

A COMPILATION
OF LEARNING RESOURCES
ACROSS THE FIVE AREAS OF DEVELOPMENT

Cerebral

Physical

Social

Emotional

Spiritual

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1. FIVE AREAS OF DEVELOPMENT

Introduction to the Five Areas of Development - *a mainstream wholistic approach to existing alternative education models*

Pallavan Learning Systems has compiled a comprehensive list of online resources to help learners in their growth in all the Five Areas of Development.

The Five Areas of Development is a wholistic approach to learning that strives to break down the silos in education and ensure the development of a learner in all Five Areas of Development - Cerebral, Physical, Social, Emotional and Spiritual. Through this process of development, we hope to inspire our learners and equip them with the skills and processes that will help them navigate new content and challenges that the future might present. The Five Areas are:

- Cerebral Development teaches comprehension, critical thinking and curiosity and domain knowledge to enhance cognitive thinking
- Physical Development focuses on health, hygiene, fitness and sports
- Social Development supports students to get involved in their communities, work towards common goals and understand themselves and others
- Emotional Development encourages learners to pay attention to their emotions in order to identify, understand and express them positively and productively
- Spiritual Development is focused on core values, awareness and practice, rather than on a particular religion

Learners are obviously at the centre of everything we do. We encourage learners to co-create the curriculum with us and this curricular framework is organic and changes every year depending on the needs of the learner. Education is a lifelong process and the process is as important as the end result. Life itself is a journey of personal growth and development. The school environment should reflect the world around us. It should help the learner understand what is going on around him/her. Education should be about studying to learn and not learning to study. If we can help a learner understand the process of learning to learn, then teachers are in a better position to don the role of facilitators and help in truly enhancing learning outcomes. This takes more precedence now than ever before as we move into a decade

that does not resemble anything that we have witnessed in the past. This raises the question - how do we prepare our students for a future that at best seems 'unpredictable' and at its worst 'alien'? Education, just like us, needs to be dynamic, responsive, and open to new ideas and change. The Five Areas of Development curriculum factors in this dynamic nature of life and learners.

We hope you are able to contextualise the collated resources to aid your learners actualise their potential in all areas of development.

2. CEREBRAL DEVELOPMENT

Activities to promote Cerebral Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
All Subjects	https://www.airpano.com/	All Ages	Free	AirPano is a great choice for exploring outdoor spaces, including Machu Picchu in the daytime, or the northern lights at night. This site includes 360 degree videos and images from around the world. Not required to create an account.
	https://www.google.com/maps/about/treks/#/grid	All Ages	Free	In combination with Google Maps and Earth, Treks organizes content in an easy-to-navigate way. There are Treks for places around the globe, including the U.S. and Canada, Egypt, Nepal, and India. Each one has information and videos for students to explore.
	https://nearpod.com/	All Ages	Free / Paid plan with additional amenities also available	Known as an interactive presentation tool, Nearpod has virtual reality content built into its platform in the form of 360 degree panoramic views, which can be used as a great pre-reading strategy to introduce a new book or spark discussion about a social studies or science topic. To use these interactive experiences with students, insert them into any Nearpod lesson

	https://artsandculture.google.com/	Middle School 7 up	Free	This tool has a variety of high-quality content, including interactive views that let students walk through notable spaces such as museums and explore examples of beautiful architecture like the Alhambra in Spain. This resource is mobile-responsive in addition to working on a web browser and can access content on a smartphone or tablet, or Chromebook or laptop.
	https://sarmaya.in/learning-resources/	All Ages	Free	For young learners and DIY-ers, here are some resources to inspire and ignite a love for Indian art and history.
	https://www.uft.org/teaching/remote-teaching/learning-activities-students/special-education-remote-resources	All Ages	Free	Special education remote resources. The Educating All Learners Alliance, a new partnership of over thirty disability, advocacy and professional groups, has created a hub of curated tools, strategies, tips and best practices for supporting students with disabilities online. Academic Supports for Students with Disabilities tackles the central question of how schools can intervene during and after remote/hybrid learning to reduce the learning gaps between students with disabilities and their peers.
	https://www.education.com/	Middle school	Free	Lessons & study packets for at-home learning.

	https://nysci.org/school/resources/	Middle School	Free	NYSCI has created digital, educational resources in formats designed to engage and captivate modern classrooms.
	https://teacher.desmos.com/	Gr 6- 8	Free	Desmos helps every student learn math and love learning math. Explore and enjoy the collection of free digital math activities for teachers and students.
	https://www.headsprout.com/	K - 5	Free	Reading resource for grades K-5/free for rest of school year
	https://www.uniteforliteracy.com/	All Ages	Free	Digital picture books with narration in several languages
	https://www.ck12.org/student/	All Ages	Free	Full course modules for online learning
	https://scholastic.co.in/en/learn-at-home-all	Gr 3 - 5	Free	Full remote curriculum for COVID-19 closures
	https://www.ted.com/playlists/86/talks_to_watch_with_kids	Gr 3 - 5	Free	Talks to watch with kids. Fun, informative and captivating talks to inspire young minds.
	https://www.splashlearn.com/	K - 5	Free	The most engaging learning experience. Built to create fearless learners
	https://www.shawacademy.com/courses/	All ages	Free	Online certified courses with in-depth and practical lessons in over 100 subjects. Sign up for free

	https://www.schoolnewsnetwork.org/2021/04/12/new-writing-lesson-inspires-fifth-graders-their-teachers/?utm_source=School+News+Network&utm_campaign=96572e54a8-Mailchimp_Email_Newsletter&utm_medium=email&utm_term=0_8af2d3c0ed-96572e54a8-143680556	Gr 5	Free	<p>New writing lesson inspires fifth-graders, their teachers</p> <p>Graphic novels draw on creativity, hone writing skills</p>
	https://learninglab.si.edu/	All ages	Free	<p>Share what you discover and create with the Smithsonian learning community and beyond.</p>



3. PHYSICAL DEVELOPMENT

Activities to promote Physical Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Physical Development	https://www.shawacademy.com/courses/health-wellness/	All ages	Free	From fitness and nutrition to cooking and mindfulness, our range of online health & wellness courses are designed to equip you with the knowledge and confidence you need to succeed in a new career, or find a wholesome hobby that promotes ultimate wellbeing.
	https://www.olympic.org/athlete365/courses/faster-higher-stronger/	Higher School & up	Free	Join to learn how to create your own high-performance training plan.
	https://www.classcentral.com/course/science-exercise-8679	Higher Education	Free Online Course Paid Certificate Available	4 weeks long, 9 hours worth of material on Science of Exercise

4. SOCIAL DEVELOPMENT

Activities to promote Social Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Social Development	https://www.brainpop.com/social-emotional-learning/	Middle School	Free	BrainPOP is committed to developing SEL content that supports the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework. From movies on mindfulness, conflict resolution, determination, and more to activities like coding an anti-bullying campaign, BrainPOP provides a range of opportunities that address CASEL's five competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.
	https://do2learn.com/	All ages	Free	Social skills and behavioral regulation activities
	https://www.centervention.com/social-emotional-learning-activities/	Elementary & Middle school	Free	These resources are age-appropriate and are typically used in a classroom or a small group setting.
	https://www.thepathway2success.com/free-social-emotional-learning-resources/	Primary years & up	Free	Available resources cover skills in five major areas: self-awareness, self-management, social awareness, relationships, and responsible decision-making.

5. EMOTIONAL DEVELOPMENT

Activities to promote Emotional Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Emotional Development	https://www.emotionalabcs.com/teachers/	K - 3	Free	Emotional ABCs Classroom is an evidence-based Social Emotional Learning (SEL) program providing teachers and school counselors (K–3) with a complete curriculum and support materials for in-class and online instruction.
	https://casel.org/	K - 12	Free	CASEL is committed to advancing equity and excellence in education through social and emotional learning
	https://empatico.org/at-home	6- 11 yrs	Free	Empatico is a website that connects classrooms around the world through virtual meet-ups designed to foster empathy and understanding. They have created a special resource section for social emotional learning during stay-at-home orders. It includes activities, teacher PD, and ways to connect families and classrooms.

	<p>https://proudtobeprimary.com/emotional-skills/</p>	<p>Primary years</p>	<p>Free</p>	<p>15 emotions books and videos for the classroom to teach kids emotional skills during social-emotional learning lessons.</p>
	<p>https://ggie.berkeley.edu/school-challenges/addressing-students-stress-anxiety-school-challenge/?_ga=2.196786540.1379050362.1616399297-1568159861.1616399297#tab__3</p>	<p>All ages</p>	<p>Free</p>	<p>Greater Good in Education offers free research-based and informed strategies and practices for the social, emotional, and ethical development of students, for the well-being of the adults who work with them, and for cultivating positive school cultures.</p>

6. SPIRITUAL DEVELOPMENT

Activities to promote Spiritual Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Spiritual Development	https://www.shawacademy.com/courses/health-wellness/online-mindful-practice-course/	All ages	Free	Mindfulness and Meditation for Beginners. Learn how to better manage the stresses of daily life, improve your overall health and become closer to the person you've always wanted to be.
	https://www.classcentral.com/course/edx-spiritual-competency-training-in-mental-health-13830	High School & up	Paid	Spiritual Competency Training in Mental Health
	https://ggie.berkeley.edu/school-challenges/addressing-students-stress-anxiety-school-challenge/?_ga=2.196786540.1379050362.1616399297-1568159861.1616399297#tab__3	All ages	Free	Greater Good in Education offers free research-based and informed strategies and practices for the social, emotional, and ethical development of students, for the well-being of the adults who work with them, and for cultivating positive school cultures.
	https://www.csee.org/	All ages	Free	A valuable partner to schools fostering ethical thinking, a sense of purpose, and the advancement of empathy, equity, and justice

	https://insighttimer.com/	All ages	Some courses are free, but you can pay for any additional courses	Insight Timer is a mobile app geared toward meditation enthusiasts. Secular courses guide listeners through meditations, thought exercises, and talks on everyday issues like happiness, grief, and insomnia.
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7. SKILL-BASED ONLINE RESOURCES

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Skill based online resources	https://www.acteonline.org/professional-development/opportunities/distance-learning-resources/	Higher Education	Free	Resources from the Association for CTE
	https://www.onlinecourserreport.com/30-most-lucrative-skills-you-can-learn-online/	All ages	Free and Paid courses available	30 Most Lucrative Skills You Can Learn Online
	https://www.thinkful.com/	Higher Education	Paid	Thinkful ditches rigid class outlines in favor of a more personal approach. Work one-on-one with a personal mentor to create specific job goals, while also building a network of professionals with shared interests. Some courses guarantee a job, and they won't charge you until you get one.
	https://www.lynda.com/	Higher Education	Free and Paid courses available	Acquired by LinkedIn in 2015, Lynda features over 13,000 courses in digital marketing, graphic design, IT security, and much more. Instead of paying for individual courses, users pay for a membership and then pick as many courses as they'd like.

	https://www.thebalancesmb.com/websites-learn-new-skills-1200627	18+	Free and Paid courses available	For those seeking new learning tools, the vast number of options can be daunting. Here you'll find the 24 best sites for online education, narrowed down and categorized by the type of learning experience they offer.
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8. SCHOOL SYSTEM RESOURCES

From nursery schools to further education colleges, colleagues have entrenched themselves in their communities, caring for the children of key workers and those at risk of harm while becoming distributors of food and providers of essential social care services.

Hundreds of thousands of teachers and support staff are busy at home trying to provide a support system for parents and a semblance of routine for children and young people. Many are reassuring those who would be providing online learning resources and marking coursework for students of applied qualifications. Educators are now shouldering an impossible task: to replicate the functions of school for months without an actual school building. Below are some links that explore how educators in different parts of the world are dealing with this crisis. Beneath those are links to various resources we have scoured and found useful. This is a list that we will be adding to as we navigate this new environment thrust upon all of us. We urge you to review these to verify applicability in your context before recommending them to your learners.

References:

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<https://en.unesco.org/news/reopening-schools-when-where-and-how>

<https://www.unicef.org/india/what-we-do/education>

<https://www.gse.harvard.edu/news/uk/20/04/learning-and-community-time-crisis>

<https://www.bbc.co.uk/news/world-asia-52230371>

9. PROFESSIONAL SUPPORT / DEVELOPMENT FOR TEACHERS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Support for Teachers	https://classtechtips.com/2019/04/16/curriculum-resources-010/	All grades	Free	Easy EdTech Podcast on How to Curate and Share Curriculum Resources
	https://classtechtips.com/2018/05/27/virtual-reality-discussion-prompts/	All grades	Free	Virtual Reality Discussion Prompts for Students
	https://teacher.desmos.com/	Gr 6- 8	Free	Desmos helps every student learn math and love learning math. Explore and enjoy the collection of free digital math activities for teachers and students.
	https://www.ck12.org/teacher/	All Ages	Free	Full course modules for online learning
	https://www.splashlearn.com/	K - 5	Free	The most engaging learning experience. Built to create fearless learners
	https://booksandgiggles.com/teach-social-emotional-learning-virtually/	K - 5	Free	10 Ways to Teach Social Emotional Learning Virtually
	https://www.schoolnewsnetwork.org/2021/04/12/new-writing-lesson-inspires-fifth-graders-their-teachers/?utm_source=School+News+Network&utm_campaign=96572e54a8-	Gr 5	Free	New writing lesson inspires fifth-graders, their teachers Graphic novels draw on creativity, hone writing skills

	Mailchimp_Email_Newsletter&utm_medium=email&utm_term=0_8af2d3c0ed-96572e54a8-143680556			
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10. RESOURCES FOR PARENTS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Resources for Parents	https://www.ted.com/playlists/86/talks_to_watch_with_kids	Gr 3 - 5	Free	Talks to watch with kids. Fun, informative and captivating talks to inspire young minds.
	https://www.splashlearn.com/	K - 5	Free	The most engaging learning experience. Built to create fearless learners
	https://learninglab.si.edu/	All ages	Free	Share what you discover and create with the Smithsonian learning community and beyond.
	https://mom.com/kids/8-of-the-best-virtual-learning-resources-for-parents	All ages	Free	8 of the Best Virtual Learning Resources for Parents

If you wish to access the earlier editions of the compilation,
please **click here**

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