

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://wakelet.com/wake/06100833-308e-4af1-931c-3a0c6498d0e3	K- 12	Free	Project Based Learning distance learning resources
	https://spark.adobe.com/ex/edu/	All grades	Free	Adobe Spark empowers students and teachers to easily create and share visual stories.
	https://scratch.mit.edu/educators/	All grades	Free	Scratch helps young people learn to think creatively, reason systematically, and work collaboratively — essential skills for life in the 21st century. Scratch is a project of the Lifelong Kindergarten Group at the MIT Media Lab. It is provided free of charge.
	https://www.edutopia.org/project-based-learning	All grades	Free	Project-based learning is a dynamic classroom approach in which students actively explore real-world problems and challenges and acquire a deeper knowledge.
	https://www.socialstudies.org/social-education/82/1/project-based-learning-social-studies	K- 12	Free	Project-Based Learning in Social Studies

	https://www.pblworks.org/blog/my-favorite-projects-2020?fbclid=IwAR26YIVCwAAoPnGiXFWYw0ZySCj-mVzDYZ2VckoCEaQnpuTjpRUKL42Z8SE	All grades	Free	All of the projects on this year’s list were done via remote learning.
	https://www.ct4me.net/math_projects.htm	K - 12	Free	Learn about project based learning, ,the methodology, how to design curriculum-based multimedia projects, including WebQuests, and assess projects, including those involving multimedia.
	https://wabisabilearning.com/blogs/stem/36-stem-project-based-learning-activities	K - 12	Free	More Than 30 Resources for STEM Project-Based Learning Activities. Projects for playdough, propeller cars, pneumatics, and everything in between
	https://learn.kqed.org/	Middle School & up	Free	KQED Learn is a free platform for middle and high school students to tackle big issues and build their media literacy and critical thinking skills in a supportive environment.
	https://www.kqed.org/education/530020/my-design-lab-class-a-digital-maker-space	High School	Free	A Digital Maker Space
	http://www.realworldmath.org/	Gr 4 & up	Free	Real World Math is a collection of free math activities for Google Earth designed for students and educators. Mathematics is much more than a set of problems in a textbook. In the virtual world of Google Earth,

			concepts and challenges can be presented in a meaningful way that portray the usefulness of the ideas.
https://indiaedtech.org/en/	All grades	Free	This website categorizes free EdTech resources available for students and teachers so learning can effectively take place at home.
https://321-foundation.org/programs/cape	Gr 1 - 5	Free	Whatsapp-based lesson plans, worksheets, videos for Grade 1-5
Youtube channels in - English, Telugu, Hindi, Marathi, Odia	All grades	Free	Tic Tac Learn (Hindi, Telugu, English, Marathi & Odia) Videos for Maths (1-10) and Science (3-10) aligned to NCERT
https://www.meritnation.com/ncert-solutions	Gr 1 -12	Free	Meritnation has offered free NCERT solutions of all subjects for class 1 to 12 created by subject matter experts and also provides video explanation of difficult and important questions. These NCERT solutions help students in exam, concept understanding, homework and better chapter/topic knowledge.
https://play.google.com/store/apps/details?id=org.mathmasti.app&hl=en_IN	PreK - Gr 3	Free	Focused on building foundational numeracy skills in children ages 3-8 years, Math Masti uses a variety of fun, engaging and age-appropriate activities that are aligned to school curriculum to help children improve their math learning. It also helps parents track their child's progress across different levels and concepts.

	https://play.google.com/store/apps/details?id=org.chimple.bahama&hl=en_IN	PreK - Gr 3	Free	Chimple is a gamified, personalized and adaptive learning system which guides a child from absolutely no knowledge of the alphabet to a stage where the child can read to learn and perform basic arithmetic.
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3. PHYSICAL DEVELOPMENT

Activities to promote Physical Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Physical Development	https://www.cde.state.co.us/cophysicaleducation/onlineresources-pe	K - 12	Free	The online instructional resource page is intended to provide curriculum support for teachers. The Physical Education resources cover concepts and skills to support instruction for grades K-12.
	https://www.healthikids.org/blog/resources-for-families-covid-19	0 - 5 years	Free	Resources for families to keep kids busy during these challenging times.
	https://www.shapeamerica.org/covid19-resources.aspx	K - 12	Free	SHAPE America is dedicated to supporting health education and physical education teachers across the country as schools implement reopening plans and continue effective instruction through the school year during the COVID-19 pandemic.

4. SOCIAL DEVELOPMENT

Activities to promote Social Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Social Development	https://www.edweek.org/leadership/teaching-the-new-covid-19-social-emotional-skills/2020/09	All Grades	Free	Teaching the ‘New’ COVID-19 Social-Emotional Skills
	https://learningpolicyinstitute.org/issue/covid-19-resources	All ages	Free	Resources and Examples: Learning in the Time of COVID-19
	https://www.michigan.gov/mde/0,4615,7-140--523548--,00.html	All ages	Free	In response to the COVID-19 crisis, the Michigan Department of Education (MDE) is providing Social Emotional Learning Resources for children and adults

5. EMOTIONAL DEVELOPMENT

Activities to promote Emotional Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Emotional Development	https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19	All ages	Free	SEL and self-care resources for educators, schools, and parents related to distance learning and covid-19
	https://www.virtuallabschool.org/school-age/social-emotional	Ages 5 - 12	Free	The VLS offers seven professional development tracks, providing both comprehensive foundational training, and more advanced, or specialized training with in-depth content and resources. Social-emotional skills are essential in the healthy development of school-age children.
	https://www.edweek.org/leadership/teaching-the-new-covid-19-social-emotional-skills/2020/09	All Grades	Free	Teaching the ‘New’ COVID-19 Social-Emotional Skills

6. SPIRITUAL DEVELOPMENT

Activities to promote Spiritual Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Spiritual Development	https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic	All ages	Free	An index of resources to help you navigate these times — practices, readings, films, quotes, and more to help you navigate these times.
	https://nccumc.org/mediacenter/spiritual-growth-during-the-coronavirus-pandemic/	All ages	Free	Spiritual Growth during the Coronavirus Pandemic
	https://www.thewell.world/artswave	All ages	Free	Provides 10 weeks of daily doses of guided meditation set to music from the Cincinnati Symphony Orchestra and the Cincinnati Opera.

7. SKILL-BASED ONLINE RESOURCES

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Skill based online resources	https://www.sherpadesk.com/blog/7-free-online-skill-building-resources	Higher Education	Free	7 Free Online Skill Building Resources
	https://www.skillshare.com/	High school & up	Free	Explore your creativity. Join Skillshare to watch, play, learn, make, and discover.
	https://www.thinkingclassroom.co.uk/ThinkingClassroom/SkillsBasedLearning.aspx	Middle School & up	Free	Skills-based learning provides classroom environments where independence, thinking skills, collaboration and active learning are developed at the same time as knowledge is acquired.

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://www.unicef.org/press-releases/new-guidelines-provide-roadmap-safe-reopening-schools>

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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>

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
What School Systems Are Doing?	https://www.ct4me.net/math_projects.htm	K - 12	Free	Learn about project based learning, ,the methodology, how to design curriculum-based multimedia projects, including WebQuests, and assess projects, including those involving multimedia.
	https://wabisabilearning.com/blogs/stem/36-stem-project-based-learning-activities	K - 12	Free	More Than 30 Resources for STEM Project-Based Learning Activities. Projects for playdough, propeller cars, pneumatics, and everything in between
	https://321-foundation.org/programs/cape	Gr 1 - 5	Free	Whatsapp-based lesson plans, worksheets, videos for Grade 1-5. Complete lessons and resources teachers need to teach online

9. PROFESSIONAL SUPPORT / DEVELOPMENT FOR TEACHERS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Support for Teachers	https://spark.adobe.com/ex/edu/	All grades	Free	Adobe Spark empowers students and teachers to easily create and share visual stories.
	https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19	All ages	Free	SEL and self-care resources for educators, schools, and parents related to distance learning and covid-19
	https://scratch.mit.edu/educators/	All grades	Free	Scratch helps young people learn to think creatively, reason systematically, and work collaboratively - essential skills for life in the 21st century. Scratch is a project of the Lifelong Kindergarten Group at the MIT Media Lab. It is provided free of charge.
	https://www.pblworks.org/	All grades	Free	Project Based Learning for all. All students should have access to quality Project Based Learning to deepen their learning and achieve success in college, career, and life.

10. RESOURCES FOR PARENTS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Resources for Parents	https://www.healthikids.org/blog/resources-for-families-covid-19	0 - 5 years	Free	Resources for families to keep kids busy during these challenging times.
	https://play.google.com/store/apps/details?id=com.csf.topparent&hl=en_IN	PreK - Gr 3	Free	Top Parent App - A one stop solution for parents to raise happy, healthy and smart children. Provides parents with knowledge and resources to improve learning outcomes in children ages 3-8 year.
	https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19	All ages	Free	SEL and self-care resources for educators, schools, and parents related to distance learning and covid-19

If you wish to access the earlier editions of the compilation,
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