



# COVID-19 Resources for Families



In the midst of public health crises, many families seek resources to support them during this challenging time. They manage the stresses of the uncertain circumstances and try to establish and maintain a secure, safe, and positive environment for their children. Especially now, children need guidance from adults and benefit from routines, consistency, and positive stimulation.

The Source for Learning has compiled the resources to provide this much needed level of support and guidance for families. Below are the links to useful websites that offer articles, tools and activities on variety of subjects and categories. The information covers topics from health/hygiene to STEM to literacy, and everything in between! These resources are intended to offer emotional support as well as educational and learning experiences that help and comfort families and their children as they cope with the stresses of the crisis situation.

## Health and Hygiene

### Zero to Three

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**Synopsis:** This article describes resources that give recommendations to families about the coronavirus including information about prevention and supporting children during the pandemic. Activities to comfort and entertain children are also included. As well as Sesame Street resources about good hygiene practices.

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### Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

**Synopsis:** This article offers recommendations for conversations and practices that educators and parents can have with children during the coronavirus pandemic. This includes remaining calm, reassuring children, being available to listen and talk to them, avoiding blaming others for the pandemic, keeping informed of updates, providing honest information, and teaching children about ways to prevent the spread of germs. The article also includes information describing the pandemic, how to prevent contracting the virus, and what to do if one were to get sick.

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### Luma.one

<https://luma.one/handwashing/>

**Synopsis:** This resource is a video describing the details of how to wash hands properly with the purpose of preventing the spread of germs. This resource can help families and educators teach children measures to prevent contracting or spreading diseases including the current pandemic.





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**UNICEF**

<https://www.unicef.org/coronavirus/covid-19>

**Synopsis:** This article offers several tips and suggestions for families.

## Mental Health

**Psychology Today**

<https://www.psychologytoday.com/us/blog/healthy-prescriptions/202003/combating-mental-health-pandemic>

**Synopsis:** This article describes ways for society as a whole, including families and educators, to cope with the psychological and biological effects of coronavirus. The author advocates for “Social Vitamin C” as a positive reaction to the negative effects of the virus. This includes displaying courtesy, consideration, caring, community, and compassion to others.

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**The National Child Traumatic  
Stress Network (NCTSN)**

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

**Synopsis:** This article describes ways that families and educators can cope with the effects of the pandemic. Information about the disease itself, how one can prepare for an outbreak of the virus in the community, and how to cope with the effects of the pandemic are each included in this article. One section provides detailed information on how educators and families can take care of themselves while supporting children of different ages (preschool, school age and adolescents) as they are dealing with the effects and stresses of the pandemic. Additional resources are also listed.

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**World Health Organization  
(WHO)**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

**Synopsis:** This article contains tips for family members to support their children during the COVID-19 pandemic including maintaining a positive attitude and demeanor, creating a daily routine, coping with stress, and speaking with children about the virus.





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## The Conversation

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

**Synopsis:** This article describes seven strategies for managing the stresses of Coronavirus. Strategies include positively managing uncertainty, reducing anxiety, decreasing fears, being resilient, avoiding overwhelming thoughts, taking care of oneself, and seeking professional help when needed.

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## The American Institute of Stress (AIS)

<https://www.stress.org/using-technology-to-mind-your-mental-health-during-covid-19-epidemic>

**Synopsis:** This article consists of ideas and activities for reducing stress. This includes meditation and exercise apps, the use of entertainment, communication with others, and engagement of activities to increase mood and outlook, as well as ways to stay connected to the community in the wake of the COVID-19 pandemic.

## Children's Social Emotional Development

### Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

<http://csefel.vanderbilt.edu/resources/family.html>

**Synopsis:** This article gives recommendations and suggestions for supporting children's social and emotional development. Tips are included on how to nurture and support them, build their confidence, communication, coping, and relationship skills, and how to enhance their persistence on tasks, tolerance for frustration and overall self-esteem.

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## Kera News

<https://www.keranews.org/post/5-social-emotional-learning-tips-families-during-covid-19-outbreak>

**Synopsis:** This article describes tips for families on how they can support their children's social/emotional development as they are experiencing the effects of COVID-19. The article discusses stress management, maintaining a schedule, teaching life skills, avoiding conflict, and seeking resources and guidance.

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## Better Kids

<https://betterkids.education/blog/5-ways-to-support-your-children-emotional-well-being-during-coronavirus>

**Synopsis:** This article contains a list of tips for parents to help support and comfort their children as they are managing the effects of the COVID-19 outbreak. Suggestions are included to foster the need to remain calm, behave kindly towards others, maintain routines, talk with children about their fears and concerns, and take measures together to prevent the spread of the virus.

## Educational Activities

### MOVEMENT

#### Healthy Kids, Healthy Future

<https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/classroom-activities/>

**Synopsis:** This website has an extensive list of music/movement activities for children of different ages. It further discusses the rationale behind the need for children to have daily physical activity and strategies for adults to facilitate and support physical movement in children.

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#### Cosmic Kids

<https://www.cosmickids.com/>

**Synopsis:** This website has yoga activities for young children. There is training offered and tips available for adults to support children as they are attempting the positions and movements.

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#### Go Noodle

<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>

**Synopsis:** Go Noodle is an app that allows children to access a variety of movement games. A list of games are included in this app to provide children with a variety of activity choices.

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#### The Genius of Play

[http://www.thegeniusofplay.org/?fbclid=IwAROC-MvE35JsX87nH0Z2O8twLG-EL2CO\\_g1b65P-c1h9WFvOYBybtTrxbxc](http://www.thegeniusofplay.org/?fbclid=IwAROC-MvE35JsX87nH0Z2O8twLG-EL2CO_g1b65P-c1h9WFvOYBybtTrxbxc)

**Synopsis:** This article describes the benefits of play, especially during stressful times. This resource includes a list of play-based activities for different ages. Tips for adults to facilitate and support children as they are engaged in play activities are also provided.





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## The Sesame Street Kids

<https://www.sesamestreet.org/games>

**Synopsis:** This website contains a large variety of web-based games for young children that address literacy, math, science, nutrition, art, and music skills. There are also interactive videos and art activities that allow young children to actively learn in an online format for home access and use.

## STEM

### Busy Toddlers

[https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1qAnZ553b1nwmz5Gp400Mick8Co-rDVAP496q4MLQJuayMO-qX\\_h7GO5I](https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1qAnZ553b1nwmz5Gp400Mick8Co-rDVAP496q4MLQJuayMO-qX_h7GO5I)

**Synopsis:** This website offers recommendations for indoor toddler activities that are easy to set up, include just a few materials, and can hold their attention spans. Sensory, art, and STEM activities are included. Parents and educators can also set up an account on the site, to order materials to use with the activities. Discount codes can be applied to some purchases.

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### Exploratorium

<https://www.exploratorium.edu/learn>

**Synopsis:** This resource consists of experiments that children can complete virtually. Community experts and global partners including NASA have contributed ideas and activities for the experiments. The website also offers a variety of videos, classroom activities, tools, and workshops that support adults and enhanced learning.

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### San Diego Zoo

<https://kids.sandiegozoo.org/>

**Synopsis:** This website contains an assortment of resources for children about zoo animals/life science topics. There are readings, videos, stories, games, and activities that provide an interactive learning experience for children in a virtual platform.

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### Cool Math

<http://www.coolmath4parents.com/>

**Synopsis:** This website contains a variety of math web games for children to participate in and acquire skills on different math topics. A dictionary of terms, guides, and tips are provided to support users as they engage in the games.

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## EARLY LITERACY

### Storylineonline

<https://www.storylineonline.net/>

**Synopsis:** This website consists of an assortment of children's books to access in an online format. Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, with the purpose of enhancing comprehension and verbal and written skills for English-language learners. There is an extensive library of books with information about the recommended ages and lengths. The books include activity guides and narrations to accompany reading.

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### Imagination Library

<https://imaginationlibrary.com/goodnight-with-dolly/>

**Synopsis:** The Imagination Library is a 10-week special series of books read by Dolly Parton that was just launched this month with the goal of inspiring children to read. These books include classic favorites such as The Little Engine that Could. The weekly episodes are recorded, so children can view them at a time convenient for their schedules.

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### Free Children's Stories

<https://www.freechildrenstories.com/>

**Synopsis:** Freechildrenstories.com offers an assortment of children's books online at no cost with 24-7 access. Daniel Errico, the founder, has produced number one best-selling children's ebooks that are available to encourage children's literacy development.

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### Let's Play Music

<https://www.letsplaykidsmusic.com/best-nursery-rhymes-for-toddlers/>

**Synopsis:** Let's Play Music is a website that offers musical activities for different age groups. Activities are included on different seasons, music types, and genres. There are also resources including printable materials, sheet music, and a song directory to accompany the activities.

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### Nursery Rhymes Collections

<https://nurseryrhymecollections.com/30-best/traditional-nursery-rhymes-for-children.html>

**Synopsis:** This resource consists of a digital album of the most popular Nursery Rhymes from the Nursery Rhyme Collections, Volumes 1-8 series. Audio samples of the musical rhymes with accompanying lyrics to enhance participation by children and adults are also included.





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## ARTS AND CRAFTS

### Lunch Doodles with Mo Willems

<https://www.kennedy-center.org/mowillems>

**Synopsis:** Lunch Doodles is a weekly online art program hosted by artist, Mo Willems, in his studio. The 15 episodes from this program are archived along with their accompanying downloadable activities to complete. Children are able to view the episodes at their convenience and create their own artwork. They are encouraged to tag their creations on social media with #MoLunchDoodles so that others can view them.

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### Created by Crayola

<https://created.crayola.com/homelearning>

**Synopsis:** Created by Crayola provides adults with a variety of art activities, tools, teaching strategies, and parent resources. Tips and techniques to support children in creating and using their imaginations through different mediums of art are provided. Lesson plans, weekly learning videos, curriculum kits and sets to utilize for the purpose of stimulating creativity in children are included in each activity.

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### Easy Peasy and Fun

<https://www.easypeasyandfun.com/crafts-for-kids/>

**Synopsis:** This website contains hundreds of easy crafts to make with children of all ages/abilities for many occasions. Simple step-by-step tutorials are provided. A combination of no – preparation crafts that take minutes to make as well as more complex paper crafts are included. There are also over 100 coloring pages and printables provided with tips for drawing listed and described.

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### Fun Learning for Kids

<https://funlearningforkids.com/art-crafts/>

**Synopsis:** This website consists of ideas and instructions for creating simple arts and crafts projects. These creations have simple and easy directions with very little or no preparation. Many projects are open-ended to allow children to show their creativity without worrying about an end product. The projects are organized under different categories/events and free printables are provided for easy access and use.





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## Jumpstart

<https://www.jumpstart.com/parents/activities/craft-activities>

**Synopsis:** Jumpstart has a compilation of different art and craft activities for different ages according to topic, type, theme, and subject. Resources for educators and parents are provided to help them facilitate the activities and encourage children to actively participate and express themselves. Lesson plans, worksheets, and curriculum ideas are included.

## CULTURAL

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### National Geographic Kids

<https://kids.nationalgeographic.com/>

**Synopsis:** National Geographic Kids has provided a variety of online educational resources for children including interactive videos, games, activities, and books. The topics covered are broad in scope including ones about living things, habitats, cultural groups, environmental concerns, and places around the world.

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### Google Arts & Culture

<https://artsandculture.google.com/>

**Synopsis:** This website contains an encyclopedia of topics ranging from art to music, travel, historical figures and events, geography, and famous sites. Children can explore these topics in detail by engaging in virtual tours and reading literature.

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### Education.com

<https://www.education.com/activity/world-cultures/>

**Synopsis:** Education.com contains information about different cultural practices and holidays throughout the world. There are hands-on activities based on age, topic, and subject listed on the site to allow children to experience cultural practices in an active, hands-on manner and broaden their perspectives. Also included are printable, lessons, games, and a library to provide guidance and supplemental learning.

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### Kiddle

<https://kids.kiddle.co/Culture>

**Synopsis:** This site has an encyclopedia of information about different cultures throughout the world. Information about literature, religion, music, clothing, and food in the descriptions of the different groups is included. There are also images of different cultural groups provided along with the information for easy access.

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## VIRTUAL TOURS

### Natural History Museum

<https://naturalhistory.si.edu/>

**Synopsis:** The National Museum of Natural History offers digital resources for students, teachers, parents and science-enthusiasts. Resources include digital collection, a set of videos, an online portal of resources, and virtual learning lab.

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### Yellowstone National Park

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

**Synopsis:** This site allows people to explore Yellowstone National Park by virtually touring some of the main attractions around the park. Included with each tour is detailed information about each of the sites with vivid descriptions and visuals.

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### Colonial Williamsburg

<https://colonialwilliamsburg.org/webcams/>

**Synopsis:** This site provides a virtual tour of the buildings and attractions within Colonial Williamsburg. There are resources including books, magazines, and educational tips to supplement the information provided on the tour.

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### Monterey Bay Aquarium

<https://www.montereybayaquarium.org/animals/live-cams>

**Synopsis:** This website has virtual web cams that show aquatic life at Monterey Bay Aquarium in California. There is additional information about aquatic life, including different species, habitats, and stories about their experiences. This also provides curriculum and resources specifically for educators site to support children's learning.

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### Farm Food

[https://www.farmfood360.ca/?utm\\_source=domain&utm\\_campaign=www.virtualfarmtours.ca&utm\\_medium=redirect](https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect)

**Synopsis:** This website offers virtual tours of Canadian farms and the food produced by them. The tours include milk and cheese, grain, oat, egg, mink, dairy cow, sheep, and pig farms, apple orchards, and mills. This site provides a "real world" look at farms, their significance, and importance to food production.





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## LANGUAGE

### Duolingo

<https://www.duolingo.com/>

**Synopsis:** Duolingo is an app that can be installed which provides free foreign language lessons that are individually paced and go logically and gradually from the most basic level to more advanced levels. This program encompasses reading, writing, and speaking components that allow for a broad span of knowledge for a new language. Lessons are organized around categories and users achieve rewards (virtual trophies) completing lessons.

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### English 52

<https://www.english52.com/>

**Synopsis:** This website teaches English as a second language to non-native speakers through online videos, lessons, and activities. Users initially can take an assessment to find out their current level of proficiency to determine where they will begin their lessons. This individualized program, created by English teachers, is conveniently available 24/7.

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### Fabulngua

<https://www.fabulngua.com/>

**Synopsis:** This resource teaches children Spanish language in a method that emphasizes listening, comprehension, reading, and writing skills in an interactive, fun, and efficient manner. This Magical Translation method is designed to train children to acquire language by developing their ear via storytelling.

## RESOURCES FOR CHILDREN WITH SPECIAL NEEDS

### SpecialNeeds.com

<https://www.specialneeds.com/categories/activities/learning-games>

**Synopsis:** This website consists of multiple activities geared towards children with special needs in the areas of chemistry, social/emotional development, tactile/sensory, daily living, literacy, and gross motor skills. There is also a resource directory, a list of products and services, and tips for parents to support their children and facilitate learning experiences that promote optimal development.





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## Starfall

[www.starfall.com](http://www.starfall.com)

**Synopsis:** This website has a large assortment of free lesson plan activities for children from pre-k through 3rd grade in the areas of math, reading, social studies, science, art, music and seasonal themes. Included on the site are books, posters, and customized practice worksheets and word and picture cards for access and use by teachers, families, and children. There is also an app that can be downloaded for convenient use.

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## EdHelper

<https://www.edhelper.com/>

**Synopsis:** This website contains teacher-developed resources to promote children's skills in many subject areas from preschool through high school. There are worksheets and learning activities provided along with weekly spelling, math, and reading workbooks. Graphic organizers are also included as tools that can support teachers and families in facilitating the learning activities.

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## Education.com

<https://www.education.com>

**Synopsis:** This website offers resources to support educators and parents in providing online educational resources to young children from preschool through 5th grade throughout the school year. Weekly boost resources, independent study packets (ISP's), and guided lessons are provided through this online, easily accessible platform. Games and worksheets are also included as tools to support children's learning and attainment of skills.

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## HelpKidzLearn

<https://www.helpkidzlearn.com/>

**Synopsis:** HelpKidzLearn is a collection of educational software for young children with learning challenges in the convenience of an online platform. The software is divided into 5 sections, Early Years, Games and Quizzes, Stories and Songs, Creative Play, and Find Out About. Downloadable Apps are included for children to access conveniently. There are free online training webinars to support educators and families as they facilitate learning experiences for children with special needs in utilizing the resources.

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## OTHER RESOURCES

### Zero to Three

<https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>

**Synopsis:** This website offers recommendations for specific activities for infant and toddler developmental needs as well as tips on how to interact with young children while they are engaged in play are also included in this article.

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### Khan Academy Kids

<https://learn.khanacademy.org/khan-academy-kids/>

**Synopsis:** Khan Academy Kids is an award- winning website with an app option created by experts to provide individualized learning experiences in different subjects based on children’s abilities, needs, and developmental levels. Books, activities, educational videos, and lessons are adapted accordingly and can be completed at each child’s own pace. There is also a library of resources, including a wide collection of books, activities, videos, and coloring sheets to select from for their independent learning experiences.

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### PBS Kids

<https://pbskids.org/>

**Synopsis:** This resource provides educational programs through media including web games, apps, and television on a variety of topics, subjects, and themes. These programs use popular characters including Curious George and Arthur to attract children while they are engaged in learning activities.

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### Suessville

<https://www.seussville.com/parents/>

**Synopsis:** Suessville is a website dedicated to the parents of young children. There are activities, crafts, and printables that allow children to actively learn through play-based experiences. Recipes based on favorite books or characters are included to complement the activities. Guides are added to support parents in their facilitation of the learning experiences.

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### Educational Insights

<https://www.educationalinsights.com/at-home-activities-for-kids>

**Synopsis:** Educational Insights is a website created by a team of parents, teachers, and play experts, with a compilation of at-home activities that kids can enjoy on their own or with their family, including puzzles, coloring pages, content, theme, and type. Video guides that accompany the learning experiences to use as a guide to implementing them with their children.





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## Schleich

<https://us.schleich-s.com/en/US/fun-at-home>

**Synopsis:** Schleich is a resource that includes an extensive collection of creative archives provided to parents for the purpose of actively learning in the home. Games, crafts, videos, do-it-yourself kits, coloring sheets, and downloadable story starters are provided.

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## Highlights Kids

<https://www.highlights.com>

**Synopsis:** This is a resource that provides a variety of activities for children in different topic areas including science, music, art, math, and culinary arts. There are interactive components included, whereby children can answer questions, create jokes, reply to queries, complete surveys, and provide opinions. Games, songs, and crafts are also provided with easy access and use.

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## Home Learning Hub

<https://www.goodplayguide.com/home-learning-hub/>

**Synopsis:** Dr. Gummer's Good Play Guide has a wealth of information, guidance, and resources for families to support their children in home-based learning activities. There are recommendations for apps, child development articles, and an extensive list of recommended activities, games, crafts, and weekly educational packets for different ages with tips and strategies for implementing.

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## Funbrain

<https://www.funbrain.com/>

**Synopsis:** Funbrain is a website that provides a variety of games, books, and videos that are targeted for different ages. It is organized chronologically based on children's development and topics and subjects of interest.

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## Youngzine

<https://www.youngzine.org/>

**Synopsis:** Youngzine is a resource that provides a safe and private blog environment for classrooms that foster discussions on current events. The classes are administered remotely via a classroom code and consist of assigned articles, assignments, and quizzes. Parents have access to comments from teachers, quiz results, and points achieved for their children.

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