



# Resources for Families

Last updated: 3/31/2020

## **Activities:**

### **Scholastic:**

<https://classroommagazines.scholastic.com/support/learnathome.html>

### **Facebook:**

**Cincinnati Zoo & Botanical Garden:** Weekdays on their page at 3pm eastern standard time they will do a fun and educational live each day.

**Indiana Wild:** Will be offering free encounters/classes/experiences on Facebook page Starting Monday March 16<sup>th</sup> at 2pm eastern standard time.

### **Free Educational activities:**

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

### **Virtual Field Trips:**

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR3vgwCs4YVtSHEdXBjAO2q8Eul7xRqeX8b-OtM6jqxefYQtOUVGRc-5pKg>

### **ABCYA:**

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

### **Starfall:**

<https://www.starfall.com/h/>

### **27 indoor activities for children:**

[https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus?utm\\_source=dynamic&utm\\_campaign=bffbbuzzfeedniftyscience&ref=bffbbuzzfeedniftyscience](https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus?utm_source=dynamic&utm_campaign=bffbbuzzfeedniftyscience&ref=bffbbuzzfeedniftyscience)

### **Discovery Ed:**

<https://www.discoveryeducation.com/solutions/experience/>

### **Mystery Science:**

<https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRFvfbOR1Ca3C5yQY5tNwQ>

### **Kids Activities:**

<https://kidsactivitiesblog.com/category/kids-activities/family-activities/>

<https://kidsactivitiesblog.com/124392/25-screen-free-activities-for-kids/>

### **Mangahigh:**

Games: <https://www.mangahigh.com/en-gb/games>

### **San Diego Zoo**

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

### **Mud Volcano**

<https://www.nps.gov/thingstodo/yell-mud-volcano-trails.htm>



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## **Mammoth Hot Springs**

<https://www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm>

## **Yellowstone Virtual Tours**

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

## **Surface of Mars**

<https://accessmars.withgoogle.com/>

## **Live Cam San Diego Zoo**

<https://zoo.sandiegozoo.org/live-cams>

## **Monterey Bay Aquarium**

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

## **Panda Cam**

<https://zooatlanta.org/panda-cam/>

## **Houston Zoo Cam**

<https://www.houstonzoo.org/explore/webcams/>

## **Aquarium Cam**

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

## **Jellyfish Cam**

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

## **Whale Cam**

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

## **Georgia Aquarium Cams**

<https://www.georgiaaquarium.org/webcam/indo-pacific-barrier-reef/>

## **Farm Food**

<https://www.farmfood360.ca/>

## **US Space & Rocket Center 2018**

<https://www.youtube.com/watch?v=9Qe5RqyMNhc>

## **Discovery Polar Bears Info**

<https://www.discoveryeducation.com/learn/tundra-connections/>

## **"STEM"**

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

## **"Technology"**

<https://www.manufactureyourfuture.com/VirtualFieldTrip/US>



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## **The Louvre**

<https://www.louvre.fr/en/visites-en-ligne>

## **The Great Wall of China Info**

<https://www.thechinaguide.com/destination/great-wall-of-china>

## **Boston Children's Museum Tour**

<https://www.bostonchildrensmuseum.org/museum-virtual-tour>

## **PBS:**

<https://indiana.pbslearningmedia.org/>

## **Joe Wick – Nation's PE Teacher**

[https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-you-tube-186068?fbclid=IwAR35CZIDhMpnbbFXknOV5zxkhtjLw\\_bqeAFNWTGn7oKJ2hzlPbZ4v2Ssr8g](https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-you-tube-186068?fbclid=IwAR35CZIDhMpnbbFXknOV5zxkhtjLw_bqeAFNWTGn7oKJ2hzlPbZ4v2Ssr8g)

## **Playworks**

<https://www.playworks.org/game-library/>

## **Healthy Behaviors**

[https://www.jumpinforhealthykids.org/userfiles/file/news/5210\\_Challenge\\_Healthy\\_Behaviors\\_Tracker.pdf](https://www.jumpinforhealthykids.org/userfiles/file/news/5210_Challenge_Healthy_Behaviors_Tracker.pdf)

## **Online Kids Dance**

[https://kidsdanceoutreach.org/online\\_classes/](https://kidsdanceoutreach.org/online_classes/)

## **GoNoodle**

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

## **Scholastic Learn at Home**

<https://classroommagazines.scholastic.com/support/learnathome.html>

## **Catch.org – kids exercise activities**

<https://www.catch.org/pages/health-at-home>

## **Kitchen Classroom**

<https://www.americastestkitchen.com/articles/2253-kitchen-classroom-week-1->

## **Social, Emotional**

<https://insidesel.com/2020/03/12/covid-19/>

## **Baby Shark – Wash your hands:**

<https://www.youtube.com/watch?v=L89nN03pBzI&feature=youtu.be>

## **Spring break at home:**

[https://docs.google.com/presentation/d/e/2PACX-1vSZXD1sc3D1IAohMV1DIgMLtAsf76wGiLB4gKIJWCSyUvpgcB3PO10TXeRyJbh9s6uWcjXHBf1J-cce/pub?start=false&loop=false&delayms=3000&slide=id.g82864a470a\\_0\\_424](https://docs.google.com/presentation/d/e/2PACX-1vSZXD1sc3D1IAohMV1DIgMLtAsf76wGiLB4gKIJWCSyUvpgcB3PO10TXeRyJbh9s6uWcjXHBf1J-cce/pub?start=false&loop=false&delayms=3000&slide=id.g82864a470a_0_424)

## Education Resources for E-Learning:

Indiana Department of Education:

<https://www.doe.in.gov/safety/health/covid-19-resources-indiana-schools>

Curriculum Information:

<https://www.doe.in.gov/elearning/2020-covid-19-remote-learning>

Making Connections during Social Distancing:

<https://mccoyouth.org/resources-during-covid19-distancing/?eType=EmailBlastContent&eld=2c1c4eca-3f3f-42cc-be81-430d9486c1a3>

## FUN AND FREE WAYS TO LEARN FROM HOME

### MATH:

Prodigy  
[play.prodigygame.com](http://play.prodigygame.com)

Khan Academy  
[www.khanacademy.org](http://www.khanacademy.org)

### READING:

Squiggle Park  
[www.squigglepark.com](http://www.squigglepark.com)

Storyline  
[www.storylineonline.net/](http://www.storylineonline.net/)

### SCIENCE:

Mystery Doug  
[mysterydoug.com](http://mysterydoug.com)

National Geographic  
[kids.nationalgeographic.com](http://kids.nationalgeographic.com)

### WRITING:

Typing Club  
[www.typingclub.com](http://www.typingclub.com)

### SOCIAL STUDIES:

History for Kids  
[www.historyforkids.net](http://www.historyforkids.net)



## COPING WITH COVID-19

With the recent and abrupt changes in our community, schools, and home lives, there are some lifestyle choices that can help minimize worries and promote overall well-being. A key to feeling better is using wellness strategies aimed at helping you cope with the stressors in your life.



### 1 EXERCISE AS A FAMILY

Exercise is a natural stress reliever and can have a positive effect on mood. Try a short family walk for 15 to 20 minutes every day. Physical wellness and mental health go together.



### 2 TAKE TIME FOR FUN

Take some time to do things you and your children enjoy. This can help improve your mood and outlook on life to help you better manage stress.



### 3 START WITH YOU

Make sure to take care of your own worries before talking with your children or answering their questions about what stresses you. Children model behavior of the adults around them.



### 4 SAFETY FIRST

Focus on what you're doing to stay safe and emphasize those precautions when talking with your children. Youth feel empowered when they know what to do to keep themselves safe.



### 5 HAVE A ROUTINE

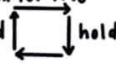
Stick to routines - even in times of uncertainty. Staying rooted in routines and predictability is going to be helpful for children. Structure days with regular mealtimes and bedtimes to keep children happy and healthy.





# QUINGO

## quarantine bingo!

take a 30 minute social media break	hydrate! (½ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800-273-8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to You! What did you do? _____ _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to You! What did you do? _____ _____ _____	Create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email



## BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves..
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



## INDOOR SCAVENGER HUNT

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



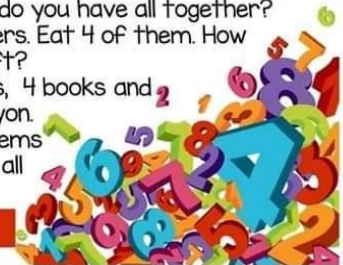
## INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



## MATH SCAVENGER HUNT

- Find 2 pencils and 1 blue crayon. How many items do you have now?
- Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left?
- Find 4 socks and 2 stuffed animals. How many items do you have all together?
- Find 8 crackers. Eat 4 of them. How many are left?
- Find 3 spoons, 4 books and 2 orange crayon. How many items do you have all together?



## RAINBOW SCAVENGER HUNT

- ☁ Find something red.
- ☁ Find something yellow.
- ☁ Find something orange.
- ☁ Find something green.
- ☁ Find something blue.
- ☁ Find something purple.
- ☁ Name a fruit that is red.
- ☁ Name an animal that is yellow.
- ☁ Name a vegetable that is orange.
- ☁ Name a plant that is green.
- ☁ Name a flower that is purple.
- ☁ Name something outside that is blue.

