

Managing Worry and Anxiety:

<https://globalnews.ca/video/6672045/how-to-handle-anxiety-over-the-covid-19-virus>

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>

<https://kidshelpphone.ca/get-info/how-to-cope-with-triggering-news-stories/>

<https://kidshelpphone.ca/get-info/8-feel-good-tips-boost-your-mood/>

The Science of Well-Being:

https://www.mentalfloss.com/article/611600/yale-science-of-well-being-online-course-free?utm_source=Facebook&utm_medium=CPC

Importance of Social Distancing:

<https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>

<https://graphics.reuters.com/CHINA-HEALTH-SOUTHKOREA-CLUSTERS/0100B5G33SB/index.html>

How Parents Can Help with Studying:

<https://www.edutopia.org/article/how-parents-can-help-their-kids-studying>

Websites for Learning Math:

<https://www.weareteachers.com/best-math-websites/>

Education Companies Offering Free Subscriptions:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Enrichment Activities:

<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&sle=true>

FREE online education resources:

Khan Academy

<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This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision.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=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgudD49I71ep8-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.

Conversations will not be cancelled.
Relationships will not be cancelled.
Love will not be cancelled.
Songs will not be cancelled.
Reading will not be cancelled.
Self-care will not be cancelled.
Hope will not be cancelled.

May we lean into the good stuff that remains.

**We are in this together,
not apart, so stay connected.
Make choices that
honor the vulnerable.
Get outside
and enjoy nature while
avoiding crowds.
Set your minds
on faith, love,
and hope instead of fear.**



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Winnipeg, Manitoba

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Testing Sites in Winnipeg

Access Winnipeg West

280 Booth Dr.

Access Fort Garry

135 Plaza Dr.

Mount Carmel Clinic

886 Main St.

Access Transcona

845 Regent Ave. West

