



...a fun place to play and learn!

Early Years || Childcare || Foster Carer || Practitioner

70 Virtual Learning Snack Breaks

Mental Health		Resilience
	Psychology	
Leadership and Management		Child Development
	Equality and Diversity	
Digital Skills		Safeguarding
	Autism Awareness	
Leisure and Hobbies		Home Learning
	Inspiration	

VISION 2024



This program provides links to some great free learning opportunities that are out there for all to access.



Celebrates the ideas of teachers and students around the world, discover hundreds of animated lessons, many just 5 minutes long.



TED Talks are influential videos from expert speakers on education, business, science, wellbeing, creativity and tech. Listen to a key note in the comfort of your home!



Get access to high quality learning wherever you are, with online courses, programs and degrees created by leading universities, business schools and specialist organizations. All short courses featured are free to join.



YouTube is a free video sharing website that makes it easy to watch online videos. Originally created in 2005, You Tube is now one of the most popular sites on the Web, with visitors watching around 6 billion hours of video every month

* You Tube, TEDs and TED ED work better with



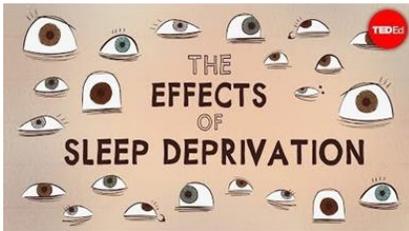


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The Effects of Sleep Deprivation

4.35 minutes | Claudia Aguirre



Sleep deprivation can cause serious bodily harm and is linked to poor mental health. Claudia Aguirre shows what happens to your body when you skip sleep

Link:

<https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-sleep-claudia-aguirre>

What keeps you up at night? Pondering deep questions? Excitement about a big trip? Stress about unfinished work? What if the very thing keeping you awake was stress about losing sleep? This seemingly unsolvable loop is at the heart of insomnia, the world's most common sleep disorder. So what is insomnia? And is there any way to break the cycle? Dan Kwartler details the science of insomnia.

Link:

<https://ed.ted.com/lessons/what-causes-insomnia-dan-kwartler>

What Causes Insomnia?

5.11 minutes || Dan



Link:

<https://ed.ted.com/lessons/what-causes-insomnia-dan-kwartler>

Over 100,000 metric tons of caffeine are consumed around the world every year. That's equivalent to the weight of 14 Eiffel Towers! Caffeine helps us feel alert, focused, and energetic, even if we haven't had enough sleep — but it can also raise our blood pressure and make us feel anxious. So how does it keep us awake? Hanan Qasim shares the science behind the world's most widely used drug.

Link:

<https://ed.ted.com/lessons/how-does-caffeine-keep-us-awake-hanan-qasim>

How does caffeine keep us awake?

5.14 minutes || Hanan



Link:

<https://ed.ted.com/lessons/how-does-caffeine-keep-us-awake-hanan-qasim>

Tired? We all know the feeling; irritable, groggy and exceptionally lazy. Chances are you didn't sleep enough last night... or the past few nights. But what exactly is "enough" sleep? And more importantly, can you ever "catch up" on it? Asap SCIENCE explores the science of sleep.

Link:

<https://ed.ted.com/featured/CZ0o3OZb>

How much sleep do you need?

3.24 || Asap Science



7 Healthy tips for a better night's sleep | Claudia



Sleep is your super power Matt Walker || 19.10 minutes



Sleep is critical for mind and body health. Without it, the effects can be severe. But what if you suffer from insomnia? Neuroscientist Claudia Aguirre provides 7 healthy tips for a better night's sleep:

Link:
<http://blog.ed.ted.com/2016/08/23/7-healthytips-for-a-better-nights-sleep/>

Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye

Link:
https://www.ted.com/talks/matt_walker_sleep_is_your_superpower



Mental Health Awareness Week



SLEEP (or lack of it) and mental health.

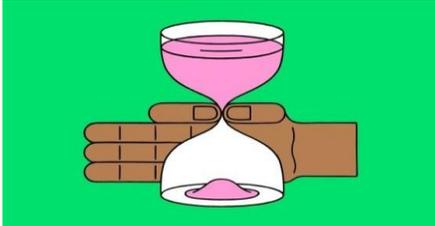
Mental Health Week: 18th -24th May .

The theme for 2020 is 'sleep'. The week will focus on the connections between our sleep - or lack of it - and mental health.

Resilience – Take a journey of self-discovery

The First 20 Hours – How to Learn Anything

Josh Kaufman || 19.26 minutes



TED

Don't have 10,000 hours to learn something new? That's fine all you need is 20. Writer Josh Kaufman shares his own tried-and-tested technique to learn a new skill by putting in just 45 minutes a day for a month.

Link:

<https://youtu.be/5MgBikgcWnY>

The Power that you can believe you will improve

Carol Dweck || 10.21 minutes



TED

Carol Dweck researches “growth mindset” — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field

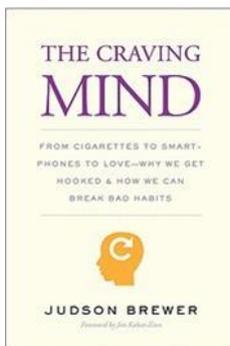
Link:

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Carol Dweck is a pioneering researcher in the field of motivation, why people succeed (or don't) and how to foster success.

A Simple way to break a habit

Judson Brewer || 9.20 minutes



TED

Can we break bad habits by being more curious about them? Psychiatrist Judson Brewer studies the relationship between mindfulness and addiction -- from smoking to overeating to all those other things we do even though we know they're bad for us. Learn more about the mechanism of habit development and discover a simple but profound tactic that might help you beat your next urge to smoke, snack or check a text while driving

Link:

https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit?referrer=playlist-how_can_we_keep_our_brains_healthy

Resilience - Look after your self

How do vitamins work?
4.44 minutes



Vitamins are the building blocks that keep our bodies running; they help build muscle and bone, capture energy, heal wounds and more. But if our body doesn't create vitamins, how do they get into our system? Ginnie Trinh Nguyen describes what vitamins are, how they get into our bodies -- and why they are so crucial.

Link:
<https://youtu.be/ISZLTJH5lYg>

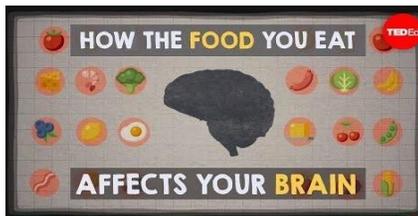
What would happen if you didn't drink water?
4.52 minutes



Water is essentially everywhere in our world, and the average human is composed of between 55 and 60% water. So what role does water play in our bodies, and how much do we actually need to drink to stay healthy? Mia Nacamulli details the health benefits of hydration.

Link:
<https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-drink-water-mia-nacamulli>

How the food you eat affects Brain
4.53 minutes



When it comes to what you bite, chew and swallow, your choices have a direct and longlasting effect on the most powerful organ in your body: your brain. So which foods cause you to feel so tired after lunch? Or so restless at night? Mia Nacamulli takes you into the brain to find out

Link:
<https://ed.ted.com/lessons/how-the-food-youeat-affects-your-brain-mia-nacamulli>

Resilience - Look after your self

Building Resilience: 5 ways to a better life

Dr S Marner



TED

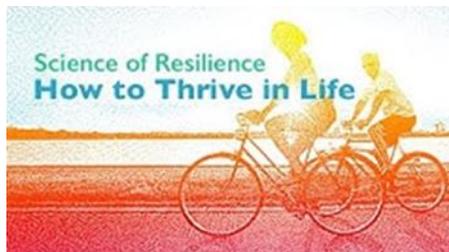
In case you hadn't noticed, life is difficult and unpredictable. So, how do you move forward in such a complex and confusing world? UCLA Medical School psychiatrist Dr. Stephen Marner offers 5 tips for coping with life's unwelcome surprises.

Link:

<https://www.youtube.com/watch?v=fPMqMJMiBiA>

Science of resilience - how to thrive in life

1.27.30



TED

Dr. Darlene Mininni shares how resilience, emotional intelligence and mindfulness can affect physical health. Science consistently shows that positive emotions make a physiological impact on one's life - whether you are 18 or 80 - and Dr. Mininni offers practical advice to bring more well-being into your life

Link:

<https://www.youtube.com/watch?v=Ptuvg8mnUic&list=RDCMUCh6KFtW4a4Ozr81GI1cxaBQ&index=1>

Self esteem

The School of Life || 5.35 minutes



TEDEd

To have sound levels of self-esteem is one of the gateways to happiness. But achieving this has very little to do with the progress of our careers. [The School of Life](#) explains the logic behind self-esteem.

Link:

<https://ed.ted.com/featured/Mywo8YxC>

Work-Life Balance and the Impact of Remote Working

2 weeks || 3 hours || Coventry University

Future Learn

Supporting you to thrive at home during the corona virus outbreak.

This course focuses on the context in which work life balance has grown, comparing the key theories of work-life conflict, work-life integration and enrichment, and boundary management.

Link:

<https://www.futurelearn.com/courses/work-lifebalance-remote-working>

Psychology

**Professor Steve Peters
explains the Chimp Paradox**
10.31 || Chimp Management Ltd



**3 Tips to boost your
confidence**
4.17 minutes



Happiness and Its Surprises
14.21 || Nancy Etcoff



The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. The model also helps us to understand children's behavior.

Link:
<https://www.youtube.com/watch?v=buN1Mju7rjM>



When faced with a big challenge where potential failure seems to lurk at every corner, you've probably heard the advice, "Be more confident!" But where does confidence come from, and how can you get more of it? Here are three easy tips to boost your confidence

Link:
<https://ed.ted.com/lessons/3-tips-to-boost-yourconfidence-ted-ed>



Cognitive researcher Nancy Etcoff looks at happiness -- the ways we try to achieve and increase it, the way it's untethered to our real circumstances, and its surprising effect on our bodies

Link:
https://www.ted.com/talks/nancy_etcoff_happiness_and_its_surprises

Leadership and Management

People

Management Skills

CIPD | 5 weeks | 3 hours per week | Free



Get an introduction to people management and develop your own management style.

- Overview of approaches to management
- Introduction to the labour market and recruitment processes
- Learning and development for individuals and teams
- Introduction to performance management and appraisals
- Managing absence
- Overview of well-being at work

Link:

<https://www.futurelearn.com/courses/people>

What is

Leadership?

Deakin University | 2 weeks | 3 hours per week | free



What is Leadership? And what makes a good leader? Find out with this short free online leadership course.

Exploring the difference between management and leadership, what is effective leadership?, how do individual differences shape the way people see leadership?

Link:

<https://www.futurelearn.com/courses/what-isleadership>

Management and Leadership: Growing as a Manager

Open University | 4 weeks
3 hours per week | free



Explore the foundations of successful management with this free online course from The Open University and CMI

Week 1 - What is Management?

Week 2 - Management Styles

Week 3 - Decision Making and Data

Week 4 - Stakeholders

Link:

<https://www.futurelearn.com/courses/growing-as-a-manager>

How to build (and rebuild) trust

Francis Frei | 12.21



Trust is the foundation for everything we do.

But what do we do when it's broken? In an eye-opening talk, Harvard Business School professor Frances Frei gives a crash course in trust: how to build it, maintain it and rebuild it -- something she worked on during a recent stint at Uber. "If we can learn to trust one another more, we can have unprecedented human progress," Frei says.

Link:

https://www.ted.com/talks/frances_frei_how_to_build_and_rebuild_trust

**Why good leaders
make you feel safe**
Simon Sinek | 11.56



What makes a great leader? Management theorist Simon Sinek suggests, it's someone who makes their employees feel secure, who draws staffers into a circle of trust. But creating trust and safety — especially in an uneven economy — means taking on big responsibility.

Link:

https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe

**What are you
willing to give up to
change the way we
work?**

Martin Danoesastro |
13.12



What does it take to build the fast, flexible, creative teams needed to challenge entrenched work culture? For transformation expert Martin Danoesastro, it all starts with one question: "What are you willing to give up?" He shares lessons learned from companies on both sides of the innovation wave on how to structure your organization so that people at all levels are empowered to make decisions fast and respond to change.

Link:

https://www.ted.com/talks/martin_danoesastro_what_are_you_willing_to_give_up_to_change_the_way_we_work

Child development

What do babies think?

18.29 || Alison Gopnik



TED

What's it really like to see through the eyes of a child? Are babies and young children just empty, irrational vessels to be formed into little adults, until they become the perfect images of ourselves? On the contrary, argues Alison Gopnik, professor of psychology and philosophy at the University of California at Berkeley.

She says: "What's it like to be a baby? Being in love in Paris for the first time after you've had 3 double espressos."

Link:

https://www.ted.com/talks/alison_gopnik_what_do_babies_think

When do kids start to care about other people's opinions?

10.12 ||

Sara Valencia Botto



TED

Drawing on her research into early childhood development, psychologist Sara Valencia Botto investigates when (and how) children begin to change their behaviours in the presence of others -- and explores what it means for the values we communicate in daily interactions. (Watch for cute footage of sneaky toddlers.)

Link:

https://www.ted.com/talks/sara_valencia_botto_when_do_kids_start_to_care_about_other_people_s_opinions

The Mysterious Workings of the adolescent brain

14.19 || Sarah Jayne Blackmore



TED

Why do teenagers seem so much more impulsive, so much less self-aware than grown-ups? Cognitive neuroscientist Sarah-Jayne Blackmore compares the prefrontal cortex in adolescents to that of adults, to show us how typically "teenage" behavior is caused by the growing and developing brain

Link:

https://www.ted.com/talks/sarah_jayne_blackmore_the_mysterious_workings_of_the_adolescent_brain

The Neuroscience of Imagination

4.48 || Audrey Vyshedskiy



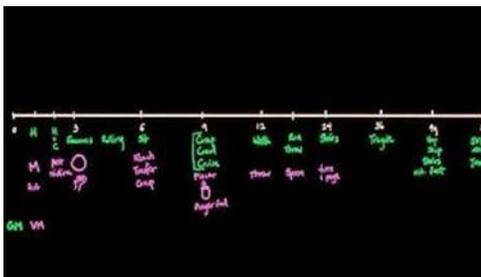
Imagine, for a second, a duck teaching a French class. A ping-pong match in orbit around a black hole. A dolphin balancing a pineapple. You probably haven't actually seen any of these things. But you could imagine them instantly. How does your brain produce an image of something you've never seen? Audrey Vyshedskiy details the neuroscience of imagination

Link:

<https://ed.ted.com/lessons/the-neuroscience-of-imagination-andrey-vyshedskiy>

Developmental Milestones

10.52 || Dr Amy Fan



Child Development

7.52 || Jordan Peterson



Dr. Amy Fan is a Harvard affiliated paediatrician and founder of Kinder, the first and only online primary care clinic for children.

Link:

<https://www.youtube.com/watch?v=NIR7RIWraIM>



Psychologist Jordan Peterson explains techniques and strategies to promote the development of healthy children

Link:

<https://www.youtube.com/watch?v=mfCa3J0AaI0>

The Linguistic Genius of Babies

10.11 || Patricia Kuhl



Patricia Kuhl shares astonishing findings about how babies learn one language over another -- by listening to the humans around them and "taking statistics" on the sounds they need to know. Clever lab experiments (and brain scans) show how 6-month-old babies use sophisticated reasoning to understand their world.

Link:

https://www.ted.com/talks/patricia_kuhl_the_linguistic_genius_of_babies

Encourage Critical Thinking with 3 Questions

17.11 || Brian Oshiro



TED

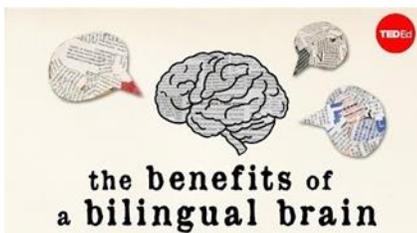
If we want children to thrive in our complicated world, we need to teach them how to think, says educator Brian Oshiro. And we can do it with 3 simple questions.

Link:

https://www.youtube.com/watch?v=0hoE8mtUS1E&feature=emb_title

The Benefits of a Bilingual Brain

5.04 || Mia Nacamulli



TED Ed

It's obvious that knowing more than one language can make certain things easier — like traveling or watching movies without subtitles. But are there other advantages to having a bilingual (or multilingual) brain? Mia Nacamulli details the three types of bilingual brains and shows how knowing more than one language keeps your brain healthy, complex and actively engaged.

Link:

<https://ed.ted.com/lessons/how-speaking-multiple-languages-benefits-the-brain-mianacamulli>

Caring for Vulnerable Children

6 weeks 4 hours per week
University of Strathclyde

Future Learn

Develop an understanding of some of the approaches involved in caring for vulnerable children, with this online childcare course.

Link:

<https://www.futurelearn.com/courses/vulnerable-children>

Young People and Their Mental Health

5 weeks 2 hours per week
University of Groningen

Future Learn

Mental health problems often develop during the teenage period. As many as 1 out of 5 teenagers are dealing with these problems. Therefore, it is important that you know how to recognize common mental health problems, know how they arise, what you can do to prevent them and what you should do when you actually suffer from them. This course, designed specifically for young people, will help you find out more.

Link:

<https://www.futurelearn.com/courses/young-people-mental-health>

**Understanding Depression
and low Mood in Young
People**

5 weeks 3 hours per week ||
University of
Reading



Depression in teenagers can be long-lasting and have wide-ranging effects. Identifying such difficulties early on and offering appropriate support is key in bringing about positive change for young people. However parents and professionals are not always aware of key signs and symptoms of depression or what to do when teenagers are faced with such difficulties.

This course will help you to recognize low mood and depression in teens, understand CBT – an evidence based treatment, discover practical techniques to help support young people and, access sources of further advice
Link:

<https://www.futurelearn.com/courses/depression-young-people>

Equality and Diversity

Equality, Diversity & Inclusion— short animation Gwen| Glynn



Link:

<https://www.youtube.com/watch?v=CuyB5I6WnQ>

Things not to say to ...single people | someone with dyslexia | someone wearing a Burqa | a non-binary person | someone who uses a wheelchair | someone with OCD | stay at home dads | an autistic person | 28 titles in total | 6.00 mins | BBC 3



We've all been faced with stereotypes depending on our appearance, background, beliefs or conditions. Avoid being that person by watching these.

BBC 3 production : some may contain strong language.

Link:

<https://www.youtube.com/playlist?list=PL64ScZt2I7wGxZIXAu0r0UPqpzvF23mgc>

Unconscious Bias
Exercise from Diversity Consultant Scott Horton



Diversity and Inclusion consultant Scott Horton shares a revealing exercise with a group of managers. They learn how their hidden biases might be unintentionally leading them to promote the careers of people like themselves. Could the people you TRUST be an indicator of your unconscious biases?

Link:

https://www.youtube.com/watch?v=wEwGBlr_Rlw

12 Cognitive Biases Explained - How to Think Better and More Logically Removing Bias
10.08 | Practical psychology



Cognitive biases are flaws in logical thinking that clear the path to bad decisions, so learning about these ideas can reduce errors in your thought process, leading to a more successful life. These biases are very closely related to logical fallacies, which may help you win an argument or present information better.

Link:

https://www.youtube.com/watch?v=wEwGBlr_Rlw

How Quickly do you judge a face?
4.47 || SciFri



What is the first thing you look at when you meet a person? Most likely, it will have something to do with their face. Perhaps, their eyes, nose or shape of their head — subtle clues you may not even know you are picking up. Can you control what you perceive? Could this influence how you feel about someone and even how you VOTE?

Link:

<https://youtu.be/86dsCphiErA>

3 ways to be a better ally in the workplace

9.38 |Melinda Epler



We're taught to believe that hard work and dedication will lead to success, but that's not always the case. Gender, race, ethnicity, religion, disability, sexual orientation are among the many factors that affect our chances, says writer and advocate Melinda Epler, and it's up to each of us to be allies for those who face discrimination

Link:

https://www.ted.com/talks/melinda_epler_3_ways_to_advocate_for_a_more_inclusive_workplace

What baby boomers can learn from millennials at work and vice versa

12.23 |Chip Conley



Age diversity makes companies stronger and calls for different generations to mentor each other at work, with wisdom flowing from old to young and young to old alike.

Link:

https://www.ted.com/talks/chip_conley_what_baby_boomers_can_learn_from_millennials_at_work_and_vice_versa

How I fail at being disabled

7.48 | Susan Robinson



Born with a genetic visual impairment that has no correction or cure, Susan Robinson is legally blind (or partially sighted, as she prefers it) and entitled to a label she hates: "disabled." In this funny and personal talk, she digs at our hidden biases by explaining five ways she flips expectations of disability upside down.

Link:

https://www.ted.com/talks/susan_robinson_how_i_fail_at_being_disabled

How Autism freed me to be myself

6.09 | Rosie King



People are so afraid of variety that they try to fit everything into a tiny little box with a specific label," says 16-year-old Rosie King, who is bold, brash and autistic. She wants to know: Why is everyone so worried about being normal? She sounds a clarion call for every kid, parent, teacher and person to celebrate uniqueness. It's a soaring testament to the potential of human diversity.

Link:

https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself

Digital Skills

Introduction to Cyber Security

8 weeks | 3 hours | free |
The Open University



This online course will help you understand online security and protect your digital life, whether at home or work. The course will frame your online safety in the context of the wider world, introducing concepts like malware, viruses, trojans, network security, cryptography, identity theft and risk management.

Link:

<https://www.futurelearn.com/courses/introduction-to-cyber-security#section-overview>

Digital Skills: Grow Your Career

2 weeks | 1 hour | free |
Accenture



Learn about how digital is changing the world of work, and how you can successfully grow your career in the digital age.

Link:

<https://www.futurelearn.com/courses/digitalskills-grow-your-career>

Digital Skills: Social Media

2 weeks | 1 hour | free |
Accenture



Learn how to use social media for business, from creating a social media presence to measuring success.

Link:

<https://www.futurelearn.com/courses/digitalskills-social-media>

Digital Skills: Digital Marketing

2 weeks | 2 hours | free |
Accenture



Learn about some of the different digital marketing strategies and techniques that are available for businesses to use.

Link:

<https://www.futurelearn.com/courses/digitalskills-digital-marketing>

Digital Wings
Created by  BARCLAYS



Boost your knowledge with Barclay's range of tutorial articles focusing on key digital areas. Search, browse, or filter the list by topic.

Link:

<https://digital.wings.uk.barclays/for-everyone>



iDEA is a program that helps you develop digital, enterprise and employability skills for free.

Through our series of online challenges and events, you can win career and life enhancing badges, unlock new opportunities and, ultimately, gain industry recognized awards that help you stand out from the crowd. iDEA is about lifelong learning, for anyone who wants to develop their skills

Link:

<https://idea.org.uk/register>

The Digital Skills Gap and the Future of Jobs 2020

The Fundamental Growth Mind set | Growth Tribe | 5.48



We've reached a tipping point in the future of jobs 2020. The digital skills gap is asking for the development of a growth mind set!

Link:

<https://www.youtube.com/watch?v=Y9FOyoS3Fag>

The digital future of work: What skills will be needed?

McKinsey & Company | 5.29



Robots have long carried out routine physical activities, but increasingly machines can also take on more sophisticated tasks. Experts provide advice on the skills people will need going forward.

Link:

<https://www.youtube.com/watch?v=UV46n44jnoA>

Why Digital Skills Matter

David Timis | 5.35 |



David will discuss why digital literacy is so important for global communities and development. David Timis is a Growth Engine Manager at Google, where he coordinates the most ambitious digital skills training program in Romania, Atelierul Digital.

<https://www.youtube.com/watch?v=iIB5AczN4>

Why students think digital skills are important for the workplace

37.14 | JISC DigiFest 2019|



Student panel at JISC DigiFest discuss the importance of digital skills in the workplace.

Link:

https://www.youtube.com/watch?v=x3cF2_owgQ

Network Theory

Marc Samet| 3.03



From social media to massive financial institutions, we live within a web of networks. But how do they work? How does Googling a single word provide millions of results? Marc Samet investigates how these networks keep us connected and how they remain "alive."

Link:

<https://ed.ted.com/lessons/what-facebook-and-the-flu-have-in-common-marc-samet>

Safeguarding

Adverse Childhood Experiences (ACES)

5.43| Public Health Network Cymru



You 

Adverse Childhood Experiences (ACEs) are traumatic events that affect children while growing up, such as suffering child maltreatment or living in a household affected by domestic violence, substance misuse or mental illness.

Link:

<https://www.youtube.com/watch?v=XHqLYI9KZ-A>

Contextual Safeguarding: Re writing the rules of child protection

Dr Charlene Firmin| 15.07





In this ground breaking talk Dr Firmin, the founder of Contextual Safeguarding outlines three things.

One: how contexts beyond families are associated with abuse. Two: how traditional child protection systems fail to engage with these contextual dynamics. Three: the components of the Contextual Safeguarding system that would redefine what child

Link:

<https://www.youtube.com/watch?v=bCFZQcalgDM>

NSPCC Helpline

2.44 | NSPCC



You 

1 in 5 children in the UK have suffered abuse. This abuse robs children of their childhood - but we know that it's preventable not inevitable. That's why the NSPCC works to protect children today and prevent abuse from happening tomorrow.

But we can't do this alone. To protect a generation of children from abuse we need your help

Link:

<https://www.youtube.com/watch?v=6ENu9p0q8jY>

Steven's Story: Making safeguarding personal for a vulnerable adult
12.57 | real safeguarding stories



Steven is 18 and has a Learning Disability and physical health needs. His home life is changing and his mum is struggling to care for Steven. When an agency worker arrives at the house Steven is left feeling marginalized by the safeguarding process

You 

Link:

<http://realsafeguardingstories.com/index.php/stevens-story/>

Scott's Story: County Lines
27.34 | real safeguarding stories



Scott falls in with an older friend who grooms and entraps him into dealing drugs across county lines. He journeys into a world of physical violence, threats to his family, and his life spirals out of control to the point he loses hope.

You 

What can he do to get out?

Link:

<https://realsafeguardingstories.com/story/scotts-story-county-lines/>

Megan's Story: Grooming of a vulnerable adult
20.35 | real safeguarding stories



Megan is 19 and has some learning disabilities. When she meets Ali on a night out and becomes his girlfriend, Megan is excited to be in her first relationship. But Ali's demands of Megan become increasingly sinister and she gradually finds herself isolated and in danger.

You 

Link:

<https://realsafeguardingstories.com/story/megans-story-grooming-of-a-vulnerable-adult/>

Autism Awareness

Understanding Autism

4 weeks | 3 hours per week |
University of Kent

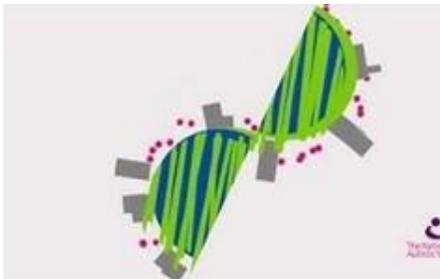


First identified over 70 years ago, autism is a lifelong developmental disability affecting how a person communicates with and relates to others, and how they make sense of the world. It is a spectrum condition; all people on the spectrum share certain difficulties, but their condition affects them in different ways.

<https://www.futurelearn.com/courses/autism>

What is Autism?

4.13 | The National Autistic Society



This video gives you information about autism along with some of the work we do. If you would like to know more about autism head to: <http://bit.ly/AboutAutism>

You Tube

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

Things Not to say to an Autistic person

4.30 | BBC3



What's an autistic person supposed to look like anyway? 8 people with autism set the record straight so everyone else can stop asking such cringe worthy questions.

You Tube

<https://www.youtube.com/watch?v=d69tTXOvRq4>

**Contains strong language

How Autism Freed Me to be Myself

Rosie King | 6.09 |



TED

People are so afraid of variety that they try to fit everything into a tiny little box with a specific label," says 16-year-old Rosie King, who is bold, brash and autistic. She wants to know: Why is everyone so worried about being normal? She sounds a clarion call for every kid, parent, teacher and person to celebrate uniqueness. It's a soaring testament to the potential of human diversity.

Link:

<https://www.ted.com/talks/rosie-king-how-autism-freed-me-to-be-myself>

To Understand Autism Don't Look Away

6.39 | Carina Morillo | Carina Morillo is an advocate for the social inclusion of people with autism



TED

Carina Morillo knew almost nothing about autism when her son Ivan was diagnosed -- only that he didn't speak or respond to words, and that she had to find other ways to connect with him. She shares how she learned to help her son thrive by being curious along with him. (In Spanish with English subtitles)

Link:

<https://www.ted.com/talks/carina-morillo-to-understand-autism-dont-look-away#t-192720>

Autism Speaks

1.30 | Autism Speaks (collection of short videos)



You **Tube**

In celebration of our 15th year, we have a new and more colourful look to reflect the diversity of the autism spectrum. We are also launching a campaign to make 2020 the "Year of Kindness!" Join us and help create a kinder, more inclusive world for autistic people at autismspeaks.org/kindness.

Link:

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

Leisure and Hobbies

Learn a language with...



Spanish | French | Italian | Greek |
Hindi | Japanese | Polish | Klingon! |
many more...



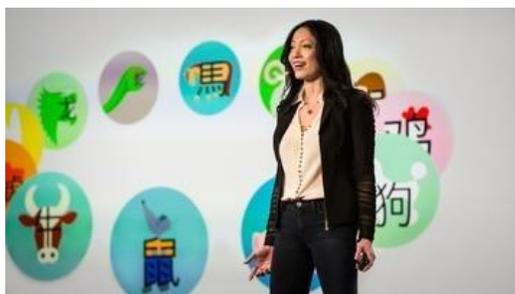
Duolingo is the world's most popular way to learn a language. It's 100% free, fun and science-based. Practice online on *duolingo.com* or on the app!

Link:

<https://www.duolingo.com/>

The Chinese Zodiac explained

Shaolan || 5. 56



A quarter of the world's population cares a lot about the Chinese zodiac. Even if you don't believe in it, you'd be wise to know how it works, says technologist and entrepreneur ShaoLan Hseuh. In this fun, informative talk, ShaoLan shares some tips for understanding the ancient tradition and describes how it's believed to influence your personality, career, marriage prospects and how you'll do in a given year. What does your sign say about you?

Link:

https://www.ted.com/talks/shaolan_the_chinese_zodiac_explained

Beginners sewing course

20.35



Join our Beginners Sewing Course - Day 1 and learn how to thread a sewing machine, wind a bobbin and understand the needle and thread you should be using for your projects.

Link:

<https://www.youtube.com/watch?v=IGITrkYdjJs>

15 amazing projects children will love

16.22



Super easy crafts for children to make

You  Tube

https://www.youtube.com/results?search_query=wood+work+for+kids

35 unusual paper crafts you will adore

20.38



You  Tube

<https://www.youtube.com/watch?v=SF71ks5FrKQ>

16 best cardboard recycling ideas that you might want to make

39.22



You  Tube

<https://www.youtube.com/watch?v=w-ZhZj0VME>

Supporting Home Learning

Free Maths Resources



NRICH is an innovative collaboration between the Faculties of Mathematics and Education at the University of Cambridge, part of the University's [Millennium Mathematics Project](#).

NRICH provides thousands of free online mathematics resources for ages 3 to 18, covering all stages of early years, primary and secondary school education - completely free and available to all. <https://nrich.maths.org/>

Online Safety



Let's keep kids safe online



The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe?

That's where we come in. Whether you're an online expert or you're not sure where to start, our tools and advice will help you keep your child safe.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>



Our parent-facing site **Words for Life** provides milestones, tips, fun resources and advice to help parents support their children's literacy development.

Resource bank for early years, primary and secondary children.

<https://literacytrust.org.uk/policy-andcampaigns/all-party-parliamentary-groupliteracy/strengthening-early-language->



Searchable site of thousands of quality teaching resources, interactive resources, homework, exam and revision help. Useful for teachers, pupils and parents.

<https://www.topmarks.co.uk/>

Inspiration

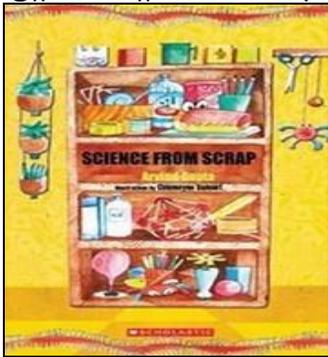
The best Kindergarten you have ever seen || 9.52 || Takaharu Tezuka



TED

At this school in Tokyo, five-year-olds cause traffic jams and windows are for Santa to climb into. Meet: the world's cutest kindergarten, designed by architect Takaharu Tezuka. In this charming talk, he walks us through a design process that really lets kids be kids [https:// ed.ted.com/featured/XtoM0sBq#review/XtoM0sBq#review](https://ed.ted.com/featured/XtoM0sBq#review/XtoM0sBq#review)

Turning Trash into Toys for Learning|| 15.15|| Arvind Gupta



TED

At the INK Conference, Arvind Gupta shares simple yet stunning plans for turning trash into seriously entertaining, well-designed toys that kids can build themselves -- while learning basic principles of science and design [https:// www.ted.com/talks/arvind_gupta_turning_trash_into_toys_for_learning?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/arvind_gupta_turning_trash_into_toys_for_learning?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Exploring Play: The Importance of Play in Everyday Life || 7 weeks 3 hours per week || University of Sheffield

Future Learn

This course from the [School of Education at the University of Sheffield](https://www.futurelearn.com/courses/play) will encourage you to think differently about play.

We'll discuss definitions of play and current debates about how the nature of play changes. Does play help us to learn? Can it prepare young people to be successful in the adult world? Are all forms of play good for us?

<https://www.futurelearn.com/courses/play>

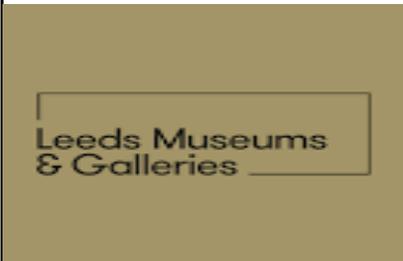


Recycling and Energy Recovery Facility

In our purpose-built Visitor Centre we can provide education about recycling and information about how to reduce your waste.

<https://www.veolia.co.uk/leeds/our-facility/education-and-waste-awareness>

www.veolia.co.uk



<https://museumsandgalleries.leeds.gov.uk/engage/virtual-visit/>

<https://museumsandgalleries.leeds.gov.uk/engage/virtual-visit/online-activities/>

<https://youtu.be/MC8yP-6mii0>

Continuing Professional Development Log

70: Real life, on the job experiences, tasks, problem solving... 20: Feedback, observing others, working with others... 10: Formal Learning

What do I need to learn?	How did I achieve this? E learning/ training Coaching/mentoring Work Shadowing/ Media / Research/reading Feedback/ task	Key learning points:	How I have used this learning in practice:	Date development need met & time it took: