



Resources by age group

We're thrilled to have worked with top writers to produce tutorials and resources supporting pupils to write a piece on the theme of 'My 2020'.

The video and downloadable tutorials detailed below could be used in class or set as homework and would fit in well with the aims of a recovery curriculum. The tutorials could form part of an English writing lesson or within PSHE, Health and Wellbeing or PDMU.

All the resources can be accessed on our Resources for Children and Young People page here <https://www.bupafoundation.org/beyond-words-young-people-resources/>.

You can also access the videos on the Bupa Foundation's YouTube channel under our Beyond Words playlist [here](#). (Please note that automated content can appear on YouTube that may not be suitable for young viewers.)

Resource type	Summary	Target age group	Author
Tutorial video and activity sheet <i>Personifying emotions</i>	Sophia shares some simple techniques to help pupils put what they're feeling inside on to the page. Use Sophia's worksheet with her video (4:56 minutes) to explore how to use the five senses to make readers physically feel your words.	12 yrs +	Sophia Thakur
Tutorial video and activity sheet <i>Honouring change</i>	Caleb shares practical tools and techniques to help pupils kick-start their writing. Use Caleb's writing activity alongside his video (4:29 minutes) on the theme of 'change' to start creating.	12 yrs +	Caleb Parkin





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Activity sheet <i>Three 'getting started' exercises</i>	In her short guide, Jen shares three exercises pupils can use to get started on a story. These inspiration starters can be used to help generate ideas for characters and where their adventures might begin.	8 to 12 yrs	Jennifer Bell
Activity sheet <i>Writing about emotions using poetry</i> Tutorial video <i>Create your 2020 memory box with poetry</i>	Joshua's poetry workshop involves writing about emotions in a creative, playful and perhaps humorous way. Use his poem 'The Tiger' to help pupils to create their own. What are your memories of 2020? Use Joshua's step-by-step poetry warm-up video (11:12 mins) and invite pupils to turn their experiences into fantastic poetry.	8 to 12 yrs	Joshua Seigal
Tutorial video <i>Writing about real life experiences</i>	Not sure what to write about? Invite pupils to take a peek into Matt's imagination as he shares the real-life story behind one of his poems 'Doggy' in his video (2:25 minutes). Plus, hear his top tips on how to live like a poet!	5 to 12 yrs	Matt Goodfellow
Tutorial video <i>Draw your 2020!</i>	To help inspire pupils to draw their 2020, children's author and illustrator Steve Antony has created a step-by-step video (6:49 mins) on how to draw a dragon. Perhaps there's a creature that represents their year or how they are feeling. Invite pupils to choose any medium they like and draw something from their 2020.	5 to 8 yrs	Steve Antony





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<p>Tutorial video <i>Finding your way with words</i></p>	<p>As an award-winning dyslexic poet and illustrator, Sue shows us that ideas and creativity don't always rely on having brilliant handwriting or spelling – just good ideas!</p> <p>In her video (3:14 minutes), Sue shares some tips and tools to help young children write with confidence. She also reads one of her poems 'Taking care of small things', about the days when we feel good, and days when we feel not so good.</p>	5 to 8 yrs	Sue Hardy-Dawson
<p>Tutorial video and activity sheet <i>Writing a 'When' poem</i></p>	<p>Some simple exercises to help young children come up with their own poems, using the word 'when' to get started. Children will enjoy the freedom of getting 'messy' with writing then tidying everything up into a final poem.</p> <p>Watch Laura's video (5:18 minutes) and use it with her worksheet.</p>	5 to 8 yrs	Laura Mucha
<p>Tutorial video and teacher guide <i>The house that is me</i></p>	<p>Cheryl Moskowitz's 'The House That Is Me' activity takes the body as a starting point to find the right words to express how we are experiencing the world and how we are feeling on the inside.</p> <p>Use Cheryl's guide along with the video to help children create their own 'The House That Is Me' poem.</p>	5 to 8 yrs	Cheryl Moskowitz





Resource type	Summary	Target age group	Author
Bonus resource <i>The Corona Collection – A Conversation</i>			
Online resource <i>The Corona Collection – A Conversation</i>	<p><i>The Corona Collection – A Conversation</i> is a book of poems that Cheryl Moskowitz wrote in response to conversations she had with children during lockdown.</p> <p>The <i>Corona Collection</i> site contains resources for schools including a workshop outline and a resource pack to help spark conversations and encourage creative writing. www.coronacollectionpoetry.com</p>	5 to 12 yrs	Cheryl Moskowitz

