

RESOURCES FOR FAMILIES AND CAREGIVERS

ARTICLES FOR ADULTS –

- **Social Distancing – This is Not a Snow Day**
<https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>



- **ZERO TO THREE - Five Tips to Make the Most Out of a Video Chat**
<https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
Making video chats go smoothly for infants and toddlers
- **The Hechinger Report – Coronavirus – Stuck at Home**
<https://hechingerreport.org/stuck-at-home-with-young-kids-due-to-the-coronavirus-heres-what-to-do-and-not-to-do/>
Stuck at home with young kids due to coronavirus? Here is what to do – and what not to do. Experts share tips, advice, and activities

THE HANDWASHING SONG

(to the tune of Frere Jacques)

TOP AND BOTTOM
TOP AND BOTTOM
IN BETWEEN
IN BETWEEN
DON'T FORGET THE WRISTS
AND GERMS YOU MIGHT
HAVE MISSED
NOW THEY'RE CLEAN
NOW THEY'RE CLEAN

www.under-mom.com

ALL LEARNING AREAS

- **Zero TO THREE – At Home Activity Guide for Infants & Toddlers**
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
For Birth to three – Fun and educational activities to do at home with infants and toddlers
- **PBS Kids**
<https://pbskids.org/>
Toddlers and Preschool age games and resources for parents

- **Ducksters.com**
<https://www.ducksters.com/>
 School Age



- **Kids Podcasts, Audio Stories, Music, Audiobooks & More**
<https://pinna.fm/index.php>
 Ages 3-12 – an on-demand audio streaming service that reimagines kids’ entertainment. Each podcast, audiobook and music compilation on Pinna is expertly developed and carefully – science, fantasy, interactive game shows and mysteries.



- **Education companies offering free subscriptions**
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
 All ages – Parental assistance needed to create an account.

LITERACY and READ-ALOUDS

- **11 Free Reading Websites for Kids**

Site	Address	Audio?
Storyline Online	http://www.storylineonline.net	Yes
Read to Me	http://readtomely.com	Yes
We Give Books	http://wegivebooks.org	No
Starfall	http://starfall.com	Yes
Online Storytime by Barnes and Noble	http://www.barnesandnoble.com/u/online-storytime-books-toys/379003588/	Yes
TumbleBooks	http://tumblebooks.com http://www.tcpclibrary.org/tumblebooks.htm http://www.portlandlibrary.com/kidsplace/tumblebooks.htm	Yes
International Children's Digital Library	http://en.childrenslibrary.org/	No
ABCya!	http://abcya.com	Yes
Storynory	http://www.storynory.com/	Yes
National Geographic Young Explorers	http://ngexplorer.cengage.com/ngyoungexplorer/index.html	Yes
Oxford Owl	http://www.oxfordowl.co.uk/	Yes

Compiled by Really Good Stuff. Copyright 2013.

- **Astronauts read books from space**
www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg?fbclid=IwAR3mPnrglBq71NQQQusakYgZM0-i9Tv4Up-6zGmN9uVpz3fD-qE9_bisxYU&app=desktop
- **Favorite Authors read stories**
https://coolprogeny.com/2020/03/operation-storytime/?fbclid=IwAR3t0T8DNY_xuCMg0Qu27wyXZQ0yi1_w_kLfzc1SI2VUKix2fAajAJ-TZwg
Age of child depends on the book choice - Parents/adults need to facilitate book choice
Book choices are from picture books to chapter books.
- **Story Time on Line**
www.storyonline.net/
For children K and older - Available 24 hours a day for children, parents, caregivers and educators. Each book includes supplemental curriculum developed by a credentialed elementary educators aiming to strengthen comprehension and verbal and written skills for English-language learners. May require an adult to set up for K child and allows older children to access independently.
- **Seussville**
https://www.seussville.com/?fbclid=IwAR2IOgiFURtRaGsp_CFddzoFS4GwwW3Vt-QZdGAHmf0MigP2LoBYPH1JvE8
Dr. Seuss' Word Challenge

- **Lunch Doodles with Mo Willems**

<https://www.kennedy-center.org/education/mo-willems?fbclid=IwAR3Cr3RM5mdthW9hPaIAMrz-L81G38okimerqyevEYk7ze7IA-P25wVTkKk>
4-10 – Mo Willems invites you into his studio every day for his LUNCH DOODLE – New episodes will be posted each weekday at 1:00 p.m. ET and then remain online to be streamed afterwards. Check back each weekday for new LUNCH DOODLES! Learners can draw, doodle, and explore new ways of writing.

- **Books read by famous actors**

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

All ages - These stories are read by famous people and show adorable cartoon animations of the story.

- **Operation Storytime**

<https://coolprogeny.com/2020/03/operation-storytime/>

All ages - Links to children’s authors reading their books on Instagram

MOVEMENT & MINDFULNESS

- **Go Noodle**

www.gonoodle.com

For two year olds and older - Fun, wacky, silly 5-minute movement breaks and mindfulness activities – many have an educational objective – patterning, counting, etc. Younger children should be with an adult or much older child. There is a lot of moving around.

Fit activity for kids
what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

- **Yoga & Mindfulness**
<https://www.youtube.com/user/barikoral>
 For children 2.5 and older
 Yoga movements, breathing exercises – movement and mindfulness
 Requires an adult or older child (5th grade and up) to supervise and help with some of the movements
- **Brain Break- Tic Tac Toe**
www.funinfirst.com
 Ages 3-6 years - This activity promotes listening, following direction and gross motor skills and a break from sitting.
 Needs supervision - Can be modified to meet the needs of young 3 years olds

SCIENCE

- **National Geographic for Kids**
<https://kids.nationalgeographic.com/>
 All ages
- **Fantastic Fun and Learning**
<https://www.fantasticfunandlearning.com/make-germs-scatter-science-demonstration.html>
 A visual science experiment of how soap kills germs and more
 For older toddlers and up – An adult presence is recommended



- **At Home Science – Mad Science**
https://www.madsciencepromo.com/athomeexperiments?fbclid=IwAR0sGCgtgKKMCN HZXBjTa8nT5XZOLtqWXO0F Pccximzce202g_wdpnPB50
 Science activities for children 3+ - Requires mostly household items and adult or older child (MS-HS) support

- **PBS Play and Learn Science**

<https://pbskids.org/apps/play-and-learn-science-.html>

Ages 2 – 5 – 15 engaging games covering core topics in Earth Science, Physical Science, and Life Science - Parent section with tips for parent-child engagement and activities for extending the learning into the real world - Developed in collaboration with early childhood experts - Completely bilingual (English/Spanish)

MATH

- **Math Playground**

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

Games for 1st to 6th grade - No adult assistance needed - Free teacher resources

TOURS AND FIELD TRIPS

- **Virtual Field Trips**

https://docs.google.com/document/u/0/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KR Rku_w/mobilebasic?fbclid=IwAR1S6qyTO2Kt0l30g1VL3h0zA55kyDVMt6vbDAZtbmB89FxZyP_rNQ6mLN0

- **Tours of American Dairy Farms**

https://www.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.stml?fbclid=IwAR2YuTWv4UKp_hlagYD981vuV-EI5Y6j5tqwRB8ZcDXk9Hztyk1H2VBlpis

- **Cincinnati Zoo** – every day at 3pm they feature an animal of Facebook Live

<https://www.facebook.com/cincinnati-zoo>

All ages

- **Cincinnati Zoo Daily Digital Safari**

https://redtri.com/cincinnati-zoo-home-safari-facebook-live/?utm_source=FB&utm_medium=NATL&utm_campaign=FB-CONTENTMARKETING&fbclid=IwAR0WbrQV64OzU_sb90zbvi2XDON5ytb_X4LaRztM7ZsdqF13MBlrvWHxMR8

All ages

- **20 VIRTUAL FIELD TRIPS TO TAKE WITH YOUR KIDS**

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Virtual tours of Museums, Zoos, Aquariums, Historic Sites – There are suggested activities that go along with each locations. Parental assistance may be needed for technology.

- **Virtual Museum Tours**

https://www.parents.com/syndication/museums-with-virtual-tours/?utm_campaign=parents_parents_magazine&utm_content=internalsyndication_travelandleisure&utm_source=facebook.com&utm_term=FD51F848-6550-11EA-9FBA-CF782FEB5590&utm_medium=social

View tours of 12 Museums from around the world – Parental assistance may be needed.

- **Virtual Tours of National Parks**

<https://kitchenfunwithmy3sons.com/30-national-parks-virtual-tours/>

View natural wonders all over the United States – Parental assistance may be needed for technology.