

Resources for Caregivers

Public information on incoming Novel Coronavirus (COVID-19) (links)

Coronavirus: Safety and Readiness Tips for You

Coronavirus disease (COVID-19) advice for the public

Tips on how to stay healthy from the CDC

CPA "Psychology Works" Fact Sheet: Coping with COVID-19

Self-care and mental health resources for parents/caregivers

Resilience in Challenging times free videos: https://product.soundstrue.com/resilience-in-challenging-times/?_ke=eyJrbF9lbWFpbCI6ICJhbGVlc2FAYmVzdG1hcnJpYWdlcy5jYSIsICJrbF9jb21wYW55X2kljogkpnRGdhcSJ9&fbclid=IwAR02ek1IKNR6OpoOwYSsc9g4O_hlkmMQqNyQrZMBL_yOiWJYZzn4v4TudBo

<https://www.developgoodhabits.com/self-care-ideas/>

<https://drawingchange.com/how-to-stay-connected-during-self-isolation-covid-19/>

Self-compassion

- <https://self-compassion.org/>
- <https://www.tarabrach.com/talks-audio-video/>

APA's tips to help you manage your anxiety, put news reports in perspective and maintain a positive outlook.

7 science-based strategies to cope with coronavirus anxiety

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

Coping with Stress During Infectious Disease Outbreaks

How to talk to you children about the Coronavirus

https://www.youtube.com/watch?v=w_gFHw9pPms&list=PLnEQkAsadC1GC2LMkpn-

[ApSPrDosgPawU&index=8](https://www.youtube.com/watch?v=w_gFHw9pPms&list=PLnEQkAsadC1GC2LMkpn-ApSPrDosgPawU&index=8)

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

Child Mind Institute

NPR script in comic format

Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreak

How to talk to Children About Difficult News

Parent/Caregiver Guide to Helping Families with the Coronavirus

Parenting strategies

<https://livesinthebalance.org/parents-families>

<https://childmind.org/article/when-siblings-wont-stop-fighting/>

Emotion Focused Family Therapy Resources: <https://www.mentalhealthfoundations.ca/resources>

Dan Siegel and the Power of Showing Up- <https://www.youtube.com/watch?v=gFhuj0lhW7Q>

Dan Siegel and No Drama Discipline- <https://www.youtube.com/watch?v=6xakPtV0mq4>

Mental health resources for children and youth

Kelty's Key- online free CBT based tool:

<https://www.keltyskey.com/?fbclid=IwAR2vBrLHiP6uWlnqpCwMVvL0aMn7R6cZ1KBUAqUJ13hAy8y9R1TudW08XKo>

Mindfulness activities: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

[https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times subs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20subs%20031720)

Mindfulness apps:

- Smiling Mind- Free app that offers meditations for adults and kids
- Stop Breathe Think

Anxiety Canada- <https://www.anxietycanada.com/>

Mindshift- <https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

www.freemindfulness.org/home

Staying Connected Socially While Remaining Physically Distant:

Top pick- <https://www.techjunkie.com/watch-movies-with-friends-online/>

<http://www.ldrmagazine.com/130-things-to-do-together-online-real-time/>

<https://www.dailydot.com/parsec/board-games-online/>

Just for Fun:

Top pick - Travel without leaving your home

- <https://www.travelandleisure.com/attractions>
- https://www.travelzoo.com/ca/blog/how-to-travel-without-leaving-home/?utm_source=localdeal_ca&utm_medium=email&utm_campaign=2871640_html_--deal%3a2871640&utm_content=2871640&ec=0&dlinkId=2871640

<https://www.travelzoo.com/ca/blog/preview/69FC2CE6-1F63-48E2-B3DE-507755CB8011/https://www.goodhousekeeping.com/life/pets/advice/g1236/animal-instagrams/>

<https://www.youtube.com/watch?v=oOBJ-slw4W8>

<https://www.youtube.com/watch?v=BkD2nN5275c>

Activities:

Arts and Crafts:

Top pick - <https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1fopWjmaYYbtolpz9PZ8PITASMDId9x1RY146uIEadGwhwdLJgYiR1gCk>

Top pick- [Daily cartooning lessons from MazeToon's Joe Wos](#) (YouTube @HowtoToon)

Adobe Cloud free for two months- video editing, illustrator, etc:

<https://petapixel.com/2020/03/18/adobe-is-giving-everyone-2-months-of-free-creative-cloud-heres-how-to-get-it/?fbclid=IwAR1QntKEIOcwQFPKToFYnbeuBc1GBHb4AG74ckzMIZTY5QIKW32hSQTpj28>

[Rebel Girls providing 90+ writing/drawing/DIY prompts](#) (sign up via email)

Online photograph jigsaw puzzles You can set the pieces from 6-1000+ <https://www.jigsawexplorer.com/>

Crafts, projects, science, recipes for young children <https://www.funology.com/>

[Keep Kids Smart with ART, art lesson plans run through the Boca Raton Museum](#)

[A downloadable coloring book from illustrator Liz Climo](#) (PDF)

[Quarantine Art Club, a daily drawing challenge from illustrator Carson Ellis](#) (*Du Iz Tak?*) (Instagram @carsonellis)

[Drawing and comic-creating prompts from Jarrett Lerner](#) (*Enginerds*)

[Printable coloring pages from Latinx artists from Veoleo](#) (donations encouraged)

[Printable coloring pages featuring Latinx trailblazers from Con Todo Press](#)

Lunch Doodles - [fbclid=IwAR3kMnzoYEdeAYdKCjKW0NaDpRtX1Q_eTG_NAJsNQ790eoJGz8YMXd17lps](#)

Online art lessons: <http://wildfreeandcrafty.com/2020/03/15/free-online-art-lessons-for-kids/?fbclid=IwAR3O-2qY9T06iKa7dwrlp4MUaCDAHkqxxaQ8iNQEgsh1HJjFPhraPaXnvVU>

Fun games, recipes, crafts, activities <https://www.highlightskids.com/>

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

3 Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet. bit.ly/freemakerstations

Free printables library with activities for children 0-6 <https://www.littlesparkcompany.com/printables-library>

Poetry and music- <https://www.thewell.world/mindful-mu.../mindful-poetry-moments>

Educational Games:

Top pick- Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game. <https://www.squigglepark.com/dreamscape/>

Play games and learn all about animals <https://switchzoo.com/>

Math and Reading games <https://www.funbrain.com/>

Magic Spell is a carefully crafted spelling adventure. <https://brainbox.games/>

Games to get "into the book" <https://reading.ecb.org/>

Interactive games based on the book series

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

Storytime:

Top pick- Favourite kids books read by famous people <https://www.storylineonline.net/>

Top pick- [Audible Stories, an extensive streaming library of children's and young adult audiobooks](#)
(Amazon Audible)- Audible is offering free streaming of children and teen books

Read, play games, and hang out with Dr. Seuss <https://www.seussville.com/>

Online library - <https://www.fvrl.bc.ca/ebooks.php>

<https://bookriot.com/2017/08/28/free-books-online/>

Music and film :

Top pick- Music is for everyone <https://musiclab.chromeexperiments.com/Experiments>

Free guitar lessons for three months- <https://www.fender.com/play>

[Kanopy, a movie streaming service available with a library card](#) (works with FVR library card)

[Interactive pretend play challenges and activity sheets from the Bay Area Children's Theater Creativity Corner](#) (YouTube)

[Stop Motion Kids Camp enrollment from artist Trisha Zemp is being offered for free](#) (redeem enrollment code by [sharing one of Zemp's posts](#) on Instagram @trishazemp)

[Educational music videos from Laurie Berkner](#) (YouTube)

Movement and exercise:

Top pick - Yoga for kids: <https://www.youtube.com/user/CosmicKidsYoga>

Top pick At home OT, PT, and ST resources designed to build skills in children through movement and play. <https://www.theotttoolbox.com/>

Virtual hip hop classes every Monday: <https://www.facebook.com/events/2906862216072936/>

Free at-home kids yoga lesson plans <https://littletwistersyoga.com/online-store/>

Baza Dance studio free classes: https://www.facebook.com/bazadance/?hc_location=ufi

Fitness Blender is a YouTube channel with hundreds of free workouts of all types:
https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ

At home free body workouts: <https://instagram.com/cammacdougall?igshid=1ofp5yxotgj>

[GoNoodle Good Energy at Home, entertaining videos and educational at-home activities that encourage movement](#)

Educational:

Top pick- [Scholastic Learn at Home: 20 days of education activities, broken up into four grade levels](#)

Engineering challenges with things you have at home

<https://thehomeschoolscientist.com/paper-structures-engine.../>

[Encantos Learning Hub](#) (pre–K-1 resources available in English and Spanish)

[Learn@Home, educational YouTube channels curated by age group](#) (YouTube)

Chemistry <https://www.playmadagames.com/>

[Sesame Street has videos, games, and activities for younger kids](#))

35,000 pages of online content on the cultures and countries of the world. <https://www.countryreports.org/>

Teaches students how to write a paragraph through interactive online tutorial <http://www.paragraphpunch.com/>

[Tinkergarten has a week's worth of outdoor education DIY activities](#) (sign up for the email newsletter on Tinkergarten's website)

[Complexly, a series of video series on educational topics ranging from literature to biochemistry](#) (YouTube)

300,000+ FREE printable worksheets from toddlers to teens <https://www.123homeschool4me.com/home-school-free-printabl.../>

[Story Pirates University, writing video lessons from the Story Pirates podcast team](#) (YouTube)

[Two Whats and a Wow!, a daily science-based game show from the Wow in the World podcast team, including activity challenges](#) (NPR)

Interactive video earth science based curriculum supplement. <https://www.everyday-earth.com/>

Classes for older teens or

adults https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR2PNgIks0HOmBjvCjxJPAHhf7KAQmUdtdddyZyApzCe1xPUwA1Ep5vQM

7,000 free videos in 13 subject areas <https://hippocampus.org/>

Online education program for toddler through high school... <https://www.khanacademy.org/>

Carmen Sandiego videos, stories, and lessons for all subject areas <https://www.carmensandiego.com/resources/?fbclid=IwAR3rJUiO6VfMYba-aw5QyY-l6n5USUJmXd66bUlh7hyG5X0PLac8L-qn0IU>

Critical Thinking resources for K-6 students <https://marketplace.mythinkscape.com/store/redtkids>

The Shurley English program for grades K-8 provides a clear, logical, and concrete approach to language arts. <https://www.shurley.com/>

Coding with Star Wars <https://code.org/starwars>

Amphibian unit studies <https://premeditatedleftovers.com/.../amphibians-unit-study-.../>