

## Useful resources

We understand that this may be a scary and unprecedented time, and that there is a lot of information out there which can seem daunting. Here are some key online resources that we thought would be useful to use over the coming weeks and months.

- **RCOT – Staying Well When Social Distancing**

<https://www.rcot.co.uk/staying-well-when-social-distancing>



- **ELFT NHS Trust - Supporting neuro-diverse children during isolation**

<https://youtu.be/dXPtqmHKNoE>



- **GriffinOT – Daily Fine Motor Skills**

[https://www.youtube.com/channel/UCUDF9vM1Qdz5CKKI9y\\_c2bw](https://www.youtube.com/channel/UCUDF9vM1Qdz5CKKI9y_c2bw)



- **Therapy Street for Kids**

<http://therapystreetforkids.com/>



- **OT Plan**

<https://otplan.com/>



- **Therapy Fun Zone**

<https://therapyfunzone.net/>



- **Cosmic Kids Yoga**

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



- **Scouts – The Great Indoors**

<https://www.scouts.org.uk/the-great-indoors/>



- **Jamie Oliver – Cooking with Kids #KitchenBuddies**

<https://www.jamieoliver.com/kitchen-buddies/>

