

Resources for while we are at home.

Videos:

- [Julia Cook reads The Yucky Bug \(K-2 grade\)](https://safeyoutube.net/w/IA32)
- [Vimeo \(2-6 grade\)](https://vimeo.com/397899155)
- [Brain Pop Video](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)
- [Just for Kids: Comic Exploring the New Coronavirus from NPR](https://www.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U&app=desktop)
- [How to Talk to Your Kid about Coronavirus](https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be&app=desktop)

Documents:

- [Coronavirus-19 Social Story](https://drive.google.com/file/d/1eqJgqUrON8Ezk3PkLKW6ukyJOlyoelS/view)
- [PBS How to Talk to your Kid about Coronavirus](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook)
- [Talking to Your Child About COVID-19: A Parent Resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM)

Socio-Emotional Activities

The resources below are options to help with our time at home. Please click on them as fun activities to help during this challenging time.

- [SEL Scavenger Hunt](https://drive.google.com/file/d/1_xMin4w5m5T6cC5y_8YLp9oJ2_6s7jsa/view)
- [25 At Home Socio-Emotional Activities](https://drive.google.com/file/d/165J-w6BUFOQyBC_RkeyL54FYKNZihJ6r/view)
- [30 Things Kids Can Do](https://drive.google.com/file/d/1X3W80nFEyX48UibIQNK5_MtnDJInRBr/view)
- [School Closure Wellness Activities](https://docs.google.com/document/d/1C1ctZ-LoiaFsvcijmdgWODt8h1V37I389sSxE1VjVRw/edit)
- [Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#)

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

- [BrainPop Videos and Activities](https://jr.brainpop.com/health/)
- [10 Days of Live 'Choose Love' Lessons For Parents and Children](https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/)

Calming Activities:

- [Calm My Worry](https://drive.google.com/file/d/1sM7Wcp0ZkORqleoC2-UVDcY0h2zuyUlv/view)
- [Action for Happiness Coloring Posters](https://drive.google.com/file/d/1-STyL3_suzlq62jgVNAqe8NXMzBd82m/view)
- [Grounding Techniques Instruction](https://drive.google.com/file/d/1DHholUf1IODNRPXTfzP_9w6U358hoCZb/view)
- [Keys to Resiliency](#)
- [Coronavirus Stress Activities](#) - from Bright Futures Counseling
- [Mindfulness Choice Board](https://drive.google.com/file/d/12c1PgmH0eP-eRSLOH-mgBp-rSALLIGtC/view)
- [Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](https://www.youtube.com/user/CosmicKidsYoga)
- [Progressive Muscle Relaxation for Kids](https://www.youtube.com/watch?v=cDKyRpW-Yuc)
- [Feeling Anxious or Worried? Listen to These 8 Podcasts \(for adults and high school\)](https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/?fbclid=IwAR0b6pWdlhlyc3gOntloA2zI8NGjl4ZYmkXqSJ480MEx94rD9auDXwf-sVk)
- [Apps, Games, Websites](https://www.commonsensemedia.org/lists/movement-apps-games-and-websites?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332605&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email)
- [Device Free Dinner](https://www.commonsensemedia.org/device-free-dinner?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332606&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email)

Mental Health First Aid:

- [Self-Care/Mental Health \(Covid-19\) for adults and high school](https://docs.google.com/document/d/19_hn-hQJWtSWOuaMmBUtfZs7DW0cfvmU2yPpkRdyikE/edit)
- [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/) This link provides descriptions of great resources

- [Taking Care of Your Mental Health in the Face of Uncertainty Parents and Teens](https://mailchi.mp/afsp/2019-end-of-year-2268104?fbclid=IwAR3nmUu6zCf3JdUVpdFyBJKOJUvaTHph20zArPSqVBRplvH_3LtFsdry7G8) https://mailchi.mp/afsp/2019-end-of-year-2268104?fbclid=IwAR3nmUu6zCf3JdUVpdFyBJKOJUvaTHph20zArPSqVBRplvH_3LtFsdry7G8
- [5 Ways to Help Teens Manage Anxiety about the Coronavirus](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3_1TFVnuDQ_A_PG8ee6yVUEEIV6y8QyezwiR8k9CdfJ3tOJyge5uDnzp0)
- [Stress/Worry](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3_1TFVnuDQ_A_PG8ee6yVUEEIV6y8QyezwiR8k9CdfJ3tOJyge5uDnzp0) https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3_1TFVnuDQ_A_PG8ee6yVUEEIV6y8QyezwiR8k9CdfJ3tOJyge5uDnzp0
- [Parent Academy K-2 Schedule](https://drive.google.com/file/d/1VIMT3r2wS025V1X6ONG111vxVgJbOhuz/view) <https://drive.google.com/file/d/1VIMT3r2wS025V1X6ONG111vxVgJbOhuz/view>

Activities to do at Home:

- [GoNoodle](https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/) <https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>
- [BrainPOP](https://www.brainpop.com/) <https://www.brainpop.com/>
- [Time for Kids](https://www.timeforkids.com/) (K-6) They are providing a FREE DIGITAL Library <https://www.timeforkids.com/>
- [PBS Kids](https://pbskids.org/) for younger children <https://pbskids.org/>
- [Ideas for Activities During School Closings](#)
- [Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\)](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?amp=true) <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?amp=true>
- [ByrdseedTV](https://byrdseed.tv/students/index.php?kids=true) (Educational Videos) <https://byrdseed.tv/students/index.php?kids=true>
- [Best Music Apps and Games for Kids Ages 2-15](https://www.common Sense Media.org/lists/best-music-apps-and-games-for-kids?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332591&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email) https://www.common Sense Media.org/lists/best-music-apps-and-games-for-kids?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332591&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email
- [New Kids' TV Shows](https://www.common Sense Media.org/lists/new-kids-tv-shows?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332592&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email) suggested by Common Sense Media https://www.common Sense Media.org/lists/new-kids-tv-shows?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332592&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email
- [Best Family Movies](https://www.common Sense Media.org/movie-lists/family-movies-we-love?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332594&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email) https://www.common Sense Media.org/movie-lists/family-movies-we-love?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332594&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email
- [Best Documentaries for Kids and Families](https://www.common Sense Media.org/movie-lists/family-movies-we-love?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332594&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email) https://www.common Sense Media.org/movie-lists/family-movies-we-love?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332594&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email
- [Scratch Jr.](https://studio.code.org/courses) - Coding is the new literacy! With Scratch Jr, young children (ages 5-7) can program their own interactive stories and K-12th <https://studio.code.org/courses>

- [Kodable](https://www.kodable.com/?fbclid=IwAR36t7EV2KvF3sktF5M0Jw-1MX2l_kB_RcblZ1MRmgXr_688QqjhmQyK9Zg) - Programming for kids
- [Hello Ruby](http://www.helloruby.com/?fbclid=IwAR3PPD8tSRgQHc2lclA4r3MGaJDNDD21fINBLmxYJRSsF2UqMRIjLeL7LXc) - Hello Ruby is the world's most whimsical way to learn about computers, technology and programming. The story started with a book, and now Ruby continues her adventures in exercises, activities and videos. It's suited for kids age 5 years and older
- [Stick Figure Art](https://www.youtube.com/c/StickFigureArt)
- [45 Ivy League courses you can take online right now for free](https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffc7bd7b8c/)
- [Met to launch "Nightly Met Opera Streams"](https://www.metopera.org/about/press-releases/met-launches-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/) - A free series of encore Live in HD presentations streamed on the company website during the coronavirus closure
- [TED-Ed Video Playlist](https://docs.google.com/document/u/0/d/1IUzad8RFMU8cFwCLMeTv7bq1R3ctmdAo1MvZ-NOobpY/mobilebasic?pli=1) - Sorted by categories
- [Virtual Field Trips](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoG1kgE3iExmi3qh2KRRku_w/mobilebasic) - Over 30 virtual field trips with links
- [Lunch Doodles with Mo Willems](https://www.kennedy-center.org/education/mo-willems/) (artist in residence at Kennedy Center)
- [Educational YouTube channels](https://docs.google.com/spreadsheets/d/1K-4RkOpGH3sBhSugebeSe-PCsV3LmwQzLqBGDveJEWM/htmlview#gid=0)
- [Unite for Literacy](https://www.uniteforliteracy.com/) - free online audiobooks
- [Cincinnati Zoo is Bringing the Zoo to You!](http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/)
- [Story time from space](https://storytimefromspace.com/)
- [11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home](https://www.onlyinyourstate.com/new-york/best-virtual-tours-ny/)
- [Podcasts for Kids](https://medium.com/kidslisten/schools-out-kids-podcasts-are-in-82634e23d4c4)
- [15 Broadway Plays and Musicals You Can Watch On Stage From Home](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home)
- [Math card games](https://www.weareteachers.com/math-card-games/)
- [Library of Congress digital collections](https://www.loc.gov/collections/)

- [NASA](https://images.nasa.gov/) has made their entire media library - images, sounds, and video – public <https://images.nasa.gov/>
- Use [DuoLingo](https://www.duolingo.com/) to learn a new language or practice one you already know! <https://www.duolingo.com/>
- [You Can Now Tour 2,500 World-Famous Museums From the Comfort of Your Own Sofa](https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/) <https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/>
- [The San Diego Zoo](https://kids.sandiegozoo.org/) has a website just for kids with videos, activities, and games! <https://kids.sandiegozoo.org/>
- [Tour Yellowstone National Park](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?fbclid=IwAR0eZtmirGH3gOGgOJdYcPiVdMnsQKYOToXfmgUiMfDCCCTXu59w_md8WDM) https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?fbclid=IwAR0eZtmirGH3gOGgOJdYcPiVdMnsQKYOToXfmgUiMfDCCCTXu59w_md8WDM
- [Explore the surface of Mars on the Curiosity Rover](https://accessmars.withgoogle.com/?fbclid=IwAR1Kfg-ajAp6CtPDsXz_ERczX5YTF-B4CKsbxDWJtZsYfkxK3nAYl1xHrs) https://accessmars.withgoogle.com/?fbclid=IwAR1Kfg-ajAp6CtPDsXz_ERczX5YTF-B4CKsbxDWJtZsYfkxK3nAYl1xHrs
- The Canadian site [FarmFood 360](https://www.farmfood360.ca/?fbclid=IwAR2V8IAX-SgCckYsGLA8rq1OmkzeBy9Y29Rzw1hG7yYqbmQ84rp-9XchwEs) offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs <https://www.farmfood360.ca/?fbclid=IwAR2V8IAX-SgCckYsGLA8rq1OmkzeBy9Y29Rzw1hG7yYqbmQ84rp-9XchwEs>
- [40+ Best Indoor Activities from Busy Toddler](https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1ynNZ5U9B9bi3KTQFIkT5znFJTH8eqM4MEdlwscL4oRaydqv4SmMuXGyl) <https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1ynNZ5U9B9bi3KTQFIkT5znFJTH8eqM4MEdlwscL4oRaydqv4SmMuXGyl>
- [Google Earth](https://earth.google.com/web/@34.7325299,-94.20821214,312.21005962a,12000027.79165816d,35y,0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M) Has Virtual Tours of 31 National Parks in the U.S. <https://earth.google.com/web/@34.7325299,-94.20821214,312.21005962a,12000027.79165816d,35y,0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>
- [50 Ways to Keep Kids Engaged at Home During the Coronavirus Shutdown](https://www.amightygirl.com/blog?p=29196&fbclid=IwAR278QtaMtAHHWGPriOvH7wNvKvO-YlnJGwyjFTw3cm6WINw13J-Xvqbu4c) (Mighty Girl) <https://www.amightygirl.com/blog?p=29196&fbclid=IwAR278QtaMtAHHWGPriOvH7wNvKvO-YlnJGwyjFTw3cm6WINw13J-Xvqbu4c>
- Chris Field –interesting action videos <https://www.facebook.com/disruptionchris/>
- Virtual tours of Italian Museums <https://anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/>
- Coronavirus: Kids stuck at home should go on these [virtual Disney World rides](https://www.wfla.com/community/health/coronavirus/kids-stuck-at-home-should-go-on-these-virtual-disney-world-rides/) <https://www.wfla.com/community/health/coronavirus/kids-stuck-at-home-should-go-on-these-virtual-disney-world-rides/>
- [The Palace of Versailles](http://en.chateauversailles.fr/discover) virtual tour <http://en.chateauversailles.fr/discover>
- [Free virtual tours](https://www.refinery29.com/en-us/2020/03/9576127/free-virtual-tours-online) of museums, parks, and cities <https://www.refinery29.com/en-us/2020/03/9576127/free-virtual-tours-online>

