50 http://tgschool.net/page/%20tgs-50-book-list</p> <p>Can you help anyone in your home to (safely) paint, tidy, fix, store items in your home. In a time where we have limited access to outside services you may discover you're able to develop new skills and confidence in different areas</p> <p>Pimp my Pot - why not use some old paint or testers to upcycle your plant pots and give them a fabulous new look.</p>	<p>The permission of whoever you live with before you start tinkering or making a mess!</p> <p>Old testers/paint Paint brush, sponge Old flower pots</p>
Cooking and baking	<p>It doesn't have to be a 3 course meal. Ask if you can help with any kitchen jobs, you may find you develop some invaluable life skills while you're at home, whilst also putting key maths and science learning into practice!</p>	<p>Patience whilst learning new skills.</p> <p>Help with any dangerous or unfamiliar equipment.</p> <p>If you're feeling adventurous, check out the bbc good food website or app for ideas</p>
Create a quiz	<p>Use your knowledge or the internet to create a daily quiz for the people you live with. This is a great cheap way to have fun and help everyone learn (even the adults!) challenge people on your specialist subject areas whether this might be your favourite football team, XBox game or TV series. Kahoot is a one site which will let you test family/friends not in your home, as they can join in with the code generated.</p>	<p>Pen and paper</p> <p>Internet access</p> <p>If you have a newspaper you could create questions based on what you've read.</p>
Become an expert	<p>Ever fancied learning more about the Egyptians, how to use photoshop or coding...now may be the perfect time. Whilst staff have set work for you this doesn't mean you can't do your own thing too. You may wish to record your work on google</p>	<p>Curiosity</p>

	docs. Dust off that musical instrument in the corner, whether it's a recorder, guitar or maybe a piano. Using YouTube search up lessons and entertain your family for years to come!	
Keep a diary	I think everyone is in agreement that we are all experiencing something we never expected. We will remember this period for years to come but why not keep a diary every day so that you can look back on everything that happened during the year that the schools shut. You can: write about what you see and feel, create a scrapbook or just take a picture from the same window at the same time of day. If you really wanted to, you could do all three!	A pen and paper A computer A phone You could write the diary or journal or just draw a picture a day. Remember to include the date every day.
Contribute to your record of achievement	Everyone is working and living more creatively at the minute, whether it's working or studying from home, making up dinners with different ingredients or just trying to work out routines whilst not being at school. Don't forget you may be doing things that will be great evidence for your record of achievement. The ribbon titles are; Creativity Employability Sports Community Commitment to Learning	Keep a photograph of anything you can use as evidence. Why not email it to yourself where possible so you'll be able to store it safely.
Work together	For those of you who have siblings or other members of the family at home. Why not create your own theater and put on some performances to entertain friends and family not able to see you. This could be key scenes from your favourite films/tv programmes, acting out the lyrics of your favourite song,	Key props, from around the house. Pen and Paper Sharing ideas

	or even better, make a play of your own.	
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