

Learn a Language

Duolingo is one of the most popular – it comes in [website format](#) and also on the [App Store](#) / [Play Store](#).



There's a huge variety of languages to learn and you can compete against friends/family by setting up a leader board.

You can set yourself a daily goal of 5 minutes and up and learn a little bit each day.

Drops is another great app available on the [App Store](#) / [Play Store](#).

There are loads of other options available, including [Babbel](#), [Memrise](#), and [Busuu](#) to name a few.

Learn for your own use, travel or perhaps even for use within the Army in the future.

Online Personal Development Opportunities

We are faced with testing and uncertain times and now face the prospect of being isolated from wider society for the foreseeable future. However, there are plenty of things that you can do to turn your self-isolation into self-education.

This guide will provide you with links to useful resources to keep the mind active whilst you are indoors.

Maintain a routine. Stay connected.
Stay safe.

While this won't fill your entire day, self-isolation is a great time to form new habits and maintaining a routine will help you remain positive and give you a sense of reward that you will be missing from your work life.

Most of this content is free.

If it costs money, you may be able to use your Standard Learning Credits.

You pay the cost, then the Army reimburses 80% up to £175, you pay the remainder (or at least 20% yourself).

More information about Standard Learning Credits and other Army learning schemes is available [here](#) via the DLE.

English

This is a perfect time to brush up your **reading and writing skills in English**.

If you're at GCSE level or English isn't your first language, [StudyWise](#) might help you - it links to resources including BBC Bitesize which is one of my go-to recommendations for all GCSE level subjects.

The [British Council](#) also has some good resources for learning English in isolation.

LET'S EAT GRANDMA
LET'S EAT, GRANDMA

PUNCTUATION
SAVES LIVES.

Maths

There are some online courses to help **improve your maths** as well. [BBC Bitesize](#) is a great website. [National Numeracy](#) also have a quiz you can take to check your current standard in Maths as well.

For both English and Maths, if you're able to, you could order yourself a textbook to work through from Amazon or a similar service where you can check your answers as you go.

Computer Skills

Fancy yourself as a bit of an IT guru? Why not start to learn **Coding**.

There are several languages required for coding (such as Python, Java, C++) and all are highly employable both in and out of the military.

[Codecademy](#) is one of several websites offering free coding lessons that you can take part in in your own time.



There are many, many courses in computer skills, coding, and beyond offered on some websites. **Khan Academy** and **Udemy** are two websites that offer online courses in many disciplines. While [Khan Academy](#) is free, [Udemy](#) may cost money depending on the course - this is where those Standard Learning Credits mentioned earlier could come into play.



Online Learning

[Massive Open Online Courses \(MOOCs\)](#): are free online courses, aimed at unlimited participation and open access via the web.

[COURSERA](#) offer free online courses to upskill workforces and gain certificates from well-known universities.

[NCC Courses](#) online certified courses, from mental health awareness and certificates in counselling to IT skills and Law!

The Open University has a great website dedicated to **free online learning**. There's no catch – it's completely free, and the range of courses is *huge*.

From Art and Life in Ancient Egypt to Understanding Deep Geothermal Energy, you can study pretty much anything.

You can find it all on the [OpenLearn](#) website, and each course tells you how many hours it will take to complete before you start.

Always check the website for any costs before you start a course.

Project management

You may still be able to remotely complete a course in project management, which is a highly transferable and desirable skill set to have. Project management is an essential organisational process that helps set clear goals and manage time/cost/quality criteria more efficiently. Professional development in project management builds the competencies required to deliver successful projects.

Both the [Defence Academy](#) and [ELS Business Training](#) offer online courses that lead to professional qualifications in project management.



Slow at typing? Do you feel like you might as well type with your elbows? Still have to look at the keys? Want to learn to skim or speed read?

[Speed Reader](#) provide online training for typing, speed reading, spelling and vocabulary.

Creating Online Learning

Want to keep in touch with your Recruits or Colleagues but don't quite know how to create online content or use connectivity apps?

[Future Learn](#) are offering courses relating to Corona Virus and managing collaborative teaching/ training and outbreak control.

[Zoom](#) offers a way of hosting webinars, conferences and meetings via a collaborative communications app.

[NearPod](#) is an online teaching tool to assist you to remote your presentations or share info.

[Kahoot!](#) is a platform that allows you to create quick and easy to use quizzes on any subject. You then host the quiz, send the link to the learners and they can play from their phones or laptops.



Probably one for the social group, [House Party](#) offers a platform to host group chats, play games together such as 'Heads Up!', trivia and quick draw. It's the non-business like version of Zoom and is becoming popular for those wanting to stay connected with social groups.

Started an Army Trainer Capability course and never got around to finishing it?

Contact CDSDS to ask about starting a course or how you can complete the course remotely while you are home.

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Comd ITG's Reading List

Why not take the opportunity to dig into that book you have been wanting to read for a while? The books below are Comd ITG's top recommended reads for Permanent Staff serving at an Initial Training Establishment, centered around leadership and performance.



Podcasts

During your one walk or run of the day, why not plug in to a Podcast to listen to?

These can be accessed through the Podcast app on iPhones, streaming devices (Spotify, Amazon Music, Apple Music) or apps such as Pod Bean. Below are a number of Podcasts that are recommended to help you deal with the current crisis if you are feeling a little overwhelmed.

[How to Fail: Mo Gawdat on how to cope with anxiety in a time of Coronavirus](#) This talks about how to live with anxiety and isolation in a time of Coronavirus. They talk about how to handle negative thoughts, how to practise gratitude and the concept of 'committed acceptance' which focuses on a) accepting the situation and b) within that acceptance, working out what you can actively do to make life better. He shares with his own daily routine for self-isolation, the difference between the inevitability of pain and the choice of suffering, the wondrous abilities of the brain to come up with narratives which sometimes do not serve us and the importance of understanding the impact exercising our own free will have on others.

Alone Together: A Coronavirus Podcast is available on Apple, Spotify and [Entale](#) now. This podcast shares the community spirit and warmth that has emerged since the pandemic. A guaranteed uplift and a positive spin on the global pandemic that we are. They say 'Over the coming weeks we will be talking doctors, lawyers, pharmacists and more to get answers to the questions on everyone's lips. We'll also talk to local businesses to find out how they are coping and what the future might hold.'

The below Podcasts are more military, if you wish to keep in touch with your inner green.

[Declassified](#) - There are nearly 50 episodes with a vast array of guests with amazing stories to tell from around the Military.

Episode 1: Brian Wood MC. Aged 23, Brian Wood MC led a bayonet charge across open ground, outnumbered, onto dug in enemy defensive position. For this he was awarded the highest medal for Gallantry.

Episode 2: Terry Brazier. Opens up on the realities of war and the impact it had on him mentally on his return.

Episode 28: Mandy Islam. Explores her Operational tours as well as her battle with Cancer. The definition of courage and strength in adversity.

MOD Special Glenn Haughton: Insight into a 30-year career and has made decisions that have made real changes to current serving soldiers.

[Don't Tell Me the Score](#) examines themes that are crucial in successful organisations such as coping with pressure, resilience, the power of belief and culture. Each theme has its own guest and has included Sir Clive Woodward, Johnny Wilkinson and Michael Johnson.

[The High Performance Podcast](#) looks at what makes individuals excel in their career. Guests include Mauricio Pochettino, Ant Middleton and Rio Ferdinand.

Well being

We should all have a read of the [NHS Guidance on mental wellbeing while staying at home](#) for an advice on we can do for ourselves and our loved ones to maintain our mental health and wellbeing, including:

1. Connect with others
2. Talk about your worries
3. Look after your body
4. Do not stay glued to the news
5. Take time to relax
6. Create a daily routine
7. Keep your mind active
8. Look after your sleep

Fearne Cotton's highly praised [Happy Place](#) see's her talk to incredible people about life, love, loss, and everything in-between as she reveals what happiness means to them.



Ted Talks

[TED Talks](#) (also available on [App Store](#) / [Play Store](#)) are a great way to get yourself thinking differently and opening your mind to a range of issues.



Also, there's entire channels on **YouTube** dedicated to current affairs and politics.

The [Vox YouTube channel](#) offer some great, short videos which summarise current affairs and defence issues in easy to watch videos.

[Politics Unboringed by Jay Foreman](#) will help teach you about the UK political system... in an unboring way, of course.

[WonderWhy](#) has some excellent videos about geography.

Why not sample the book before you buy it by watching this summary of Tim Marshall's book [Prisoners of Geography](#), heralded as one of the best overviews of international relations out there today.

Ideas for indoor activities

Daily PE. The 'Body Coach', Joe Wicks is doing live workouts every morning from social media platforms and if you are more of a dancer, Oti Mabuse is running online dance classes every day at 1130 or 1930.

BBC Bitesize. This website has a wide range of great resources for learning.

Duolingo. This app is child friendly enough to engage the children in a bit of language learning, with pictures and games.

Arts and Crafts. Painting, colouring, collages or even a portrait drawing of you!

Games Jar. Get an empty jar and write an activity everyone can do on there; make a milkshake, play a board game, etc. Add an element of trepidation in there by adding some quick chores; empty the dishwasher, clean your room. The rule is that everyone has to do that one thing before you can pick another.

Indoor Picnic. Involve the kids in making the food and eat it on a rug in the living room or garden if you have one.

In Dawn Issac's book '101 things for kids to do screen-free' she says:

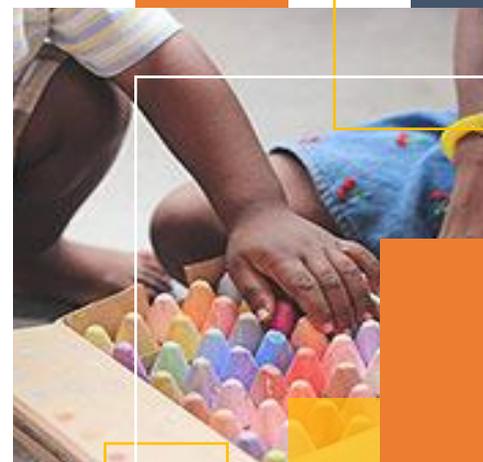
"Become comfortable with mess, kids having fun do not keep things neat. Manage the chaos with a 'tidy up half hour' before they go to bed."

- Dawn Issac

Home Schooling survival...

For those of you who have all of a sudden become a full-time nursery assistant or primary or secondary teacher, these resources and ideas to keep the children entertained may help.

Remember to engage with schools for the content that they can offer but also, educational advice this week stated that the most important thing families can do is to provide feelings of safety in this unsettling time.





Facetime friends and relatives. Its important for them to keep in touch with people they normally see.

Keep a diary. Some schools are asking children to keep a diary while they are off which will then be put into a time capsule when they return.

Make your own TV show. Most kids are better than all of us at editing these days, for the younger ones, why not make puppets out of socks or use their favourite toys as characters.

Household treasure hunt. Draw your own maps of the house, hide items around the house and leave clues before they find the final treasure.

Science experiments. The C-Beebies website has some great ideas for different science experiments that nurture curiosity and creativity.

Research projects. To raise their awareness of your Regiment's military history, why not set your children a project?

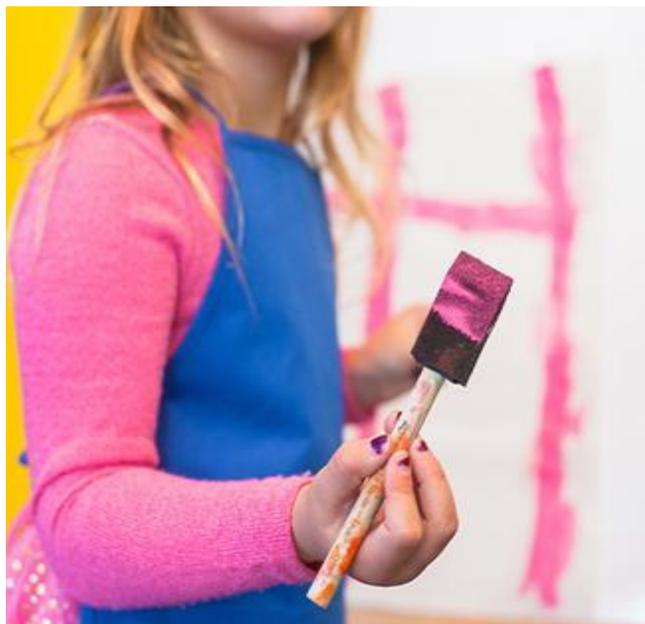
Baking and Cooking. There are lots of easy bake recipes online.

Make a Den. Grab the clothes horse, couch cushions, bed sheets and make a den. Children often like to play and read in there once they have made it.

Recycle cardboard boxes. Create boats, houses, etc. and limit your trips to the recycling bin at the same time. Win-win.

Keep them 'appy'. Play free games online using apps and websites, lots of them have plenty of educational value and can engage multi players.

Family tree. Draw your own family tree with pencils, paints, finger prints...



World Book Online has just made their collection of 3,000 ebooks and audiobooks available for free for children to access at home

Useful Websites

BrainPop - offers animated movies on topics in maths, science and English

Tynker - offers coding lesson for kids

Creative Bug - craft lessons, from knitting to jewellery-making, drawing and origami

BBC Bitesize - lots of resources that are clearly divided into subject and age categories, and has promised to offer lots more soon.

YouTube's Free School - a range of videos looking at subjects as diverse as the US constitution, coral reefs and the solar system.

Twinkl has just offered free access to its resources for a month and is providing a simple guide for parents to use it.

The organisation behind Ted talks has a division called **TED-Ed**, full of "lessons worth sharing" from teachers around the globe