

Resources for Students & Families

Parent Resources

General Corona Virus Information:

- <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>
- <https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>
- <https://www.kqed.org/mindshift/55510/parenting-during-the-coronavirus-outbreak-what-you-need-to-know-now>
- <https://mailchi.mp/05d7b1ba0a10/parents-five-tips-to-help-you-navigate-covid19-without-fueling-anxiety-and-panic>
- <https://gozen.com/coronavirus-anxiety/>
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NA-MI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
- <https://www.apa.org/helpcenter/pandemics>

Information About Supporting Your Kids:

- <https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>
- <https://nesca-newton.com/making-the-most-of-covid-19-school-closures/>
- <https://www.chicago-psychotherapy.com/cp-blog/2020/3/12/what-do-we-tell-the-kids>

Kids:

- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus> (young kids)
- https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf (young kids)
- https://vimeo.com/397899155?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749
- <https://m.youtube.com/watch?v=ZD9KNhmOCV4&feature=youtu.be>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR2TJCISDTZHIXBMXoWUgqZ44nQWV3CZONWplOBQ3cl_SEQOEzTusYitOM
- <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/> (for all ages)

Teenagers:

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
- <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

College Students:

- <https://emptynestnation.com/how-to-help-your-college-student-cope-with-a-semester-cut-short-by-coronavirus/>

Adult Mental Health / Self-Care:

- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- <https://www.kqed.org/arts/13876619/self-care-tips-to-get-you-through-the-new-coronavirus-normal>

Multiple Resources (Including IB and Working from Home During Covid-19)

- https://docs.google.com/spreadsheets/u/0/d/1SvbRw_Vlw278s9uMq6e9IE_qiGZ9qUS-cluQ7xjqr64/htmlview?urp=gmail_link

Resources:

- https://docs.google.com/document/d/e/2PACX-1vRH3QfIBQThXhssXC_G6-6V-pMThRlq1Uuyi4R2_sRlfxdRtNx03iX_OBD5Lg_QmmyqZ8YkbwV0Mmsj/pub?embedded=true&urp=gmail_link

Social Emotional Learning (SEL) Resources**Physical Activity:**

- <https://preschoolinspirations.com/kid-yoga-videos/> (pre-school)
- <https://www.youtube.com/user/CosmicKidsYoga?app=desktop>
- [Go Noodle](#)
- https://www.nytimes.com/live/2020/coronavirus-usa?smid=fb-nytimes&smtyp=cur&fbclid=IwAR1coGz-2th2RVD1dS_vGMtoG0V2d9Vjv09mAZ74C_HFjtglWBcsvxbdO2U#cardio-boxing-yoga-jane-fonda-youtube-videos-there-are-free-ways-to-stay-fit-at-home (adults)

Resources for Stress:

- <https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>
- Relaxation video:
<https://www.youtube.com/watch?v=c1Ndym-lsQg&feature=youtu.be&fbclid=IwAR0NE5Kc3z8n0lvNqI8qrrhw90dkv-xLORpN95eiab9M4HeFUqa-kJFno78>
- [Article: Practice Mindfulness with Belly Breathing](#)
- [GoNoodle: Rainbow Breath – Flow](#)
- Take a break and go outside / “Being out in nature can also calm an anxious brain. Sometimes just a change of scenery is what makes the difference. Breathing the cool air or making time to notice chirping birds can also calm an overactive worrier. Asking students to carefully observe their environment can help them turn the focus away from their worries and toward something more tangible: How many different kinds of trees do you see? How many different bird songs do you hear? How many different shades of green are in the grass?”
<https://www.weareteachers.com/7-ways-to-help-students-who-struggle-with-anxiety/>

Apps for Relaxation:

- Calm
- Stop, Breathe & Think
- Sand Draw
- Smiling Mind
- Headspace
- 5 Minute Escapes
- 5 Minute Relax
- Relax and Rest Guided Meditations
- Breathe 2 Relax
- Mind Yeti

Virtual Learning

Art:

- Doodles with Mo Willems (author/illustrator):
<https://m.youtube.com/watch?feature=youtu.be&v=MjaYnyCJDdU>
- <https://www.bulbapp.com/u/art-break>
- <https://artfulparent.com/top-10-art-activities-for-kids/>
- <https://www.itsalwaysautumn.com/20-kid-art-projects-pretty-enough-to-frame.html>
- <https://www.origami-fun.com/>

Educational Resources for Home:

- <https://www.projectexplorer.org/kids-home>
- <https://www.sailingintosecond.com/educational-websites-and-resources-to-use-at-home/>

Information about education subscriptions (extensive list):

- <http://www.amazingeducationalresources.com/>

Math:

- 60+ Math Websites
https://www.weareteachers.com/best-math-websites/?utm_content=1584278640&utm_medium=social&utm_source=facebook

Math / English / Science / History:

- <https://greatminds.org/>

Read Alouds / Story Time:

- <https://storytimefromspace.com/>
- <https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>
- <https://growingbookbybook.com/online-literacy-resources/>
- <https://www.bklynlibrary.org/calendar/list/Virtual%20Programming>

Resources By Grade (K-5):

- https://docs.google.com/document/u/0/d/1iGo1xk7D-7uWWwHE_tqXnl9_DjGKFBXQgMk8U-BEOAg/mobilebasic?urp=gmail_link

Scholastic Resources (preK-9):

- <https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>

Smithsonian:

- <https://learninglab.si.edu/distancelearning>

TedEd (various subjects):

- <https://docs.google.com/document/d/1IUzad8RFMU8cFwCLMeTv7bq1R3ctmdAo1MvZ-NOobpY/preview>

Virtual Field Trips:

- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR34ASV__FpqFHyBs5EwKX5-P6yqnBDN_2WxFx7PqRrqNbjZ4H2UOwohQPo&pru=AAABcQP14rU*cnMk_LszRks3LOmTcf-M7w#
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR2fuoq-WsEVNLnMaBI7RnDjWHntooQ0F3RYWSWFEPuVtlgGzsO3TpdSTo>
- https://www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home?utm_medium=social&utm_brand=cnt&utm_social-type=owned&mbid=social

National Parks:

- <https://www.nationalparks.org/our-work/programs/electronic-field-trip>

Museums:

- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Activities**Check Out Library Resources Via the Libby App:**

- <https://www.overdrive.com/apps/libby/>

Daily Activities:

- <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>

Educational Movies on Netflix:

- <https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR3ZNH5REyjLldpVSn3Dui1sbSjSdSBBT8OThsiAnaP6Qnh1pGgzDh5AI68>

Engineering Activities:

- https://docs.google.com/document/u/0/d/1oCM2Ue9w32EUIGfRXsjwEXU_-Up8D6FSSWT8YGIBEtE/mobilebasic?urp=gmail_link

Giant List of Activities:

- https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCl/mobilebasic?urp=gmail_link
- <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>

One-hundred Activities:

- https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&sle=true&urp=gmail_link
- <https://entertainkisonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

Podcasts:

- <https://pinna.fm/> (Pinna is one of many kid friendly podcasts platforms. They have a free trial period to 60 Days with the promo code PINNA4KIDS)
- <https://www.brainson.org/>