

Early Intervention Family Worker Tips and Ideas

Starting your morning on a positive

Getting some exercise in the morning can boost your mood and start off the day on a positive note.

Joe Wicks (The Body Coach) is back and running his 20 minute 'PE with Joe' on Monday, Wednesday and Friday mornings at 9am on his Youtube channel.

Find it here:

<https://www.youtube.com/user/thebodycoach1>

Don't worry if you miss the 9am slot as the videos are saved on his channel.

BBC to show 2 hours of curriculum content every week day

From Monday 11th January 2021

- Primary-school programming, including BBC Live Lessons and BBC Bitesize Daily, from 09:00 to 12:00 on CBBC
- At least two hours of programming to support the GCSE curriculum on BBC Two

Google Classrooms Access via Xbox & Playstation

Google Classroom on PlayStation

To access Google Classroom on a PlayStation console, navigate to the browser.

On the PS4, this is done by accessing the www icon, or failing that, in your Library, under Apps.

Type Google Classroom into the browser and follow the log in as usual. Once you're in, you can access a suite of programs to get learning!

Google Classroom on Xbox

The Xbox's web browser can be found by navigating to the Microsoft Edge app. Open up the app and type Google Classroom into the browser to be directed to the log in page.

Sign in as you would on a PC to access the programs listed above, as well as email.

Both consoles have keyboard and mouse support

More online resources

ParentKind has published a list of free online resources, as has **Oak National Academy**, which is collated by teachers.

BrainPop - animated videos on topics in maths, science and English

Tynker - coding lessons

Creative Bug - craft lessons, from knitting to jewellery-making, drawing and origami

YouTube's Free School - videos on subjects as diverse as the US constitution, coral reefs and the solar system

To read the article:

<https://www.bbc.co.uk/news/technology-55549072>

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If you'd like more information about these tips and ideas or if you have other questions, please don't hesitate to contact me. Maybe you'd like advice around things such as anxiety, raising self-esteem or sibling rivalry.

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