

Free Resources to Support Parents

To help the millions of people having to stay home, one of the uplifting aspects of the current crisis is a number of companies have made stuff free that you normally pay for, both for kids and grown-ups. Here's a round-up of some of the best freebies we've seen:

1. Listen to 100s of kids' audiobooks, incl *Beatrix Potter* and *Winnie the Pooh* (normally £11-£15)

With the majority of schoolchildren across the UK now learning from home, Audible has released [a collection of audiobooks for free](#), which it says will be available 'for as long as schools are closed'.

Books include *Alice's Adventures in Wonderland*, *The Secret Garden*, *Winnie the Pooh* and *Timeless Tales of Beatrix Potter*.

If you (or your kids) prefer to read rather than listen, see our [11 cheap Kindle book hacks](#), including how to get any book from the *Harry Potter* series for free.

2. Online PE lessons for kids every weekday morning with Joe Wicks

Every weekday at 9am, Joe Wicks (aka 'The Body Coach') is live-streaming a [30-minute PE class on his YouTube channel](#) for free (his normal fitness plans are £97 for 90 days). If you can't tune in then, don't worry – you can watch them back whenever you want.

If your kids are getting restless, this is a great way to get them burning off some energy while they're stuck indoors, and a fun way to start the day if you're home-schooling.

3. Free meditation via the Headspace and Calm apps

These popular meditation apps normally cost £50-£60/year for a subscription, but they've both released free content specifically to help those struggling with anxiety and stress at this time.

- **Calm** is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness resources. They're available via its website – [see Calm's free content](#).
- **Headspace** has a collection called [Weathering the Storm](#), which includes meditations, sleep and movement exercises. It's available on the app (for [iPhone](#) or [Android](#)), or you can access some of the content [via the Headspace website](#).

4. Free three-month language course for schoolkids from Rosetta Stone

To help kids who are learning from home, educational software company Rosetta Stone is offering schoolchildren [free access to its popular language courses](#) for three months.

This is a decent freebie, as it normally costs £50 to sign up for three months. There are more than 20 languages to choose from, including French, German, Italian and Spanish. Rosetta Stone says that if you have more than one child you can sign up multiple times, you'll just need to use a different email address each time.

5. Free home-schooling resources, including Carol Vorderman's maths school (normally £2/week)

Carol Vorderman has announced that access to her maths school [The Maths Factor](#) will be free while schools are closed (normally £2/week). It's aimed at 4 to 11-year-olds and is matched to the national curriculum.

You can also access popular spelling app Sir Linkalot for free until 12 June 2020 (normally £6.99/month). You'll need to [sign up to its mailing list](#) and you'll be sent a code for free access.