

COVID- 19 Resources for Kids and Families

COVID-19 and Children

- **Frequently Asked Questions COVID-19 and Children:**
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>
- **American Academy of Pediatrics** has more information on children and Coronavirus at
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019- Novel-Coronavirus.aspx>

Talking with Kids about Coronavirus

Children need your reassurance. They also need factual, age-appropriate information. To help with the messages to share with the children you are caring for, check out these links below and the articles that follow.

Child Mind: Talking to Kids About the Coronavirus:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Just for Kids, A Comic Exploring the new Coronavirus from National Public Radio:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus%C2%A0>

Answering Your Child's Questions During the Coronavirus from ZERO TO THREE:

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

How to Talk to Kids About the Coronavirus: Tips from an

Expert Posted on [March 11, 2020](#) By [Isabelle Bousquette](#)

Talking to kids about the Coronavirus can be complicated. It's likely they've seen and heard a lot of information from friends and the media. They might be afraid, stressed or worried. If your children are already prone to anxiety, you want to calm their fears. However, you also want to be honest and make sure they're practicing good hygiene behavior. So how do start the conversation?

To help you navigate this difficult topic, we sat down with [Dr. Rebecca Berry, PhD](#), a professor at [NYU Langone](#) and an expert in the field of child and adolescent psychiatry. She provides her advice on talking to children about the Coronavirus and explains why the most important thing is to stay positive and solutions-focused.

1. Have the Conversation

It's worth sitting down and speaking to your children about the Coronavirus. Dr. Berry explains, "At this point, it's probably important for families to have a conversation." That being said, she adds, "I don't want families to think this has to be a big discussion. In fact, this really can be just a quick discussion — a time to listen, to hear out concerns and maybe even to filter out myths that are being thrown out there and correct those with some helpful tidbits of information." (Think bullet points). "Here's what we know, here's what we're doing, here's how you emphasize good hygiene."

2. Control the Dialogue, and Don't Provide Too Much Information

As the Coronavirus develops, there are daily if not hourly updates. However, you don't have to share those updates with your kids. In fact, Dr. Berry explains, "Sometimes kids having too many updates about things makes it seem that some impending doom is happening." Make sure that, for kids, parents, rather than the media are controlling the dialogue. Dr. Berry says, "Sometimes, with certain kids, less is more because a lot of times media content is sensationalized or exaggerated or repeated in such a way that brings about a lot of fear for people."

She adds, "Providing too much information can be harmful in some cases, especially when it's not paired with brainstorming solutions." That is why, "It's important for parents to control the message and the dialogue as much as possible." So what exactly should that message be?

3. Make the Message Positive and Solutions-Focused

When talking to kids about the Coronavirus, make sure information always comes alongside some type of proactive action. Focus on the things that the family is doing (such as washing hands) as well as the things the community and the government are doing and explain how those things are going to keep people safe.

Dr. Berry says, "Especially for younger kids, that proactive action and some hope is going to be important. Because it makes the child feel that they have a way to manage uncertain times."

Still, you don't want to provide an unrealistic level of hope. Dr. Berry doesn't encourage saying things like, "oh this is nothing, we're going to be over it in a week." However, you don't want to be too negative because, she says, "a child doesn't know what to do with that."

The most important thing is that they know there is, "some movement toward a solution both on the family level, community level and national level."

4. Pitch the Conversation at an Appropriate Level

Dr. Berry says that, when talking to kids about the Coronavirus, "The level of detail or honesty that a parent gives their child will depend upon their age, temperament, maturity and cognitive ability." Dr. Berry adds, "The parent or guardian should have a sense already of who their kids are and the amount of information to give to them."

In order to pitch the conversation at an appropriate level, you might also start by asking the children what they already know and what they've heard about the Coronavirus. This would also be an opportunity to correct any misconceptions.

The level of the conversation should also depend on, according to Dr. Berry, “whether or not the child is coming in with a preexisting anxiety condition that might make them more likely to catastrophize what might happen.”

5. Listen and Validate

Especially if your kids are already prone to anxiety, Dr. Berry explains that parents should first “Hear out the child and the concerns that they have.” More importantly, do not dismiss those fears. Instead, Dr. Berry encourages parents to practice something she calls, “validation.” She says parents should maintain a “matter-of-fact and calm” voice and say something like: “Listen, I understand that you’re hearing a lot of things about what’s going on and I can tell that you’re worried about it.”

Then, refocus them onto your solutions message. Say something like “[We] are here to make sure that you are protected and safe and that as a family we’re doing everything we can to keep each other healthy. Let us know if you want to talk more about this.”

After that, it can be helpful to encourage kids to refocus on their normal lives, activities and routines. This is what Dr. Berry recommends for any worries, whether they are related to the Coronavirus, climate change, or other catastrophes.

6. Focus on What They Can Do and What Others are Doing to Keep Them Safe

Remind children that it’s not their responsibility to worry about the virus. It’s only their job to make sure they are maintaining safe hygiene practices and continuing to wash their hands. According to Dr. Berry, “younger kids follow rules quite well,” so it’s likely that if you tell them to wash their hands, they will actually do it. If you want to go a step further, Dr. Berry explains that you can turn hand-washing into a game for younger kids. Encourage them to sing Happy Birthday twice while washing their hands, then “make it into a fun game for younger kids, in terms of maybe seeing how loud they can sing or how much soap they can get.

Then explain that others are also working to keep them safe. Dr. Berry says, “Especially with kids, we have to focus on what’s being done on many levels, (both on the familial level, the community level, even the national level) to keep them safe.” Dr. Berry encourages telling children “Here’s what our family is doing, here’s what the scientists are doing, and our country [is doing].”

Parents should remind kids, that “the people in big positions, like the scientists are figuring out a plan.” It’s those people’s jobs to worry, not the children’s.

Ultimately, when talking to kids about the Coronavirus, emphasize the solutions, reemphasize what everyone is doing to prepare, and encourage them to keep living their daily lives.

10 tips for talking about COVID-19 with your kids

[Health](#) Mar 16, 2020 5:13 PM EDT By — [Wendy Thomas Russell](#)

First it was gun violence. Then it was climate change.

Now it's an honest-to-goodness pandemic that has infiltrated our communities and collective consciousness — leaving us stammering, yet again, for the right words to explain terrible things to our children.

If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone. Families the world over are with you on this one.

Here are some tips to get you through as the outbreak continues.

1. **Make children feel safe.**

We are battling two enemies here: One is Covid-19; the other is the anxiety about Covid-19. Kids may be all but immune from this new virus, but they are susceptible to the anxiety surrounding it. Watch your words and tone. Stay calm. Reassure children that this is temporary and that they, and their caregivers, are going to be just fine.

2. **Give them facts, and let them lead the discussion.**

Children need simple, honest answers. Avoid hushing your talk when they walk into a room, and never lie. You might say: "The coronavirus is a type of germ. These germs are very, very tiny, and when they get inside your body, they can make you sick. The germs get in your body through your nose, mouth or eyes. When someone coughs and touches a doorknob, and then you touch the doorknob, those germs might get into your body. It's helpful to wash our hands a lot and try to stay away from big crowds." A rule of thumb? Let them lead the discussion. "Too much information can create anxiety," says Linda Hatfield, a parent-education coach and one of my co-authors on [ParentShift: Ten Universal Truths That Will Change the Way You Raise Your Child](#). "Answer only what they ask. Also, avoid language that blames race, animals or culture for the spread of the virus." If you're looking for specific words to use, [BrainPOP put out a great little video for young children](#). Check it out.

3. **Give them power — and responsibility.**

Kids do better when they have power; it's one of their emotional needs. And this is a great time to give it to them. After all, children are proving to be kind of like superheroes in this; their bodies seem to have an extraordinary ability to fight off the coronavirus in ways that many other bodies cannot. But with great power comes great responsibility, right? Kids can help their neighbors and loved ones stay safe and healthy if they frequently wash their hands with soap and water for 20 seconds, or as long as it takes to sing "Happy Birthday" twice. Remind them to wipe down their devices often, as well, and to cough or sneeze into their elbows or a tissue. You might tell them that hand-washing is like kryptonite to the coronavirus, and hand-sanitizer is a perfectly good stand-in when they can't find soap and water.

4. Let them know what to expect.

The rough part here is we don't know exactly what to expect in the weeks and months ahead. But we do know some things. We know, for instance, we're going to be seeing a lot less of the people in our lives. We know that we're going to have to find creative ways to pass the time at home. We know that we aren't going to have access to all the foods we like, and that we'll have to work harder to keep ourselves, and our homes, clean. And we know that Covid-19 can resemble a typical cold. While there is a potential to get very sick and even die, many people — especially children — have reported only mild symptoms — fever, runny nose and cough.

5. Empathy, empathy, empathy.

So much good can be done when we allow our kids to express the full range of their emotions, and when we receive those feelings with empathy. If their fears and frustrations are minimized or dismissed, Hatfield says, they likely will show up in other ways — fighting with siblings, throwing tantrums or being generally uncooperative. For small children with big emotions, she says, get on their level and say something affirming like, "I imagine you are worried about getting sick. I wonder if you are frightened about all the things that are suddenly changing." For kids feeling the pinch of isolation, you could say, "It's so frustrating to not compete in your dance team program. You had looked forward to that for months!" You don't have to agree with a child's thoughts or feelings to acknowledge them without judgment or minimizing.

6. Keep your child's developmental stage and temperament in mind.

Let's be honest: Your explorative, tactile kid won't suddenly start keeping his "hands to home" just because the stakes are higher. Your perpetually forgetful preschooler won't suddenly memorize the steps to correct hand-washing just because you've told her in "your serious voice" how to do it. Depending on their ages, stages and temperaments, some children will require more reassurance or more time to transition than others. The situation is unique, and so is your child. Keep your expectations in check. If things go sideways in unexpected ways, it might be a good time to say "isn't that interesting?" and let it go.

7. Try to maintain a normal routine.

It's not easy to "stick to routine" when school closures have upended our routines massively. But try to establish a new routine, as best you can. As we all know, some kids are frightened and overwhelmed by big changes in their environments. For these little ones, allow plenty of time for them to adapt to the new system. Hatfield suggests making a calendar, perhaps with pictures, that helps kids envision how things will go.

8. Model the behavior you want to see.

Children look to us for guidance and support, especially in trying times. "We are their North Star on how to respond," Hatfield says. "Model a positive confidence about the topic, and stay grounded." That goes for issues like hygiene and social isolation, too. You can't expect a 6-year-old to wash her hands or a 10-year-old to isolate from his friends if their parents aren't willing to do the same.

9. Consider adjusting the screen time limits.

With so many of us working from home, and unable to count on our usual childcare, getting by is a good thing; this isn't the time to beat ourselves up. If you need to temporarily adjust your screen-time limits, do it. Just be smart about it; if you loosen all the limits around addictive games or programs, those things will be much harder to manage after things calm down, Hatfield says. "So try to be specific about how much time is allowed and with whom they can communicate." Get ideas online about other things to do with kids that are not screen-related, and remember that they need to run and play. Without school recess, you may want to implement "yard time" to get them moving. Also, if possible, encourage the use of social apps, such as Skype or Facetime, where your kids can interact with others. Social connection is important, especially at a time of social distancing. Virtual playdates may help keep cooped-up kids feeling balanced and sane.

10. Take care of yourself.

These are anxiety-producing times on a number of levels; we parents are shouldering a lot. Be sure to take care of yourself. Turn off the news; too much discouraging news is bad for our health — and our kids' health. Run a bath; light candles; take a walk or a long afternoon nap; meditate. Look for sensory experiences — pet the dog or cat, flip through a family vacation album, put on some music or bake cookies. Do things that make you feel good and centered. Do whatever you can to calm your own nerves so that you have the bandwidth to handle your children's difficult questions and challenging behavior.

The days ahead will be different for us all, and difficult for some of us. But this need not be a bad time for your family.

"Take this opportunity to reflect and make some positive changes to your new normal," Hatfield suggests. "Slow down and play games, read books, snuggle and cuddle, cook together, authentically connect and play together."

You and your child will get through this — and, if you're lucky, you may even be a little better for it in the end.

Educational Resources

(right click on underlined link and click "open hyperlink" to open resource online)

For our kids, this may seem fun at first, but kids need and ultimately benefit greatly from a structured environment. Many schools will start providing remote learning in the coming weeks — meanwhile, we have a curated guide of free resources and subscriptions for remote learning and homeschooling that we as parents will be utilizing and hope these resources will benefit you and your family during this quarantine.

[New American History](#)

Offering history materials tailored for grades 4 upward, New American History is a sophisticated offering aimed at history teachers. It's not all that easy to navigate as a parent unless you're quite dedicated, but the material is extremely well-thought-out for committed parents.

[Readworks.org](#)

If you're looking to really zoom in on reading comprehension, Readworks is going to be a great fit for you, providing content from kindergarten all the way through 12th grade. Readworks is a non-profit, donation-based service, and the suggested donation is \$25, though you can access the content for free.

[123 Homeschool4me](#)

Resources are organized by subject and grade. Helpful education activities to keep kids learning and printable worksheets when you need them to sit and get some work done.

[2Simple](#)

This is a great resource to set a list of work you would like your child to work on. From the classic subjects like art, math, spelling, and grammar to the cool creative stuff like coding, publishing, and animation, This site has a vast resource of e-books that can be paired with the appropriate activities.

[3P Learning](#)

3P Learning provides parents and schools with a package of online learning resources is designed for schools and families, covering mathematics, spelling, literacy, science. Children between ages 5 and 14 can find supportive learning activities, including structured lessons and fun games. You can claim your four weeks of free access to any of their online learning programs.

[Accessibyte](#)

Students learn remotely via typing tutors, arcade games, custom flash-cards, and tests. Accessibyte is offering a 45 day trial period during the COVID-19 crisis.

[Aleph Beta](#)

Aleph Beta platform focuses on the Torah that is evidence-based, intellectually stimulating, and emotionally relevant to your child's life. Access to their free library is granted after submitting the required Google form.

[All Kids Network](#)

This free and rich content platform provides access to thousands of fun kids activities like children's crafts, worksheets, coloring pages, printable mazes, dot to dot, hidden pictures, and more. Various activities are available for children of all ages.

[Arcademics](#)

Arcademics make multiplayer educational games for students from K to 8th grade. From free math games, language. Arcademics combines the excitement of video games with educational content to produce a high rate of learning through exciting, focused repetition that enables automaticity and fluency. All games can be played seamlessly on any device using the web browser for free.

[Ascend Math](#)

Ascend Math offers math instruction adaptive to all study plans and for all individual K to 12th-grade students. The platform will be free until the end of April. Parents and Teachers can assign different math exercises to children and the platform will adapt to their needs as it collects data on the child's skills and pace.

[Bamboo Learning](#)

This free Alexa platform provides an education-focused game that showcases notable but less-known historical figures. By saying to your device “Alexa, Luminary of the Day” you activate a search through Bamboo video database of influential people from diverse fields. Kids can enjoy Bamboo video books, math lessons, and music. To get started, just say “Alexa, open Bamboo Luminaries”.

[Bedtime Math](#)

Bedtime Math’s mission is to introduce math as a fun part of children’s daily routine, as common and beloved as the bedtime story. Bedtime Math provides free apps, books, and printable activity pages. The platform is targeted toward children age 2 through elementary school.

[BeeLine Reader](#)

BeeLine Reader is an online tool that improves the reading ability of students of all ages and skill levels. By displaying text using color gradients that wrap from the end of one line to the beginning of the next, BeeLine facilitates visual tracking and enables the reader to focus on other aspects of reading, such as decoding and comprehension. Free access to the BeeLine Reader Browser Plugin for Chrome through September 2020. Email education@BeeLineReader.com for a free account!

[Belouga](#)

Belouga is a free account for K to 12th-grade students. The site provides access to an extensive collection of educational resources on various topics like social science videos, math problems as well as real-time communication and collaboration with peers from all over the world.

[Big History Project](#)

Big History Project is a free online social studies course that emphasizes skill development as students draw mind-blowing connections between past, present, and future. This multidisciplinary approach is focused on high school students, yet designed for anyone seeking answers to the big questions about the history of our Universe.

[BlocksCAD](#)

BlocksCAD builds math and computer science skills by using specialized 3D CAD (computer-aided drafting) software. A block-based coding platform allows students to create and manipulate 3D objects while using geometry and computational thinking skills.

[BrainPOP](#)

BrainPOP invites students to discover, play, and create, enriching and deepening their understanding of topics across the curriculum. Children are encouraged to make movies out of images, build maps, and develop their block-based coding skills. BrainPop Jr. targets children from 0 to 3 whereas BrainPop focuses on K-12 grade children.

[Classroom cereal](#)

Classroom cereal is a fun and easy way to practice grammatical exercises daily. How does it work? Print out free short stories – find the errors which help students can build their proofreading skills and become aware of what it takes for clean and precise writing.

[Club Oasis](#)

Club Oasis is a free online STEM club for children and parents. Join the DIY STEM labs, live classes, coding lessons, and live pop-ups. Activities are targeted towards elementary schools students and older.

[Coolmath4kids](#)

Coolmath4kids is for kids from kindergarten to sixth grade. Kids can work on addition, subtraction,

multiplication, division, and fractions through online math games, quizzes, manipulatives, and more. For kids 13 and up, visit their sister site at coolmath.com.

[Desmos](#)

Desmos is a learning community that provides students with incredible online tools to help them visualize math problems and creating interactive tutorials where students can “do” and collaborate in real-time. Turn math into a game and play it in a team with kids from all over the world.

[Dictionary.com](#)

Build your vocabulary daily and learn about trending words! Hop online to see the word of the day and test your knowledge by the end of the week. There are several ways to build your vocabulary on Dictionary.com; improve your language skills with word games, see what words are trending in the news, learn about the English language, and simply browse the dictionary by focusing on one letter at a time.

[Discovery K-12](#)

Discovery K-12 is a great addition to kids’ Pre-K to 12th-grade curriculum. Free lessons and activities are available in 7 directives: Language Arts, Reading, Math, Science, History/Social Studies, Performing Arts, and Physical Education.

[Dreamscape](#)

This free game allows kids to have fun while engaging them in reading activities and challenging their skills. Dreamscape understands that kids learn in several ways, one of which is through games which aim to foster the growth of early literacy skills. This includes print knowledge, phonological awareness, phonemic awareness, phonetics, high-frequency words, and spelling. These games are for children in grades 2-8.

[DuckDuckMoose](#)

If you’re looking for some apps for the tablet, we recommend Duckduckmoose for the preschool to kindergarten set. Graphics and interface are engaging and easily accessible for children. From puzzles, maps, to fun music apps where you can learn notes and rhythm, kids gravitate enthusiastically to this sister site of Khan Academy.

[Duolingo](#)

This free app site is perfect for your bilingual child to work on a series of practice exercises. From Arabic to Portuguese, kids will not fall behind with these fun and educational lessons.

[Everyday Earth](#)

Have you ever wondered how water changes Earth’s landscape or how are rocks formed? Take a walk with an Oklahoma Park Ranger on a video mission and learn the answers to these and many other questions related to nature and wildlife.

[Everyday Learning](#)

A PBS Learning Media resource that is perfect for Pre-K kids. Topics from math, science to art provide early childhood resources to strengthen kids’ interest and sense of discovery.

[Fluency&Fitness](#)

Get free access to over 60 math and reading activities for K-2 grade students and enjoy more than 600 videos designed to both educate and entertain your children. Play the clips on the TV and watch your kids dance, move around and sing! The free trial is 21 days.

[Khan Academy](#)

Khan Academy is a free resource for students, parents, and teachers. From exercises, quizzes, tests, and instructional videos students can practice and master educational skills. This resource is available in 40 languages and offers instruction from Kindergarten to early college math, grammar, science, history, AP courses, SAT prep, and more. During the school closures due to the coronavirus outbreak, Khan Academy is having daily live streams 9 am PST/12 EST on Facebook, Youtube, and Twitter.

[Little Twisters Yoga & Emotional Wellness](#)

For kids ages 2 and up this resource with tips on how to engage kids through yoga. Fun printable lessons like *Space Shape Yoga* and *Kids Yoga Cards* are free for all during the Coronavirus Covid-19 school closure and quarantine.

[Mathcelebrity.com](#)

Need help with your math homework? The next time you get stuck on a math problem and want to learn step by step how to solve it, use Math Celebrity. Plug the problem in and see how to solve it. Get the answer and see where you went wrong.

[Math Score](#)

Actively developed by MIT graduates since 2003, MathScore is a research-based, adaptive, supplemental learning program for Kindergarten through 7th grade. It contains all of the major components of a learning system, such as assessments, math topics, lessons, and score tracking for parents and teachers who want to assess the child's progress. With MathScore Freemium, you can use the platform for free and only choose to pay when a student is ready for the Premium content.

[Metkids](#)

We recommend this resource for kids ages 5 and up. An extensive catalog of content, as well as a tool to partake in a virtual tour of the museum, will give kids a dose of art and culture. Kids can learn about a particular period or collection and explore art via the "Time Machine," starting as early as 8000-2000 BC to present time with fun facts and videos.

[Minecraft Education Edition](#)

Perfect for Minecraft fanatics, this Minecraft Education Edition focuses on coding, math, problem-solving all via the Minecraft way. Kids will love this education version while parents will love that it is free!

[Nano Wrimo](#)

With only time on their hands, this site is for the young writer who is itching to write a novel... in 30 days. Common Core-aligned lesson plans from prewriting to publishing help kids to develop and fine-tune their writing skills. We love this resource for students who are up for using their imagination to create another world or simply tell their story. From lower elementary to high school.

[PBS Kids](#)

For toddlers up to pre-k students, parents will love the collection of printables that are geared to support kids in learning. Kids can also hop on their favorite shows such as Wild Kratts and Dinosaur Train, where games are designed to enrich their education.

[ProjectGutenberg](#)

A free library of over 60,000 free eBooks that include a children's literature category where kids can download or read online classics like Little Women and Peter Pan.

[Scholastic](#)

From Smile to Dogman, Scholastic provides many favorite books to our kids. Students can visit the Scholastic website for a wealth of educational activities from grades pre-k and up. Weaving in familiar stories and games for the kids will help when the fun of being home has worn off, and delving into some familiar characters will add a bit of normalcy to the day.

[Sesame Street](#)

With a mission to help kids meet critical early development needs — the program many of us grew up on is still going strong and providing online content and shows every weekday morning. Many parents will attest that Sesame Street is still one of the best resources for the pre-k and kindergarten set, as well as kids with special needs. You'll find video, games, and art projects online. You may be home stuck with the kids, but we won't tell anyone when you jump up when "Number of the Day" comes up.

[Science Friday](#)

For elementary to high school students with lessons that engage through stories and podcasts. Segments in categories like Physics & Chemistry, Earth Science, Brain and Biology, and more will provide kids with a new way of seeing science.

[Storylineonline.net](#)

If you catch one of your kids sneaking in a Fortnite game and want to remind them, this isn't a snow day then time for a story.

The SAG-AFTRA Foundation's Story Online features cool videos where celebrities such as Sarah Silverman and Chris O'Dowd read books that entertain, providing you a bit of time to get some work done.

[The Activity Mom](#)

If you're looking for actual paper lessons, this source is full of printables for kids from baby up. From a free toddler alphabet activity to a cool "Our Favorite" typing program geared towards homeschoolers.

[The Fable Cottage](#) (French Children's Stories)

Perfect for the French bilingual students who love L'oiseau Et La Baleine and Petit Poulet and more for these stories are translated from English to French. Students will also find an option to translate in English, and there is also slow audio of a French narrator. The Fable cottage also has stories in Spanish, Italian, and German languages.

[Vizzle](#)

An excellent resource for parents with children on the Autism Spectrum. Parents with children with special needs know that staying on the course of learning is important. Founded by a team with education and special needs backgrounds in collaboration with experts. Sign up for 30-day free access where you can set lessons and then review and learn from their progress.

[Walkabouts](#)

This is a wonderful platform emphasizing on enhancing children's math and language knowledge, their activities are targeted towards Pre-K – 2nd-grade students. Walkabouts created general login credentials for new users. To get started, teachers can simply log in here with the username **TeacherFree** and the password **walkabouts**. The Free account will be available through September 1, 2020

[Wonderopolis.com](#)

On this cool site, kids can learn about a 2,000 plus wonders of the world. Questions come from the site's users and cover a wide range of topics such as Why Do Whales Breach? Kids are full of wonder, and this site has many of the answers.

[Zinc Learning Labs](#)

For kids from 6th to 12th grade, this subscription service is offering its service free until July 2020. students will not fall behind with their vocabulary games, reading, and long term assignments that are self-paced, perfect for the older student.

Ultimate Guide to Virtual Museum Resources, E-Learning, and Online Collections

<http://mcn.edu/a-guide-to-virtual-museum-resources/?fbclid=IwAR0BG5dNZvjuokiTmjDrrOwBK3imYr5-szHJWsJ8j40dpD8ZvG-o1R0x96g>

Explore National Parks with 360-degree virtual tour

<https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/>

Draw Everyday with JJK Classes

<https://www.youtube.com/watch?v=p8yhH7Ahty8&fbclid=IwAR1HNZCVN1PaJTDFsUzwseQihZxWeGLbwrIFaq8Zrm3Yq0hAgkAhQDOe7Ew>

Kids Yoga Videos

<https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR2iVcqX282TnrEsB8qYpf0eilhH2bdAWgBR1bOzL7rNN6MndRnVF2PK6pc>

New England Aquarium Virtual Tour

<https://www.neaq.org/visit/at-home-events-and-activities/?fbclid=IwAR3VzAdTDjZRh-ndAGe4ENxkwKqJ6qKnX4347bZKFHhpRzVd6paiNCN5X5c>

100 Activities to Do at Home with Kids during School Closures

https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR0NTLGevY4aKaPuDWv6M89nI2_toYAiRjkPyIQfSKVWROFdD3xw_0yLU7k

Creating a Schedule for Kids at Home

So there's a [pandemic](#) brewing outside, you're working from home for the foreseeable future, and your kids' school has been cancelled for, at the very least, the next few weeks. A natural question many parents might have is: How on earth can we make this work?

A ton of parents, the world over, are now in the position where they effectively have to homeschool their kids, in most cases while dealing with their own adult responsibilities. That's a daunting task, but there are ways to make it work. Well, try to make it work. And the most important component, experts say, is a schedule.

If you're trying to figure out how to create a schedule for your kid, here are some tips.

Set a routine

Setting up expectations in the same way teachers do can be beneficial to kids and can help establish structure, said Melanie Auerbach, director of student support at D.C.'s Sheridan School, to [The Washington Post](#). So having rules, like telling them they need to get dressed every day (no pyjamas!) and that they need to respect your authority in a school setting can help make it easier for everyone.

So many educational resources online

There are a ton of online educational resources for kids of all ages, including [Khan Academy](#), [Belouga](#), [National Geographic Kids](#) and [Learning Ladders](#). And author Nir Eyal's [free schedule building tool](#) is very helpful.

Generally speaking, sticking to a schedule that's [relatively similar to the one they have at school](#) is probably a good bet, according to Time Magazine. If they're getting up at the same time they usually do, and having lunch at the same time they usually do, it will feel more like their regular school life.

Use the info you already have about your kids

As a parent, you have an advantage on teachers, because of how much you already know about your kids. Think about how and when they learn best. Are they most alert in the morning, or do they work best in the afternoon? Is there anything specific that really motivates them to work hard? That's all useful info to put into your schedule.

And while parents are clearly in charge of the schedule, it's also a good idea to give kids some input, too. Spending a little more time on the subjects they're most interested in can keep them engaged, and offer a ton of educational and social benefits.

Build in breaks, recess, and lunch

Kids need breaks. Make sure to factor in down time, alone time, and outdoor play (if possible) so that kids can recharge, chill out, and have fun. It's also a good idea to build in a lunch break where they're not working.

Be realistic

This is an unprecedented situation, and most parents don't have experience doing this. So give yourself a break if you don't stick precisely to your schedule.

Make it fun

There are actually some benefits to spending all this time together. Auerbach suggests finding ways to get creative with learning, like getting kids to put on plays, teach their parents some of their favourite subjects, or put their math skills to use while cooking. Lots of things that aren't explicitly academic can be learning opportunities, like taking a walk and looking at the trees and flowers.

Alexandra Stockwell, who homeschools her four kids, recommends [taking some quarantine time to do family activities](#) you might otherwise not have time for, like making home videos or writing letters of support to seniors living in isolation.

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

| | | |
|---------------|---------------------|--|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magnetiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |