

The
**KEEP
CALM**
Homeschooling
GUIDE

THE SECRETS TO SURVIVING LOCKDOWN
HOMESCHOOLING WITHOUT LOSING YOUR MIND!!



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A MESSAGE FROM ANGE PECKHAM

Over the last few weeks, we have seen and heard about things that we could not have possibly imagined a month or so earlier...

The world has definitely been changed by this, and continues to change. Different countries are experiencing different situations. There is loss of life, strain on medical facilities, isolation and loneliness, grief and depression, financial loss and burdens, helplessness, stress and anxiety.

We are lucky in the sense that here in NZ we have not experienced mass loss of life like lots of other countries so we acknowledge that and give gratitude that we are not having to cope with the horror of that. However, we are still currently in lockdown which has meant for lots of parents, we are now juggling working from home with homeschooling thrown in.

I am proud of you for taking the time to think about how you can get through this time in the best way possible. With a few tweaks and hints, this experience can be SO much better than anticipated...

Stay safe, be kind to yourselves & take care.



Arohanui Ange X

FOUNDER OF FREEDOM WITH
OILS



TIP #1: GET ORGANISED...

It might seem obvious but when you don't feel organised, chaos reigns in your mind, and in my experience, that is when overwhelm kicks in.

1. Write up a routine for each child's school day. We wrote ours up on a big piece of brown paper and taped it to the door of the shared office/working area. The kids got SO much comfort from the sense that there was still going to be routine and they referred back to those big bits of paper all throughout the day. Digital diaries are good, but I don't think kids get as much of a sense of what the day will "look like" from a digital diary. Go old school!

2. Create a clear, tidy work space for everyone. Clear desk = tidy mind.

3. Schedule in regular breaks, for morning tea, lunch and afternoon tea. Try to get a bit of fresh air then, if possible. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

4. Build in flexibility. Kids will get tired. They will be feeling a bit anxious about the change in environment. If they are struggling and you feel you are banging your head against a brick wall, change the pace and get them to do a drawing or write an imaginative story. They aren't learning when jammed up with anxiety anyway...

5. If you are more of an organiser through an app person...

homeschoolmanager.com has a great app for scheduling lessons and planning what to do next for your kids. It has a free 30 day trial that you can make use of, and is only \$4.99 a month after that.



6. Stay hydrated and eat well.

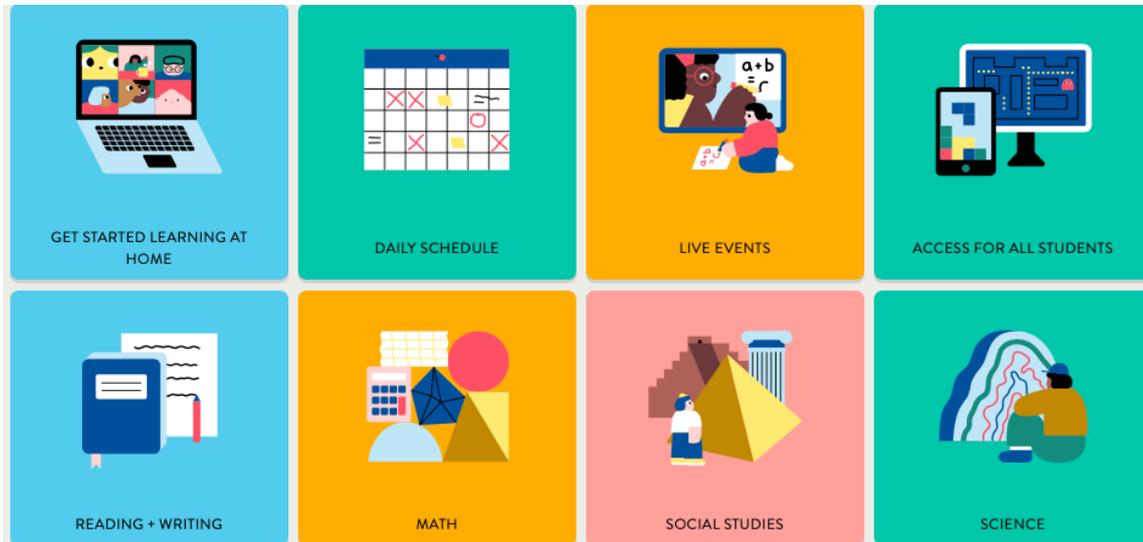
This one may seem obvious, but it links to point 3 - stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new, get the kids to help a bit too - cooking is a new skill that they could pick up some basics with during this time!

7. Develop a self-care toolkit.

For me this is my kit of essential oils. I let my kids choose which oil they would like to start the day with and that also is an indication to me about how they are feeling. Then during the day, they can help themselves to the oils as they need different support (focus, motivation, cheer etc). I also love calm relaxing music. But this can look different for everyone. Maybe a child's favourite soft toy could join in on lessons, or you could put up photos of vacations, A journal, an inspirational book, or a mandala coloring book is wonderful (there are lots of free ones online).



TIP #2: NO STRESS - THIS IS THE FULL PROGRAMME...



*Open Wide School gives full FREE access to the most astounding amount of resources. If you want a daily schedule, maths or science lessons, writing inspiration or life skills help - this is a total one stop shop!!
Sections for all age groups, littlies to teens...*

Go to <https://wideopenschool.org> and fill your boots!

TIP #3: THINK OUTSIDE THE BOX WITH LEARNING...



There are SO many interesting things out there that you can show your kids and allow them to learn in different ways...

The following collection of FREE online resources are for a WIDE variety of topics (that both adults and children will enjoy) whilst you are at home (courtesy of The Low Tox Project).

ANIMALS & NATURE...

- SEA LIFE Sydney Aquarium Live Feeds
<https://www.sydneyaquarium.com.au/explore/live-stream/>
- Monterey Bay Aquarium <https://www.montereybayaquarium.org/>
- Georgia Aquarium Live Stream
<https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- San Diego Zoo Safari Park Virtual Visits <https://zoo.sandiegozoo.org/we-care>
- Zoos Victoria Live Stream <https://www.zoo.org.au/animal-house>
- Edinburgh Zoo Penguins [https://www.edinburghzoo.org.uk/we.../rockhopper-penguin-cam/...](https://www.edinburghzoo.org.uk/we.../rockhopper-penguin-cam/)
- Zoo Atlanta Pandas <https://zooatlanta.org/panda-cam/>



ANIMALS & NATURE CONT...

- Taronga Zoo Behind the Scenes <https://taronga.org.au/get-in.../behind-the-scenes-documentary>
- Discovery Education Polar bears in the Tundra <https://www.discoveryeducation.com/learn/tundra-connections/>
- Virtual Farm Tours - USA <http://origin.americandairy.com/.../virtual-farm-tours-while-...>
- Virtual Farm Tours – Canada <https://www.farmfood360.ca/>
- 33 US National Park Virtual Tours <https://totallythebomb.com/heres-33-national-park-tours-you...>
- Yellowstone National Park <https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm>
- Educated by Nature <https://educatedbynature.com/.../nature-based.../online-village/>
- Nature Play WA <https://www.natureplaywa.org.au/25-things-to-do-in-social-i...>
- Natured Kids <http://www.naturedkids.com/>
- Nature Play SA <https://natureplaysa.org.au/>
- Disney Nature <https://nature.disney.com/educators-guides>

BOOKS & MAGAZINES...

- State Library of Victoria online collection <http://search.slv.vic.gov.au/primo-explore/search?vid=MAIN>
- 45 places you can download tens of thousands books, plays and other literary texts [https://nothingintherulebook.com/.../55-places-you-can-down.../...](https://nothingintherulebook.com/.../55-places-you-can-down.../)
- British Library <https://www.bl.uk/catalogues-and-collec.../digital-collections#>
- E books including Children Stories http://www.openculture.com/free_ebooks
- Audible audio books <https://stories.audible.com/start-listen>
- David Walliams Books <https://www.worldofdavidwalliams.com/elevenses/>
- Story online (Stories read by Celebrities)
<https://www.youtube.com/user/StorylineOnline/videos>
- Story Box Library (stories read online) <https://www.facebook.com/StoryBoxLibrary/>
- Nat Geo You Explorer issues online
<https://ngexplorer.cengage.com/ngyoungexplorer/>
- Audio Books for Free <http://www.openculture.com/freeaudiobooks>
- E Books http://www.openculture.com/free_ebooks
- Kids News <https://www.kidsnews.com.au/>
- Barefoot Books (books and song)
https://www.youtube.com/channel/UCf_8ZTFvJeS8U60W8C8PGhA
- Behind the news (for kids) <https://www.abc.net.au/btn/stories/>
- Apple Books for kids: Large collection of Sesame Street audio books for free
<https://www.apple.com/au/apple-books/>



CRAFT

- 10 minute crafts for kids <https://www.thesprucecrafts.com/10-minute-crafts-for-kids-1...>
- Teaching Kids to knit <https://imaginationsoup.net/teaching-kids-knit/>
- Home made puppet theatre <https://www.letsplaykidsmusic.com/make-homemade-puppet-the.../>
- Disney Craft <https://family.disney.com/crafts/>

CREATIVE & PLAY

- Kids think Design <http://www.kidsthinkdesign.org/>
- Art Resources for Kids <https://artsology.com/>
- Doodling <https://www.kennedy-center.org/education/mo-willems/>
- The Imagination Tree <https://theimaginationtree.com/>
- The Artful Parent <https://www.facebook.com/artfulparent/>
- Red Ted Art <https://www.redtedart.com/>

COOKING

- Cooking with Kids (Buddy Oliver) <https://www.youtube.com/playlist...>
- Nomster Chef <https://www.nomsterchef.com/>



CHILDREN MOVEMENT & EXERCISE

- Cosmic Kids Yoga <https://www.cosmickids.com/>
- Go Noodle <https://www.gonoodle.com/>
- PE with Joe <https://www.youtube.com/playlist...>
- Start the Day with a calming routine
<https://www.edutopia.org/artic.../starting-day-calming-routine>
- Fine Motor and Sensory Tools <https://www.theottoolbox.com/>
- Playful Little Learners <https://www.playfullittlelearners.com.au/playtime-hub-landi...>



CHILDREN LEARNING

- Scholastic Learn at Home <https://classroommagazines.scholastic.com/.../learnathome.html>
- Learn at Home with You Tube <https://learnathome.withyoutube.com/>
- Math on Woo Tubes <https://www.youtube.com/user/misterwootube>
- Math <https://www.mathsrockx.com/>
- Coding <https://blockly.games/>
- Science and Technology <http://www.clubscikidzmd.com/blog/>
- Nat Geo Kids <https://www.natgeokids.com/au/>
- Activities for Pre-schoolers
<https://handsonaswegrow.com/activities/preschool-activities/>
- Teacher Start <https://www.teachstarter.com/.../covid-19-teach-starters-sup.../>
- Low Waste Activities <https://www.rebeleco.com/20-low-waste-activities-for-kids-i...>
- The Paw Print Family <https://pawprintfamily.com/>
- Home Learning Hub <https://www.twinkl.com.au/home-learning-hub>
- Lego learning pintables <https://reneeatgreatpeace.com/100-free-lego-learning-print.../>
- Lego emotion chart <https://www.andnextcomesl.com/.../free-printable-lego-emotion...>
- Learning resources including those for autism and hyperlexia
www.andnextcomesl.com

ENVIRONMENT

- NASA Climate Kids <https://climatekids.nasa.gov/>

FAMILY HISTORY

- State Library VIC <https://www.slv.vic.gov.au/s.../family-history-tools-resources>

FUN

- Amusement rides (virtual) <https://www.apartmenttherapy.com/disney-universal-virtual-r...>
- Fun brain games for kids <https://www.funbrain.com/>
- Lego games www.lego.com/en-au/kids

HISTORY

- Big History Project <https://school.bighistoryproject.com/>
- Bunk History <https://www.bunkhistory.org/>
- Links Google maps to historical photos <http://www.whatwasthere.com/>



GEOGRAPHY & LANDMARKS

- Great Wall of China Virtual Guide
<https://www.thechinaguide.com/destinati.../great-wall-of-china>
- Buckingham Palace Virtual Tour <https://www.royal.uk/virtual-tours-buckingham-palace>
- Taj Mahal <https://www.taj-mahal.net/newtaj/>
- The White House <https://artsandculture.google.com/partner/the-white-house>
- The Empire State Building <https://www.esbnyc.com/earthcam-empire-state-building>
- Country Reports <https://www.countryreports.org/>
- Everyday Earth <https://www.everyday-earth.com/>
- Israel – Virtual Tour <https://www.israel21c.org/cant-visit-israel-come-on-a-gorg.../>

HISTORY

- Big History Project <https://school.bighistoryproject.com/>
- Bunk History <https://www.bunkhistory.org/>
- Links Google maps to historical photos
<http://www.whatwasthere.com/>



LANGUAGE

- Free language lessons <http://www.openculture.com/freelanguagelessons>
- Learn a Language <https://www.duolingo.com/>

MUSIC & THE ARTS

- Sofa King Fest (Festivals and Concerts from around the World Streamed) <https://www.sofa-king-fest.com/>
- Melbourne Symphony Orchestra live <https://www.youtube.com/playlist...>
- Paris Opera Performances <https://www.operadeparis.fr/>
- Theatre, Ballet and Other Performances <https://www.marquee.tv/>
- Google Arts and Culture <https://artsandculture.google.com/>
- Kinderling Radio for Kids <https://www.kinderling.com.au/>
- Home School Piano: Level one lessons free until September 1 <https://homeschoolpiano.com/>
- Australian Music Examination Board: Theory of Music online courses, grades one to three, are free until June 30 <https://www.ameb.edu.au/>

MUSEUMS & GALLERIES

- Museums Victoria <https://museumsvictoria.com.au/museum-at-home/>
- National Gallery of Victoria <https://www.ngv.vic.gov.au/channel/>
- State Library of Victoria's Galleries <https://www.slv.vic.gov.au/sea.../explore-our-online-galleries>
- British Museum <https://britishmuseum.withgoogle.com/>
- A huge list of virtual tours via Goggle Arts including the MET, MOMA, Uffizi, etc <https://artsandculture.google.com/partner?hl=en>
- British Museum <https://www.britishmuseum.org/collection>
- Imperial War Museum <https://www.iwm.org.uk/collections>
- London Transport Museum <https://www.ltmuseum.co.uk/collections/collections-online>
- Natural History Museum <https://www.nhm.ac.uk/discover.html>
- Victoria and Albert (V&A) Museum <https://www.vam.ac.uk/collections?type=featured>
- The National Gallery – London <https://www.nationalgallery.org.uk/pa.../search-the-collection>
- Tate Modern <https://www.tate.org.uk/visit/tate-modern>
- The Louvre <https://www.louvre.fr/en/visites-en-ligne>
- Boston's Children's Museum <https://www.bostonchildrensmuseum.org/museum-virtual-tour>
- The Vatican Museum <http://www.museivaticani.va/.../mus.../tour-virtuali-elenco.html>
- Smithsonian Fun stuff for kids <https://www.si.edu/kids>

SPACE & AERO

- NASA Live Stream <https://www.youtube.com/watch?v=21X51GIDOfg>
- The Surface of MARS <https://accessmars.withgoogle.com/>
- Boeing <https://www.boeingfutureu.com/>
- The International Space Station https://www.nasa.gov/mission_pages/.../main/suni_iss_tour.html
- The Sun <https://amazingsciencefacts.com/virtual-tour-to-the-sun/>
- The Moon <https://moon.nasa.gov/resources/168/tour-of-the-moon-4k/>
- NASA Eyes in Space Images <https://eyes.nasa.gov/>
- NASA Astronaut Photography <https://eol.jsc.nasa.gov/>

WELLBEING

- Emotional intelligence for children
<https://www.soarwithwings.com/videos/virtual-field-trip>
- Wellbeing links for children <https://www.lil-peeps.com.au/copy-of-take-home-ot>
- Smiling Mind <https://www.smilingmind.com.au/>
- Mindfulness <https://www.thewell.world/>
- Headspace: Free access to 'Weathering the storm' meditations
<https://headspace.org.au/>



LARGE CATALOGUES OF RESOURCES

- Discovery Education <https://www.discoveryeducation.com/>
- Education Companies offering free subscriptions
<https://kidsactivitiesblog.com/.../list-of-education-compani.../>
- <https://chatterpack.net/.../list-of-online-resources-for-anyo...>
- Keeping Busy in Home Isolation <https://www.dropbox.com/.../fq7iku.../AAC7vSE4n0iwgXiGGJF0gg36a...>
- STEM Activities <http://dailystem.com/resources>
- ABC Education <https://education.abc.net.au/home#!/home>
- WA Department of Education <https://www.education.wa.edu.au/.../learning-resources-from-a...>
- Worksheets <https://www.123homeschool4me.com/home-school-free-printables>
- Virtual school activities <https://virtualschoolactivities.com/>
- All Kids Network <https://www.allkidsnetwork.com/>
- Highlights Kids <https://www.highlightskids.com/>
- Break Out EDU <https://www.breakoutedu.com/>
- http://www.openculture.com/free_k-12_educational_resources

******Note: You access these links at your own risk and decide what is right for you and your children to view. We are not connected to these sites in any way. Enjoy!! Arohanui***

A few resource links for parents...



FITNESS FOR PARENTS

- Centr app by Chris Hemsworth: Full access for six weeks, available until March 31 for those who sign up via the website.
<https://centr.com/join-us>
- adidas Runtastic Premium Membership: Free access for 90 days
<https://www.runtastic.com/>
- YMCA 360 <https://ymca360.org/>
- 12-Minute Abs Challenge: Trainer Tim Robards offers six-week program for free with code, "FREEABS"
<https://therobardsmethod.com/shop/12-minute-abs-challenge>
- Gold's Amp: 600 workouts free until May 31 <https://goldsamp.com/>
- Les Mills on Demand: Free classes in everything from Body Combat to Barre until the pandemic is over. <https://www.lesmills.com/ondemand/>

COURSES & ADULT EDUCATION

- Fee courses from Ivy League colleges
<https://www.classcentral.com/collection/ivy-league-moocs>
- Museum of Modern Art Courses <https://www.coursera.org/moma>
- Free online courses <http://www.openculture.com/freeonlinecourses>
- http://www.openculture.com/free_certificate_courses
- Open Education <https://www.open.edu/openlearn/free-courses/full-catalogue>
- TED ED <https://ed.ted.com/>

FILM & TV FOR PARENTS

- Japanese Film Festival
<https://www.japanesefilmfest.org/streaming/>
- ACMI Film Club <https://www.acmi.net.au/events/melbourne-cinematheque/>
- Educational Shows on Netflix
<https://homeschoolhideout.com/educational-shows-on-netflix/>
- Ted Talks <https://www.ted.com/talks>
- Free movies online <http://www.openculture.com/freemoviesonline>

WORK/VIDEO CONFERENCING TOOLS

- Canva <https://www.canva.com/education/>
- Microsoft: Free access to Microsoft Teams for six months
<https://products.office.com/.../microsoft.../group-chat-software>
- Atlassian: Cloud software including Jira Software, Confluence, Jira Service Desk and Jira Core have been made free, free one-year subscriptions to business software for teachers <https://www.atlassian.com/>
- Cisco WebEx: The videoconferencing platform is free for 90 days
<https://www.webex.com/>
- Zoom Video Conferencing <https://zoom.us/pricing>



TIP #4: IF IT WORKS FOR OTHERS, DON'T REINVENT THE WHEEL...



There are some amazing people out there who have worked out what WORKS and have gifted to the world their ideas...

Rebecca Sparrow is one of those people...

MOTHER OF ALL LISTS FOR HOME LEARNING FROM REBECCA SPARROW...

Here it is!

The mother of all lists for Home Learning! Click here to download it for free:
<https://rebeccasparrow.com/home-learning/>

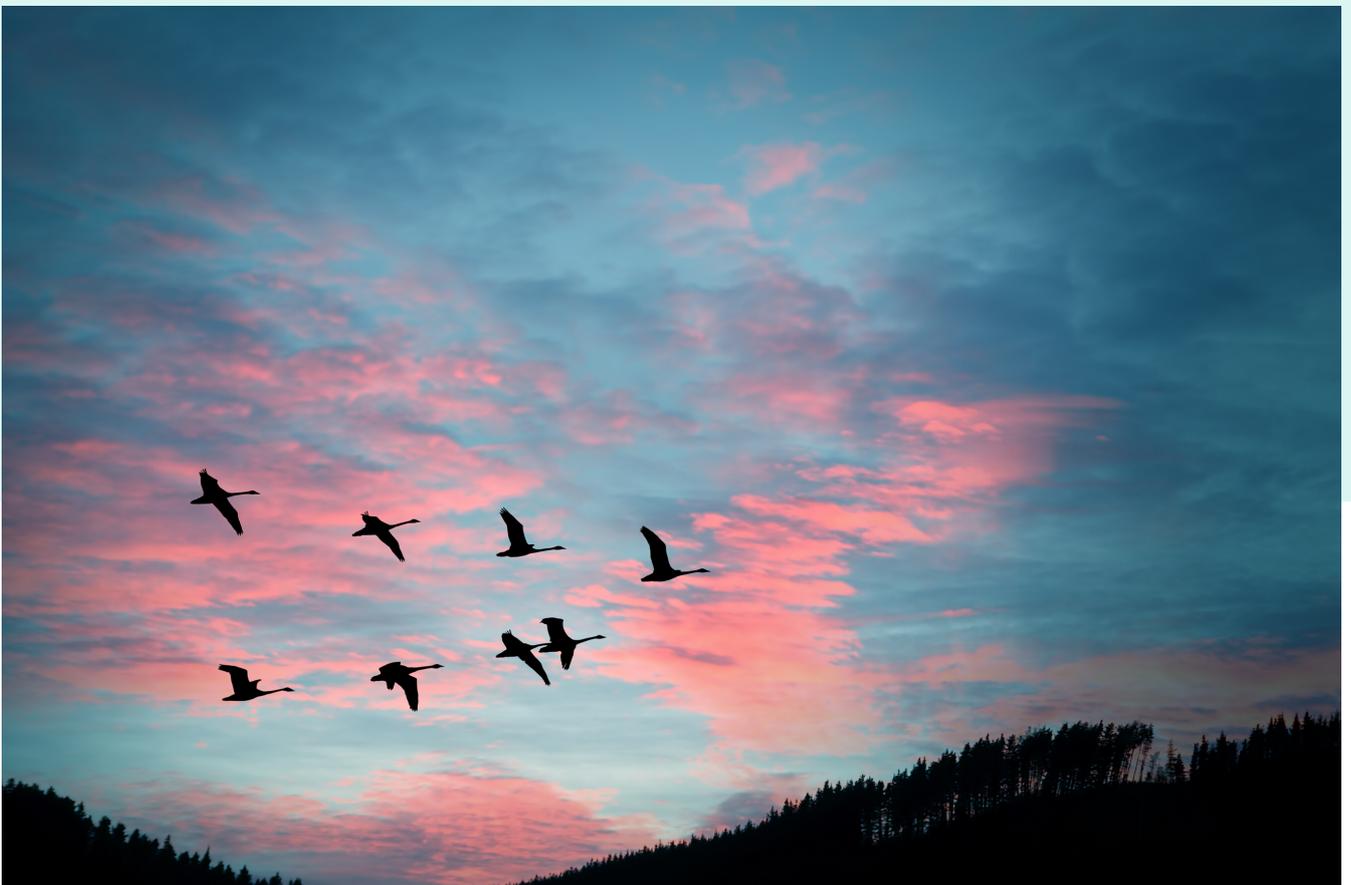
When Rebecca asked for the best educational websites and apps - people responded with hundreds of ideas. And so many that she'd just never heard of. From French to history, maths to geography, science to yoga -- there are amazing learning resources online and most of it is totally FREE.

She has also managed to include over 100 NO-TECH games and activities to keep your kids occupied over the school holidays and beyond.

Here are her important words of advice: *"Most importantly - cut yourself some slack. A movie, reading a recipe and helping to make dinner, watching Bluey (Netflix), jumping on the trampoline, writing letters and playing a board-game are just as good as anything else right now"*

TIP #5: FIND THE LESSON...

This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?





ABOUT FREEDOM WITH OILS...

IN 2018, I FOUNDED FREEDOM WITH OILS AFTER HAVING USED DOTERRA OILS FOR SEVERAL YEARS AND TOTALLY TURNING MY FAMILY'S HEALTH AROUND...

It was a calling... sounds corny but it is the truth. I joke that I was like the local drug dealer (I do have dreadlocks haha!) dishing out oils to everyone I came across who was going through something. It might have been suffering from seasonal threats, immunity issues or going through a break up. No matter what it was, I could research it and find the oil or oils that could help...

I had found my purpose in life... and as a result, my heart & soul was being filled back up with messages of love from the impact these oils were having on peoples lives..

So Freedom With Oils was born and her purpose is:

to EMPOWER women to take care of their families naturally...

These oils are gifts of nature and can help with SO much! My hope is to show you how quickly and easily you can use your oils to change and shift things in your life - and to give you all the support and help along the way that you might need.

Arohanui Ange X

ACKNOWLEDGEMENTS...

The majority of this content has come from a variety of sources (all acknowledged in the body of the guide) along with my own opinions and ideas. These opinions and ideas are intended to help with homeschooling overwhelm and I pray that if nothing else, you feel less alone in all of this...

Tip #5 has come from a kind psychologist who was working in the US with COVID-19 patients and decided to share what his 'thoughts' were around this unique period of time that we are experiencing. God bless him for being so giving and sharing this information publicly.

Stay safe, be kind to yourselves and others.

Arohanui Ange X

FOUNDER OF FREEDOM WITH OILS

