

## **COVID-19: Resources to help parents and their children get through these difficult times:**

**Resources Compiled by: Liana Lowenstein, MSW**

Resources, compiled by topic (i.e., online learning, arts, mental health)

<https://bit.ly/2V5EOfW>

Another extensive list of Resources

<https://chailifelinecanada.org/free-resources/>

YouTube Video: Answering kids questions about coronavirus:

<https://www.youtube.com/watch?v=vSsKQPqpS7A&fbclid=IwAR3lpOVbQ1YVkvMC0Lek7yPyX7dJfu5SOMsIEOuiknrVrxAKxWT007MobwY>

Talking to Kids About coronavirus:

[https://img1.wsimg.com/blobby/go/2b2b276b-2509-4d50-a0fc-5f34245eb2f4/downloads/COVID-19\\_parent\\_handout\\_NASP\\_NASN\\_2-20\\_FINAL.pdf?ver=1584734612409](https://img1.wsimg.com/blobby/go/2b2b276b-2509-4d50-a0fc-5f34245eb2f4/downloads/COVID-19_parent_handout_NASP_NASN_2-20_FINAL.pdf?ver=1584734612409)

Storybook for kids about coronavirus:

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

YouTube Video: Caroline Conquers Her Corona Fears:

<https://www.youtube.com/watch?v=2xai3eYFDNc>

YouTube Video: The Little Gnome Who Had to Stay Home:

<https://www.youtube.com/watch?v=wKBFOJBTJ0&t=173s>

Tips for parents on supporting your kids:

<https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789/>

How to Manage Stress During coronavirus:

<https://img1.wsimg.com/blobby/go/2b2b276b-2509-4d50-a0fc-5f34245eb2f4/downloads/How%20to%20Manage%20COVID.pdf?ver=1584734612410>

Coping Tips for Parents/Caregivers:

[https://img1.wsimg.com/blobby/go/2b2b276b-2509-4d50-a0fc-5f34245eb2f4/downloads/outbreak\\_factsheet\\_1%20\(1\).pdf?ver=1584734612409](https://img1.wsimg.com/blobby/go/2b2b276b-2509-4d50-a0fc-5f34245eb2f4/downloads/outbreak_factsheet_1%20(1).pdf?ver=1584734612409)

Tips to De-stress:

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Calming activities to relieve stress and anxiety:

[https://blog.calm.com/take-a-deep-breath?fbclid=IwAR2mZ9c7bBuP6Ycc0WRMdywQI\\_Jioho7ggm9WeMwEuQvQ0ewztR4Lnmjwm](https://blog.calm.com/take-a-deep-breath?fbclid=IwAR2mZ9c7bBuP6Ycc0WRMdywQI_Jioho7ggm9WeMwEuQvQ0ewztR4Lnmjwm)

Museums you can visit virtually:

[https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually?utm\\_source=Facebook&utm\\_medium=Article&utm\\_campaign=organic&utm\\_content](https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually?utm_source=Facebook&utm_medium=Article&utm_campaign=organic&utm_content)

100 activities to do at home during school closure:

<https://entertainkisonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

111 things to do at home:

<https://joyandcompany.wordpress.com/2020/03/23/111-things-to-do-with-your-kids-at-home-during-the-covid-19-pandemic/>

Ideas to keep kids busy during school closure:

<https://studywithjoanne.com>

BrainPop E-Learning:

<https://go.brainpop.com/family/home>

Education companies offering free subscriptions:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Josh Gad reading books to kids online:

<https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789/>

Teachers Pay Teachers Distance Learning:

[https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually?utm\\_source=Facebook&utm\\_medium=Article&utm\\_campaign=organic&utm\\_content](https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually?utm_source=Facebook&utm_medium=Article&utm_campaign=organic&utm_content)

Amazon Audible free stories:

<https://stories.audible.com/start-listen>

Rooks to Cooks free cooking YouTube videos for kids daily at 11am:

<https://www.youtube.com/channel/UCx4sEMGDmHWixHb9mE-msJw>

Feelings Mad Libs for Kids:

[https://www.greatschools.org/gk/articles/social-emotional-learning-mad-libs/?fbclid=IwAR0jvbReP6qp6rwqMYwAdgVUeNVa\\_JQQtO\\_X5jwooNagpn37ozuGN1eFIA4](https://www.greatschools.org/gk/articles/social-emotional-learning-mad-libs/?fbclid=IwAR0jvbReP6qp6rwqMYwAdgVUeNVa_JQQtO_X5jwooNagpn37ozuGN1eFIA4)

Hilarious video about homeschooling from an Israeli mom:

<https://www.kveller.com/this-israeli-moms-hilarious-rant-about-homeschooling-is-all-of-us/>

Another hilarious video –this one is a Broadway musical medley:

<https://www.youtube.com/watch?v=n1OCZRann8w&feature=youtu.be>

Fun family activities to do while sheltering in place:

- Search a new recipe and cook together
- Snuggle on couch and look through child's keepsake box, family photo albums
- Family dance party
- Go on a virtual museum tour
- Make a home-made gift for one another
- Spa day
- Create an online photobook
- Do a yoga YouTube video together
- Write inspiring messages with chalk on the sidewalk
- Do an act of kindness
- Indoor scavenger hunt
- Build a fort together
- Do a science experiment together
- Search jokes on the internet and make a jokebook
- Hide and Go Seek in the dark with flashlights
- Play laundry hamper basketball together
- Reverse dinner (eat desert first)
- Take turns making breakfast in bed for one another
- Play Minute to Win It games (search ideas online)
- Interview one another on video sharing happy memories