

Direct Work Resources



Why have we developed this resource?

During the Covid-19 Lockdown period, many face to face visits to children, young people, and their families have been replaced by WhatsApp, Skype, or other virtual contacts. This is a different way of communicating and these resources are intended to help you with new ideas and approaches.

How can these resources help me?

These are suggested tools you can use to focus on building and sustaining trusting relationships with children, young people, parents and carers, and on using good authority to gather a clear picture of the child's lived experience and the level of risk to them. You can select the tools which you think might help you most in your work and suit the needs of the children and young people you are working with.

We have grouped the resources to a child's age and stage of development, to help you select those most appropriate.

Taking an approach of welfare and empathy

It is important to show acceptance with families that this is a difficult time for parents and children. Familiar things have changed - isolation, employment, finance, relationships and support networks are all affected and people are experienced increased stress and anxiety. Everyone is doing the best they can. Remember, people are much more likely to be open with us if we start with empathy and kindness. We have all been affected, whether we are delivering services or receiving services – this is an important relational experience we can all connect with. Those we work with may be worried about us too.

Building and sustaining relationships

Many of the direct work skills you already have translate easily into virtual visits. You can connect with children, show them that you hold them in mind and that you enjoy spending time with them, in the same way over WhatsApp as you might do in person. You can use OARS (open questions, affirmations, reflections, and summaries) as part of your conversational style, and you can convey acceptance and warmth through your tone of voice and eye contact. As practitioners you already have expertise in building relationships. You probably don't need to learn any new skills, but you may need to slow down, adjust and prepare for the restrictions of virtual visits and the likelihood that it will be more difficult for the family too.



Direct Work Resources



Managing boundaries around virtual direct work

Before you start any direct work activity, find out if the child is worried about getting sick, or about family members getting sick. Establish whether you need to talk about it with them or can parents do that? There are many resources available to send parents or guides for you to have the conversation.

Young people are much more used to using social media and connect using many different forms. Some young people will talk easily online others won't want to talk at all. Use texts to connect but don't worry if they don't answer (although do keep texting regularly as although they are not responding might appreciate that you are holding them in mind).

Conversation endings are important

When will you talk again?

How, text, WhatsApp

Do they want links to resources?

What would be most helpful?

Clarify safety plan and numbers to call

Resources for children about Coronavirus

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

[Coronavirus - A book for children](#)

[Helping you with your feelings when someone close to you dies](#)

[Supporting care-experienced children and young people during the Covid-19 crisis and its aftermath](#)

Must reads

[Direct Work Tools](#)

[The PCFSW Best Practice Guide for Video Call/Contact and Virtual/Online Home Visit](#)

[Children's Social Care - Covid 19 Advice](#)

Building this directory of resources

This directory of direct work resources is an evolving document.

Please share the fantastic work that you are doing.

Send activity ideas and links to

alison.strickland@richmondandwandsworth.gov.uk



All ages

childline Use this link for an activity toolbox for all ages
<https://www.childline.org.uk/toolbox/>

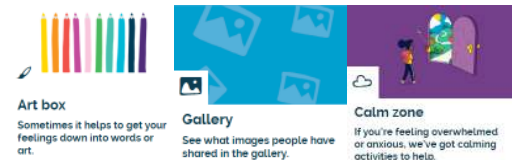
What it includes

Games



Creating a locker - create an account and customise your locker

Get creative - from writing down how you feel, sharing pictures in the gallery to calming activities.

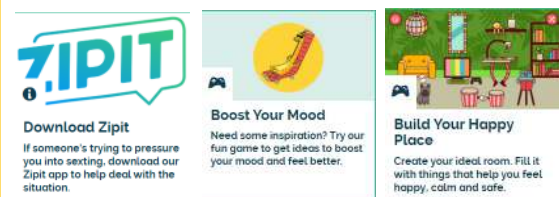


Videos to help



Videos with tips and advice, from building confidence, sexual abuse, coping with anxiety, bullying etc.

Tools for you - inspirational ideas



Activity Ideas



In Games - The tower of confidence game, the child has to answer questions to release a block. Good resources for finding out about the child, what they like etc. Simple to use.

You could take it in turns to remove a block and answer a question.

Videos to help - these can be use to support children to understand different issues such a bullying. You could watch them together and discuss how it might relate to them.



Show and Tell game

You can use this to establish how child is feeling now, what makes them feel safe, and to see areas in the home to help with assessment.

Activity Idea

Ask the child a series of questions and they have to show something around the house that answers the question. E.g. What is your favourite toy? Where do you feel safe? What makes you happy? Show me where you brush your teeth? Where do you sit to eat? Reciprocity – You could also prepare and show them things in your home too. My favourite cup, my favourite toy, my laptop, my favourite fruit.

All ages



Send a letter/note

All children love to receive post, particularly when you have made it appealing for them.

Activity Idea

Decorate an envelope and send the child a note to let them know that you are thinking of them. You could decorate the letter too. Use stickers/ink stamps/pictures cut from magazines or drawings to make it personal. Link it to their interests. Get creative! Include a note for the parent, to let them know you are think of them too.

<https://www.youtube.com/watch?v=dA84oKHIXuc>

<https://www.youtube.com/watch?v=OEKAVV8eHBA>

<https://www.youtube.com/watch?v=4zN6bnKCZ64>

<https://www.wikihow.com/Decorate-an-Envelope>



Routines game

To get a sense of the child's daily experiences and lead to more specific questions about food, bedtime, connection with parents. Routines support safety and predictability, knowing what will happen next is containing.

Activity Idea

Find out about routines in a fun way.

What do you do? *Everyday, Sometimes, Never*

Make cards (<https://www.twinkl.co.uk/resource/t-c-372-daily-routine-cards-for-home>) to hold up or just ask:

- Brush your teeth
- Have breakfast
- Watch television or YouTube
- Do schoolwork
- Ride a cow
- Go to the moon
- Go out to play
- Play a game with mum/dad/sibling
- Get a hug
- Eat ketchup
- Get angry
- Cry...etc

<http://www.socialworkerstoolbox.com/getting-know-childs-routine-tool/>

All ages



A Day in the Life.....

This is an excellent activity for an early 'virtual visit' when you are both getting used to using Whatsapp together, whilst also gathering as much information as possible.

It is important to treat this as a gentle, friendly conversation. If you are constantly writing things down this may be off-putting for the child – so either keep it brief or make a written record immediately afterward.

Activity Idea

Introduction: Introduce this exercise as you wanting to help them write a story called 'A Day in My New Life'. Be clear that this is an imagination exercise, that you are just making a plan for writing the story rather than actually writing it.

You could prompt them by using examples from your own life e.g.

“ In the morning, my alarm goes off at 7am, and the first thing I do is get up and make myself a cup of tea to drink in bed, as that is a nice way to start the day. Usually I would leave home about 8am to travel to work, but now I have a bit more time in the morning so I do some exercise with youtube and then start work at 8.30am. What do you usually start the day with, and how has your morning routine changed ?”

More Example Questions:

- Do you get yourself up in the morning? Do you sleep any later now that you don't have to go to school? How do you wake up?
- Who makes breakfast? Have you had to give up any foods you like because of the lockdown? Who cleans up after breakfast?
- What kind of school routine have you got now? Is there plenty of online learning? Do you enjoy it? Do your parents help you with your learning? What kinds of things do they do with you?
- (If at school) What is it likely for you being at school now? What happens differently at school?
- What clothes do you like to wear? Are they always available? What happens about laundry in your house?
- Which friends have you been able to keep in touch with? How have you done this? Have you found new ways (online) to spend time together? Have you discovered any new apps or games?
- Have you been doing any exercise or spending time outside if possible?
- Who is in your house during the day that would usually be at school or at work? Is it strange? Who in your family is enjoying being at home and who is hating it?
- What are you most looking forward to doing after the lockdown is lifted?

All ages

Imagination game

Tap into the child's imagination, find out more about their world through their eyes.

Activity Idea

Find out what they are interested in, space, superhero's, fairies, princesses, etc. Use the phone to explore their world.

For example - exploring space and using the phone to neutralise the aliens - what's that under the bed - it's a space monster (could be a sock or a toy) - wow does the monster always live there.....

Set up weekly appointments to do space (or whatever their interest is) exploration of the home, using their imagination and seeing it through their mind and experience.



The Voice of the Child Workbook

Find out more about the child.

Activity Idea

Use this workbook to find out more about the child. Good use of pictures and questions to ask. [Voice of the Child](#)

Under 5 years



Keeping safe at home

Supporting children to voice how they are feeling and how safe they feel is important to gaining an insight about them.

Activity Idea

Use feelings cards (links below) or draw different faces and hold up for child to see or they can draw - Sad face, scared face, crying face, happy face. What is the feeling? What makes you feel sad / happy / scared?

Use curious, open questions about child's responses: I wonder if... When do you feel... what do you do? Who do you talk to when you feel...?

Remember to do safety planning if needed and check in with the child about how they are feeling now before finishing the call.

<https://www.twinkl.co.uk/resource/t-s-1079-emotions-activity-worksheets>

<https://www.twinkl.co.uk/resource/t-s-1057-happy-sad-and-angry-sorting-activity>

<https://www.twinkl.co.uk/resource/t-s-141-large-detailed-emotions-and-feelings-photo-word-cards>

<https://www.twinkl.co.uk/resource/t-t-2157-emotions-word-cards>



Simple, fun activities for children, from 0-5 years

Some short videos and simple, fun activities that you can do with children. Activities are sorted by age, but it is good to look for the activities that will interest the child. So you could pick and choose the ideas, and adapt where needed.

Activity Idea

3-5 years - play teddy bears picnic. Ask the child to set up some toys and you could have a pretend picnic together. Talk about what they are drinking and eating.

You could expand and talk about what they had for lunch or dinner and about their favourite food and drink.

<https://hungrylittleminds.campaign.gov.uk/>



Toy Stories

More in depth experience of daily life and how child is coping by seeing their responses to different scenarios.

Activity Idea

Ask the child to show you some of their toys and get them to choose a toy which represents each member of their family. You start the story and ask them to act out with their toys what happens next. E.g. Tom and Susie were playing in the lounge, mummy came in and said 'it's time for bed' can you show and tell me what happens next... Be curious use different scenarios to explore responses

Under 5 years

All about me

Tools to find out more about the child.

Activity Idea



Find out about the child's wishes and feeling's using this short workbook to complete with the child. [All About Me Wishes and Feelings](#)



A worksheet to record what is good and what is needed to keep them safe. [Protecting and Keeping Me Safe](#)



Use this short workbook to find out about the child, their likes, routine and family. [My Family, My Home, My Needs](#)

5 - 10 years

Projects/Activities



Grow a plant—flower, veg fruit and send pictures as it grows. The child could plant any seeds, or bulbs - eg. Sunflowers or cress are fast growing. They could send you pictures as it grows. They could personalise and decorate the pot/container first.



Build a model from junk material, lego or other materials - send pictures.

<https://frugalfun4boys.com/lego-projects-for-kids/>

<https://www.nurseryworld.co.uk/features/article/parent-s-guide-early-learning-junk-modelling>



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<https://www.twinkl.co.uk/resource/t-t-2157-emotions-word-cards>

<https://www.twinkl.co.uk/search?term=feelings+and+emotions>

<http://www.socialworkerstoolbox.com/feelings-workbook-naming-exploring-emotions/>

<http://www.socialworkerstoolbox.com/feelings-cards-naming-feelings/>

<http://www.socialworkerstoolbox.com/animal-talk-activity-using-animal-pictures-get-know-children-discuss-views-feelings/>

5 - 10 years

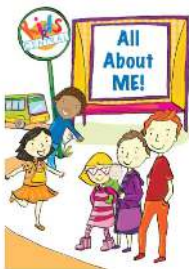


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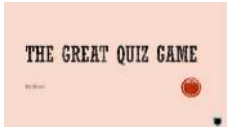
All About Me

A tool to find out more about the child.

Activity Idea

Use this workbook to record information for the child. This workbook is for the child to keep and helps you to find out all about them. Good questions and lots of pictures. [All About Me](#)

10 - 13 years



Quiz

Have some fun with the child, and engage them in an active quiz.

[Click on the picture for the link to the quiz](#)

Activity Idea

You can use all of the questions or pick and choose the ones you think will suit the child. You can use these when working with children virtually or when visiting them.



How to Sketch/draw

Getting to know the child interests is important. If the child is a budding artists or just would like to have a go at drawing, you could get involved.

Activity Idea

There are loads of How to draw..... ideas on the internet. Find out what the young person would like to be able to draw and send them the links. The ideas have different ability ranges from cartoons to real objects, animals etc. This might be something you could do with them or they could send you photos when they have done their drawings.

<https://www.easypeasyandfun.com/how-to-draw-a-dog/>

<https://how2drawanimals.com/8-animals/2-draw-cat.html>



Rock or stone painting

Loads of ideas on the internet for this activity. Best to use acrylic marker pens but sharpies will work but fade quicker.

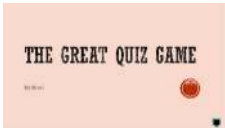
Activity Idea

This activity can be used for a variety of different reasons - could be a gift , used to decorate a space that they are creating for themselves, to brighten up a plant pot or just something different to do. Tap into the child's imagination and what they are interested in. You could research some ideas together and you could create a stone painting yourself to share. They could send you pictures of the stones they have decorated.

<https://empressofdirt.net/stone-painting/>

<https://www.pinterest.co.uk/sam72williams/stone-painting/>

Young people



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Exercise classes

Use different classes from YouTube etc.

Activity Idea

Use different ways to motivate them to keep it up - set goals with them, set challenges etc. Get them to create a fitness chart so they can see their progress. Talk to them about what will motivate them and what support they need to be motivated.

Beginners Yoga and 30 day yoga

Kettle bell/weight training /HITTS exercise

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

<https://www.youtube.com/watch?v=oBu-pQG6sTY>

<https://www.womenshealthmag.com/uk/fitness/workouts/a706391/free-weights->



Decluttering and organising space/items at home

Sharing different tips and ideas for decluttering and tidying spaces.

Activity Idea

Encourage the young person to think about their space and how they would want to organise it. Share ideas from other young people and help them to find budget resources. They could share before and after photos with you.

<https://www.youtube.com/watch?v=vul9HNL1KK8>

<https://www.youtube.com/watch?v=h7GyfOfU1Kk>



Beauty tips on a budget

Sharing different ideas on how to look good on a budget.

Activity Idea

Ask young people to come up with budget ideas. Share ideas amongst the young people you are working with. Make a picture directory that you could share with the young people. There are loads of articles and sites on the internet.

<https://studenthut.com/articles/beauty-budget-student-guide-looking-good-less>

Young people



Meditation for sleep and anxiety

Use different apps or links on YouTube to support young people to be able to relax, reduce anxiety and sleep better.

Activity Ideas

Encourage them to create a meditation/happy/relaxation space.

Use budget resources and if they don't have space - could use upside down washing bowl with a piece of fabric and LED lights/ favourite photos/religious items etc. Pinterest has lots of examples.

It's important to normalise young people's feelings of anxiety at this time, whilst also supporting them to find ways to feel calmer. Some young people may find hand breathing techniques helpful, you can do it with them on screen. Practice first...its simple but effective and can help develop conversations about anxiety or worries.

Hand Breathing Relaxation and Regulation Tool by Karen Treisman

<https://www.youtube.com/watch?v=NAldSdx-jps&feature=youtu.be>

If the young person is anxious and you have a good relationship with them you can use the following video to give them techniques for being grounded or just do it in conversation with them.

5.4.3.2.1. Grounding with Dr. Helen Williams

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



Humour as a tool

When discussing with young people, tools that might help with anxiety and stress, humour has been agreed as a popular choice.

Activity Idea

Young people could create a funny meme board on Pinterest individually, create lists of other things that they find funny e.g. a list of funny films, comedy sketches, cartoonist. These could then be shared with other young people and they could add to each others lists etc.



Creating a Pinterest Board

Young people can create a board in Pinterest personal to themselves.

Activity Idea

Suggested ideas: Coping with stress/anxiety, Things that make me happy, Funny Memes, My favourite recipes, My dream home etc.

<https://about.pinterest.com/en-gb>

Young people



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<https://www.pinterest.co.uk/sam72williams/stone-painting/>



Spoken word/poetry

Tap into that creativity, encourage young people to speak out.

Activity Idea

Encourage young people to write, could be a story, their story, poems etc. Run a competition, set a theme, put them up as a display etc.

<https://powerpoetry.org/actions/5-tips-spoken-word>

<https://thewritepractice.com/write-spoken-word/>



How to take photo art on your mobile phone

Encouraging young people to take photos on their phones.

Activity Idea

Run a photo competition or produce a display with the best pictures on.

<https://inkifi.com/uncovering-the-art-of-mobile-photography>

<https://www.creativelive.com/blog/eleven-mobile-photography-tips/>

Young people



Cooking

Develop young peoples independence, support them to understand how to cook on a budget.

Activity Idea

Cook favourite dishes together via video chat. Find out what they like to eat, support them to eat healthily and on a budget, improve their cooking skills and independence. Could be something simple like an omelette, or more complicated like a cake. You could send recipes, and ask for photos of finish dishes and they could rate how they tasted and what they might do to improve the taste.

Gordon Ramsey – basic cooking skills <https://youtu.be/ZJy1ajvMU1k>

Budget meal prep - <https://youtu.be/xsdzaovXoWo>

Supporting Young People Towards Independence

YouTube videos for supporting young people to gain skills for living independently. Young people may find these helpful and relate to them.

Budgeting skills <https://youtu.be/Hb3T5jZ1DoU>

Doing Laundry - <https://youtu.be/cpNIOd65KYo>

Building confidence skills - <https://youtu.be/PZKok5KVA>

Being Mixed Race in the UK/Identity - <https://youtu.be/XW1hOHCDDAo>

Black men – long hair care - <https://youtu.be/3gEEp6GsAQw>

Good communication skills tips - <https://youtu.be/HxGq1waX9kw>

Good hygiene tips for male - <https://youtu.be/8E6C8RqJatg>

Gordon Ramsey – basic cooking skills <https://youtu.be/ZJy1ajvMU1k>

Budget meal prep - <https://youtu.be/xsdzaovXoWo>

Useful websites for Social Workers and Practitioners

Siobhan Maclean - Resources largely around supervision and reflective supervision. Aimed at those in process of qualifying or newly qualified but can be used across the spectrum. <https://siobhanmaclean.co.uk/>

She has videos on you tube and some free resources, also worth looking at any links posted on Twitter.

Siobhan also has a SW theory app which can be downloaded
<https://siobhanmaclean.co.uk/app-overview>



Children and Family Court Advisory and Support Service

Cafcass represents children in family court cases in England. They put children's needs, wishes and feelings first, making sure that children's voices are heard at the heart of the family court setting, and that decisions are made in their best interests.

<https://www.cafcass.gov.uk/about-cafcass/>

<https://www.cafcass.gov.uk/grown-ups/professionals/resources-for-professionals/>



FAMILY RIGHTS GROUP
Keeping children safe in their families

Family Rights Group's goal is to enable children to be raised safely and thrive within their family and community.

They work with parents whose children are in need, at risk or are in the care system and with members of the wider family who are raising children unable to remain at home.

<https://www.frg.org.uk/>

A lot of useful information including working during the C19 crisis.



Good source of information and tips including advice on coronavirus (arguments and tension in the family, baby parenting tips, mental health, coping with tantrums, working from home etc.)

<https://www.nspcc.org.uk/>



A specialist body taking a new approach to regulating social workers in their vital roles.

<https://www.socialworkengland.org.uk/>

Free Social Work Tools and Resources

<http://www.socialworkerstoolbox.com/>

<http://www.socialworkerstoolbox.com/category/activities/individual-work/>

Useful websites for Social Workers and Practitioners



Barnardo's help children through the trauma of sexual abuse and exploitation. They provide support for young people in care – and they don't forget about them when they leave the care system. They give children who caring for a loved one, the help and support they deserve. They have specialist workers who support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more. Lots of information and advice on supporting families, Includes advice on C19.
<https://www.barnardos.org.uk/what-we-do/helping-families>

Karen Treisman is a Psychologist with suite of resources. Karen is a leading authority on trauma informed practice.

<http://www.safehandstinkingminds.co.uk/about-us/>

Karen has developed COVID resources.

<http://www.safehandstinkingminds.co.uk/amazon-associates/>

Also does free webinars etc and again worth looking at on Twitter where she posts lots of links.

Downloadable educational resources

Great source of printable educational resources from early years to 16 with a good range of topics from celebrations to language development. These can be used to stimulate conversations about different topics such as faith, celebrations etc. Useful tools to give to parents too. Find out what the child enjoys doing.



Early Learning HQ

<https://www.earlylearninghq.org.uk/about-us/>



<https://www.earlyyearsresources.co.uk/downloadables-c275>



<https://www.twinkl.co.uk/home-learning-hub>



<https://littleowlsresources.com/>