

# At-Home Toolkit for Families

Resources to help parents and children during the COVID-19 pandemic



*Note: CommScope is not responsible for the content of the informational links. Individuals using this toolkit will need to decide the appropriateness, relevance and value of each informational link and its content. Any costs incurred are the responsibility of the parent or guardian and not eligible for reimbursement by CommScope.*

## Contents

This information pack is largely intended for parents, but provides some excellent activities, tips and links for all family members, especially young children. You can double click on each of the headings below to quickly access the relative content. The education offerings on the subsequent pages can be accessed directly by pressing “Ctrl +Click” on the hyperlinks.

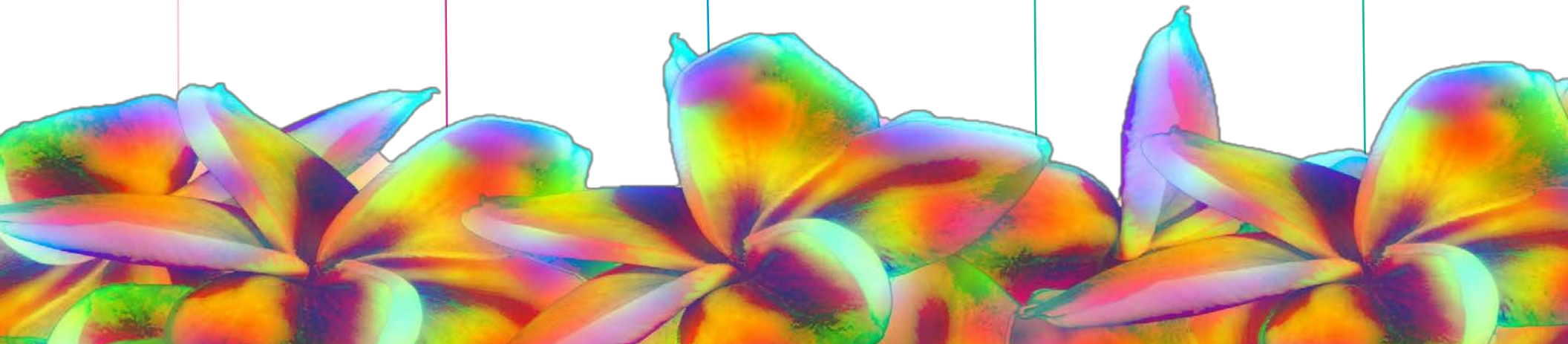
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## 1) Virtual Education Offerings

**Amazing Attractions - A list of museums, zoos, and other attractions from around the world to visit from the comfort of our home while we self-isolate.**

### Museums

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• <b>Anne Franke Museum, Amsterdam, Netherlands</b><br/><a href="https://www.annefrank.org/en/museum/web-and-digital/">https://www.annefrank.org/en/museum/web-and-digital/</a></li> <li>• <b>British Museum, London</b><br/><a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a></li> <li>• <b>Guggenheim, Bilbao, Spain</b><br/><a href="https://www.guggenheim-bilbao.eus/en">https://www.guggenheim-bilbao.eus/en</a></li> <li>• <b>Hermitage Museum, St Petersburg, Russia</b><br/><a href="https://www.youtube.com/watch?v=49YeF5x1rl_w&amp;feature=youtu.be">https://www.youtube.com/watch?v=49YeF5x1rl_w&amp;feature=youtu.be</a></li> <li>• <b>Louvre Museum Paris</b><br/><a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a></li> <li>• <b>MASP, Sao Paulo, Brazil</b><br/><a href="https://masp.org.br/en">https://masp.org.br/en</a></li> <li>• <b>Met Museum, New York</b><br/><a href="https://www.metmuseum.org/art/online-features/met-360-project">https://www.metmuseum.org/art/online-features/met-360-project</a></li> <li>• <b>Musee d'Orsay, Paris</b><br/><a href="https://m.musee-orsay.fr/en/home.html">https://m.musee-orsay.fr/en/home.html</a></li> <li>• <b>Musei Vaticani, Vatican City</b><br/><a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/taur-virtuali-elenco.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/taur-virtuali-elenco.html</a></li> <li>• <b>Museum of London Docklands</b><br/><a href="https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour">https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>National Gallery of Arts, Washington DC</b><br/><a href="https://www.nga.gov/">https://www.nga.gov/</a></li> <li>• <b>National Gallery, London</b><br/><a href="https://www.nationalgallery.org.uk/visiting/virtual-tours">https://www.nationalgallery.org.uk/visiting/virtual-tours</a></li> <li>• <b>National Museum of US Air Forces</b><br/><a href="https://www.nationalmuseum.af.mil/">https://www.nationalmuseum.af.mil/</a></li> <li>• <b>Natural History Museum, London</b><br/><a href="https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/vOH_jHCmSOMI&lt;vHQ">https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/vOH_jHCmSOMI&lt;vHQ</a></li> <li>• <b>Palestine Museum</b><br/><a href="https://www.palmuseum.org/exhibitions/virtual">https://www.palmuseum.org/exhibitions/virtual</a></li> <li>• <b>Picasso Museum, Barcelona</b><br/><a href="http://www.bcn.cat/museupicasso/en/museum/presentation.html">http://www.bcn.cat/museupicasso/en/museum/presentation.html</a></li> <li>• <b>Rijksmuseum, Amsterdam, Netherlands</b><br/><a href="https://artsandculture.google.com/partner/rijksmuseum">https://artsandculture.google.com/partner/rijksmuseum</a></li> <li>• <b>Royal Academy of Arts, London</b><br/><a href="https://britishart.org.uk/">https://britishart.org.uk/</a></li> <li>• <b>Salvatore Dali Museum, Figueres, Spain</b><br/><a href="https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#">https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#</a></li> <li>• <b>Tate Britain, London</b><br/><a href="https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art">https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>The J. Paul Getty Museum, Los Angeles, United States</b><br/><a href="https://artsandculture.google.com/partner/the-j-paul-getty-museum">https://artsandculture.google.com/partner/the-j-paul-getty-museum</a></li> <li>• <b>The Museum of Flight</b><br/><a href="https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online">https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online</a></li> <li>• <b>The National Museum of Computing on Bletchley Park</b><br/><a href="https://britishart.org.uk/">https://britishart.org.uk/</a></li> <li>• <b>Uffizi Gallery, Florence, Italy</b><br/><a href="https://artsandculture.google.com/partner/uffizi">https://artsandculture.google.com/partner/uffizi</a></li> <li>• <b>US Holocaust Museum</b><br/><a href="https://www.ushmm.org/information/exhibitions/online-exhibitions">https://www.ushmm.org/information/exhibitions/online-exhibitions</a></li> <li>• <b>Virginia Living Museum</b><br/><a href="https://thelivingmuseum.org/visit/about-us/covid-19-update/natural-education/">https://thelivingmuseum.org/visit/about-us/covid-19-update/natural-education/</a></li> <li>• <b>Women's History Museum, Virginia, USA</b><br/><a href="https://www.womenshistory.org/womens-history/online-exhibits">https://www.womenshistory.org/womens-history/online-exhibits</a></li> <li>• <b>Yale Centre For British Art</b><br/><a href="https://britishart.org.uk/">https://britishart.org.uk/</a></li> </ul> |
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Tourist Destinations	General Sites	Zoos	
<ul style="list-style-type: none"> <li>• <b>Buckingham Palace, London</b> <a href="https://www.royal.uk/virtual-tours-buckingham-palace">https://www.royal.uk/virtual-tours-buckingham-palace</a></li> <li>• <b>Colosseum, Rome</b> <a href="https://tinyurl.com/thrprzf">https://tinyurl.com/thrprzf</a></li> <li>• <b>Machu Picchu</b> <a href="https://www.youvisit.com/tour/machupicchu?pl=f">https://www.youvisit.com/tour/machupicchu?pl=f</a></li> <li>• <b>Northern Lights</b> <a href="https://explore.org/livecams/aurora-borealis-northern-lights-northern-lights-cam">https://explore.org/livecams/aurora-borealis-northern-lights-northern-lights-cam</a></li> <li>• <b>Pyramids</b> <a href="https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200">https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200</a></li> <li>• <b>Stonehenge</b> <a href="https://tinyurl.com/wz3xqz7">https://tinyurl.com/wz3xqz7</a></li> <li>• <b>The Great Wall of China</b> <a href="https://www.thechinaquide.com/destination/great-wall-of-china">https://www.thechinaquide.com/destination/great-wall-of-china</a></li> <li>• <b>Tour of Rome, Italy</b> <a href="https://tinyurl.com/s5vlzbc">https://tinyurl.com/s5vlzbc</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>AirPano</b> <a href="https://www.airpano.com/">https://www.airpano.com/</a></li> <li>• <b>Berliner Philharmoniker</b> <a href="https://www.digitalconcerthall.com/en/home">https://www.digitalconcerthall.com/en/home</a></li> <li>• <b>ExoPlanets NASA</b> <a href="https://exoplanets.nasa.gov/">https://exoplanets.nasa.gov/</a></li> <li>• <b>Legoland</b> <a href="https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/">https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/</a></li> <li>• <b>NASA, Langley Research Centre</b> <a href="https://oh.larc.nasa.gov/oh/">https://oh.larc.nasa.gov/oh/</a></li> <li>• <b>The Kennedy Centre</b> <a href="https://www.kennedy-center.org/digitalstage/">https://www.kennedy-center.org/digitalstage/</a></li> <li>• <b>Walt Disney Parks</b> <a href="https://tinyurl.com/v7gano5">https://tinyurl.com/v7gano5</a></li> <li>• <b>Wellcome Collection</b> <a href="https://my.matterport.com/show/?m=rMGsprcVCAR">https://my.matterport.com/show/?m=rMGsprcVCAR</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>African Animals</b> <a href="https://explore.org/livecams/african-wildlife/african-animal-lookout-camera">https://explore.org/livecams/african-wildlife/african-animal-lookout-camera</a></li> <li>• <b>Atlanta Zoo</b> <a href="https://zooatlanta.org/panda-cam/">https://zooatlanta.org/panda-cam/</a></li> <li>• <b>Cincinnati Zoo</b> <a href="https://www.facebook.com/events/2915534028492292/">https://www.facebook.com/events/2915534028492292/</a></li> <li>• <b>Dublin Zoo</b> <a href="https://www.dublinzoo.ie/animals/animal-webcams/elephants/">https://www.dublinzoo.ie/animals/animal-webcams/elephants/</a></li> <li>• <b>Edinburgh Zoo</b> <a href="https://www.edinburghzoo.org.uk/webcams/panda-cam/">https://www.edinburghzoo.org.uk/webcams/panda-cam/</a></li> <li>• <b>Explore.org Live Cams</b> <a href="https://explore.org/livecams">https://explore.org/livecams</a></li> <li>• <b>Flamingo Land</b> <a href="https://www.flamingoland.co.uk/virtual-tour/">https://www.flamingoland.co.uk/virtual-tour/</a></li> <li>• <b>Florida Aquarium</b> <a href="http://www.flaquarium.org/seaspan">http://www.flaquarium.org/seaspan</a></li> <li>• <b>Hirakawa Zoo, Japan</b> <a href="https://hirakawazoo.jp/animal/movie">https://hirakawazoo.jp/animal/movie</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>International Wolf Centre</b> <a href="https://wolf.org/wolf-cams2/">https://wolf.org/wolf-cams2/</a></li> <li>• <b>Kansas City Zoo</b> <a href="https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/">https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/</a></li> <li>• <b>Melbourne Zoo</b> <a href="https://www.zoo.org.au/animal-house">https://www.zoo.org.au/animal-house</a></li> <li>• <b>National Aquarium, USA</b> <a href="https://www.aquarium.org/Experience/live">https://www.aquarium.org/Experience/live</a></li> <li>• <b>National Zoo, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li> <li>• <b>Osaka Zoo</b> <a href="http://www.wombat-tv.com/">http://www.wombat-tv.com/</a></li> <li>• <b>San Diego, California, Zoo</b> <a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a></li> <li>• <b>Smithsonian, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li> <li>• <b>Yellowstone National Park</b> <a href="https://www.nps.gov/vel/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/vel/learn/photosmultimedia/virtualtours.htm</a></li> </ul>

# Mindfulness and keeping active

## Ideas and Apps

### Joe Wicks

#### YouTube or BBC iPlayer

[https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-Discovery\\_Cards-\[Multi\\_Site\]-\[SL07\]-\[PS\\_IPLA\\_YER~C~P\\_BuePeter:](https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-Discovery_Cards-[Multi_Site]-[SL07]-[PS_IPLA_YER~C~P_BuePeter:)

### Smiling M

Short audio session to help with mindfulness

[https:// app .smi lin gm ind.co.au](https://app.smilingmind.co.au)  
L

### Cosmic Yoga

#### YouTube

Yoga videos designed for kids aged 3+

[www.youtube.com/user/cosmickidsyoga](http://www.youtube.com/user/cosmickidsyoga)

### BBC Supermovers

Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

### Go Noodle

#### YouTube

Brain exercise, dancing, strength and mindfulness videos - as well as videos that are "just for fun"

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

### Premier League Stars

Videos and activities to support Maths, Literacy, PSHE and PE

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

Global Resources	Free Math Websites	Free Reading Websites
<p><a href="#">Happy Families Pod Casts</a>  <a href="#">Storyweaver.org.in</a>  <a href="#">Gamestolearnenglish.com/spelling-bee/</a>  <a href="#">Africanstorybook.org</a>  <a href="#">Spellingtraining.com</a>  <a href="#">Busytoddler.com</a>  <a href="#">Learnwithhomer.com</a>  <a href="#">Allkidsnetwork.com</a>  <a href="#">PBSkids.org/games/</a>  <a href="#">Sesamestreet.org/caring</a></p>	<p><a href="#">Fun Brain</a> - Find math games by topic or by grade at FunBrain.</p> <p><a href="#">Math Blaster</a> - The goal at Math Blaster is clear: “Your success depends on your ability to use your brain and logic skills.” basic math skills in a fun and engaging way on this math site for kids.</p> <p><a href="#">Multiplication.com</a> - Multiplication Grand Prix to the Knight and the Princess, students can practice their basic math skills in a fun and engaging way</p> <p><a href="#">Learn Zillion</a> - Find lessons that complement what you are studying in the classroom based on the Common Core Standards for grades 3 to 9.</p> <p><a href="#">Hooda Math</a> - Logic and reasoning, math fact practice and more make up the free educational games at Hooda Math.</p> <p><a href="#">Manga High</a> - Manga High offers free and subscription packages to classroom and homeschool teachers.</p> <p><a href="#">Math Game Time</a> - Designed for students from pre-K through 7th grade,</p> <p><a href="#">Math Playground</a> - “Play with Numbers and Give Your Brain a Workout”</p> <p><a href="#">CryptoKids</a>- America’s CryptoKids website is sponsored by the NSA and focuses on code-making and code-breaking.</p> <p><a href="#">BBC KS2 Bitesize</a> - Math practice with a bit of British humor is what Bitesize is all about.</p> <p><a href="#">Cool Math Games</a> - Coolmath-Games has exactly what the name implies: fun and unique math learning opportunities for students.</p>	<p><a href="#">Storyline Online</a> - Storyline Online features accomplished actors and actresses reading some of their favorite children’s books.</p> <p><a href="#">Free Children’s Stories</a> - Operates on the simple principle that children’s development is paramount.</p> <p><a href="#">Starfall</a> - Students can follow along as the story is read to them and can, in some instances, help create their own story.</p> <p><a href="#">Online Storytime by Barnes and Noble</a> - Barnes and Noble’s Online Storytime has popular children’s books read out loud.</p> <p><a href="#">International Children’s Digital Library</a> - Discover books from around the world at the International Children’s Digital Library. The</p> <p><a href="#">ABCya!</a> - Children can listen to short stories read aloud to them as they follow along with the highlighted text.</p> <p><a href="#">Storynory</a> - Storynory features a collection of original, fairy tale, and classic children’s audio stories.</p> <p><a href="#">National Geographic Young Explorers</a> - National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students.</p> <p><a href="#">Oxford Owl</a> - After registering for a free account, you have access to over 250 children’s audio books that can be used in the classroom.</p> <p><a href="#">Read to Me</a> - Similar to Storyline Online, Read to Me features popular children’s books being read by famous performers.</p>

## Arts/Theatre/Entertainment

1. Virtual Babysitters Club (“VBC”): Services provided by Broadway Performers and Beyond! [www.virtualbabysittersclub.com](http://www.virtualbabysittersclub.com) ; kids meet and interact with professional performers for an hour in activities like **adventure games, dance parties, trivia games, magic/puppet shows, summer camps and more!** Click: [What is VBC?](#) (2 min)
2. TomorrowTix.com: Right now, thousands of artists aren’t able to come together in a physical space to share their talents. That’s why TomorrowTix has partnered with theater’s best – we’re talking Tony winners, Emmy nominees, and Beyonce’s choreographer – to bring you intentional and unforgettable virtual experiences. Prices range from \$25 - \$100 per class.



5 streaming services to watch Broadway and West End shows in your living room

<https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals>

Expelliarmus boredom! JK Rowling launches ‘Harry Potter at Home’ hub for kids in lockdown

<https://www.cnn.com/2020/04/01/world/harry-potter-at-home-hub-jk-rowling-scli-intl-gbr/index.html>



## [Pre-school and Pre-K](#)

1. [ABC Mouse](#) Math, art, science, reading & color lessons for ages 2-8.
2. [Animal Sound Safari](#) Australian podcast travels in a Magic School Bus-style “safari mobile” to discover animals around the world.
3. [Arts & Culture](#) Virtually visit 500+ museums and art galleries around the world.
4. [But Why: A podcast for curious kids](#) Public radio host Jane Lindholm helps answer kids' most burning questions.
5. [Disney stories on Spotify](#) 10-15 minute Disney stories told in an engaging way.
6. [Earth Rangers](#) A sound-rich dive into nature and animal science, podcast guided by Ranger Emma.
7. [Go Noodle](#) Kid-friendly videos to get your kids up and moving around.
8. [Khan Academy](#) Offers a personalized learning dashboard with videos and practice exercises.
9. [Kinder Art](#) Art lessons for grades PreK – 8th grade. Free and fee-based lessons available online.
10. [Lincoln Center at Home Pop-Up Classroom](#) Creative learning activities to help families with children explore art.
11. [LUNCH DOODLES](#) Children's author and illustrator Mo Willems invites you to explore new ways of making and writing.
12. [McHarper Manor](#) Free daily live art and craft tutorials.
13. [Monterey Bay Aquarium](#) Live stream of different aquarium exhibits.
14. [Pants on Fire](#) Kids are challenged to “spot the liar” on this game show, co-hosted by a robot.
15. [Polar bear live stream](#) Live stream of polar bears in the Tundra.
16. [Puppy cam](#) Live stream of a puppy playroom.
17. [Safari Tour](#) Ride along on a live safari.
18. [San Diego Zoo](#) Tour the San Diego Zoo.
19. [Scavenger hunts](#) Simple themed scavenger hunts.
20. [Scholastic Learn at Home](#) Keep the learning going with four daily learning experiences, each built around a meaningful story or video.
21. [Smash Boom Best podcast](#) Debate show pits two awesome things against each other, encouraging listeners to choose their own winner.
22. [Storyline Online](#) Streams videos of celebrated children's books alongside creatively produced illustrations.
23. [Supercharged School](#) Online science lessons and experiments. Free and paid content available.



24. [Teach Your Monster to Read](#) Free online phonics and reading lessons.
25. [Virtual field trips](#) A list of virtual trips you can take to zoos, museums and parks.
26. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
27. [WOW in the World](#) Guy Raz and Mindy Thomas, radio and podcast stars, serve up science news with a heavy dose of silliness.
28. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park.
29. [Mindfulness for kids](#) Free mindfulness class for kids.
30. [Monterey Bay Aquarium](#) Live stream of different aquarium exhibits.
31. [Mystery Science](#) Free, easy science for remote learning.
32. [National Geographic Kids](#) Interactive, engaging and colorful games, videos and more.
33. [Reading IQ](#) Reading assessment and digital library of books. Free access w/code SCHOOL7771.
34. [TIME for Kids](#) Free access to a library of grade-specific digital editions of TIME for Kids and *Your \$* financial literacy magazine.
35. [The Science Guy](#) Demos and experiments you can try at home.
36. [Safari Tour](#) Ride along on a live safari.
37. [San Diego Zoo](#) Tour the San Diego Zoo.
38. [Scholastic Learn at Home](#) Keep the learning going with four daily learning experiences, each built around a meaningful story or video.
39. [Smithsonian Natural History Museum](#) Virtually visit exhibits in the National Museum of Natural History in Washington D.C.
40. [Story Pirates](#) Podcast series with original stories written by real kids, featuring celebrity guests.
41. [Supercharged School](#) Online science lessons and experiments. Free and paid content available.
42. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
43. [WOW in the World](#) Guy Raz and Mindy Thomas, radio and podcast stars, serve up science news with a heavy dose of silliness.
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45. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park.
46. [Zearn](#) Online math lesson resource, free during school.

[K-2<sup>nd</sup> Grade](#)

1. [ABC Mouse](#) Math, art, science, reading & color lessons for ages 2-8.
2. [Arts & Culture](#) Virtually visit 500+ museums and art galleries around the world.
3. [Brains On](#) Award-winning science podcast for kids from American Public Media.
4. [But Why: A podcast for curious kids](#) Public radio host Jane Lindholm helps answer kids' most burning questions.
5. [Cosmic Kids Zoga](#) Yoga, mindfulness and relationship for kids 3+.
6. [Curriculum Associates](#) Free printable reading and math activity packs (in English and Spanish).
7. [Disney stories on Spotify](#) 10-15 minute Disney stories told in an engaging way.
8. [Earth Rangers](#) A sound-rich dive into nature and animal science, podcast guided by Ranger Emma.
9. [Go Noodle](#) Kid-friendly videos to get your kids up and moving around.
10. [Khan Academy](#) Offers a personalized learning dashboard with videos and practice exercises, includes math, science, history, etc.
11. [Kids Learning Tube](#) YouTube channel that teaches using animation.
12. [Kinder Art](#) Art lessons for grades PreK – 8th grade. Free and fee-based lessons available online.
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31. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
32. [WOW in the World](#) Guy Raz and Mindy Thomas, radio and podcast stars, serve up science news with a heavy dose of silliness.
33. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park.
34. [Zearn](#) Online math lesson resource, free during school.

### 3<sup>rd</sup> – 5<sup>th</sup> Grade

1. [Adventure Academy](#) Math, art, science and reading for ages 8-13, free during school closures w/code SCHOOL7771.
2. [Arts & Culture](#) Virtually visit 500+ museums and art galleries around the world.
3. [Brains On](#) Award-winning science podcast for kids from American Public Media.
4. [But Why: A podcast for curious kids](#) Public radio host Jane Lindholm helps answer kids' most burning questions.
5. [Coding courses](#) Created by the Creative Computing Lab at Harvard, supports increasing fluency with computational thinking.
6. [Cosmic Kids Zoga](#) Yoga, mindfulness and relationship for kids.
7. [Curriculum Associates](#) Free printable reading and math activity packs (in English and Spanish).
8. [Hidden Worlds of National Parks](#) Google's partnership with the National Parks Services quite literally brings the outdoors inside.
9. [Drawing classes](#) Author/illustrator Jarrett Krozoczka offers drawing classes on YouTube, daily.
10. [Khan Academy](#) Offers a personalized learning dashboard with videos and

practice exercises, includes math, science, history, etc.

11. [Kids Learning Tube](#) YouTube channel that teaches using animation.
12. [Kinder Art](#) Art lessons for grades PreK – 8th grade. Free and fee-based lessons available online.
13. [Lincoln Center at Home Pop-Up Classroom](#) Creative learning activities to help families with children explore art.
14. [LUNCH DOODLES](#) Children's author and illustrator Mo Willems invites you to explore new ways of making and writing.
15. [McHarper Manor](#) Free daily live art and craft tutorials.
16. [Mindfulness for kids](#) Free mindfulness class for kids.
17. [Monterey Bay Aquarium](#) Live stream of different aquarium exhibits.
18. [Mystery Science](#) Free, easy science for remote learning.
19. [National Geographic Kids](#) Interactive, engaging and colorful games, videos and more.
20. [Reading IQ](#) Reading assessment and digital library of books. Free access w/code SCHOOL7771.
21. [TIME for Kids](#) Free access to a library of grade-specific digital editions of TIME for Kids and *Your \$* financial literacy magazine.
22. [The Science Guy](#) Demos and experiments you can try at home.
23. [Safari Tour](#) Ride along on a live safari.
24. [San Diego Zoo](#) Tour the San Diego Zoo.
25. [Scholastic Learn at Home](#) Keep the learning going with four daily learning experiences, each built around a meaningful story or video.
26. [Smithsonian Natural History Museum](#) Virtually visit exhibits in the National Museum of Natural History in Washington D.C.
27. [Story Pirates](#) Podcast series with original stories written by real kids, featuring celebrity guests.
28. [Supercharged School](#) Online science lessons and experiments. Free and paid content available.
29. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
30. [WOW in the World](#) Guy Raz and Mindy Thomas, radio and podcast stars, serve up science news with a heavy dose of silliness.
31. [Virtual field trips](#) A list of virtual trips you can take to zoos, museums and parks.
32. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park.
33. [Zearn](#) Online math lesson resource, free during school.

## 6<sup>th</sup> – 8<sup>th</sup> Grade

1. [Adventure Academy](#) Math, art, science and reading for ages 8-13, free during school closures w/code SCHOOL7771.
2. [Arts & Culture](#) Virtually visit 500+ museums and art galleries around the world.
3. [AYP tech & career lessons](#) From PwC and Code.org, nine 45-min lessons that connect technology and future careers.
4. [Brains On](#) Award-winning science podcast for kids from American Public Media.
5. [Coding courses](#) Created by the Creative Computing Lab at Harvard, supports increasing fluency with computational thinking.
6. [Hidden Worlds of National Parks](#) Google's partnership with the National Parks Services quite literally brings the outdoors inside.
7. [Drawing classes](#) Author/illustrator Jarrett Krozoczka offers drawing classes on YouTube, daily.
8. [Khan Academy](#) Offers a personalized learning dashboard with videos and practice exercises, includes math, science, history, etc.
9. [Kinder Art](#) Art lessons for grades PreK – 8th grade. Free and fee-based lessons available online.
10. [LUNCH DOODLES](#) Children's author and illustrator Mo Willems invites you to explore new ways of making and writing.
11. [MathAntics](#) YouTube videos that teach math lessons through animation.
12. [Reading IQ](#) Reading assessment and digital library of books. Free access w/code SCHOOL7771.
13. [Safari Tour](#) Ride along on a live safari.
14. [San Diego Zoo](#) Tour the San Diego Zoo.
15. [Scholastic Learn at Home](#) Keep the learning going with four daily learning experiences, each built around a meaningful story or video.
16. [Story Pirates](#) Podcast series with original stories written by real kids, featuring celebrity guests.
17. [Smithsonian Natural History Museum](#) Virtually visit exhibits in the National Museum of Natural History in Washington D.C.
18. [Supercharged School](#) Online science lessons and experiments. Free and paid content available.
19. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
20. [WOW in the World](#) Guy Raz and Mindy Thomas, radio and podcast stars, serve up science news with a heavy dose of silliness.

21. [Virtual field trips](#) A list of virtual trips you can take to zoos, museums and parks.
22. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park.

### [High School](#)

1. [Arts & Culture](#) Virtually visit 500+ museums and art galleries around the world.
2. [Brains On](#) Award-winning science podcast for kids from American Public Media.
3. [Coding courses](#) Created by the Creative Computing Lab at Harvard, supports increasing fluency with computational thinking.
4. [Drawing classes](#) Author/illustrator Jarrett Krozoczka offers drawing classes on YouTube, daily.
5. [Khan Academy](#) Offers a personalized learning dashboard with videos and practice exercises, includes math, science, history, etc.
6. [MathAntics](#) YouTube videos that teach math lessons through animation.
7. [Reading IQ](#) Reading assessment and digital library of books. Free access w/code SCHOOL7771.
8. [Safari Tour](#) Ride along on a live safari.
9. [San Diego Zoo](#) Tour the San Diego Zoo.

10. [Scholastic Learn at Home](#) Keep the learning going with four daily learning experiences, each built around a meaningful story or video.
11. [Smithsonian Natural History Museum](#) Virtually visit exhibits in the National Museum of Natural History in Washington D.C.
12. [Supercharged School](#) Online science lessons and experiments. Free and paid content available.
13. [The Story Collider podcasts](#) True, personal stories about science.
14. [Virtual field trips](#) A list of virtual trips you can take to zoos, museums and parks.
15. [Wide Open School](#) Free collection of the best learning experiences and activities for kids.
16. [Yellowstone National Park](#) Take a virtual tour of Yellowstone National Park

### 3. Staying Active and Fighting Off Boredom

(Retrieved from <https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home> August 24, 2020)

Looking for ways to fight boredom? It's easy to spend this time at home feeling bored and unmotivated. Here are some fun and creative ideas and activities that you can do at home to brighten your days.

#### Include Outdoor Breaks in a Daily Routine

If possible, make a point to get your kids and yourself outside several times a day, even if it's only for 20-30 minutes at a time. Consider these "recess" or "lunch breaks" that you schedule every day.

Fortunately, you can do this while still following [CDC-recommended practices](#) to protect yourself and others, such as putting distance between yourself and other people, washing your hands with soap and water and staying home if you're sick.

"Outdoor gatherings are less risky than indoors ones since COVID-19 spreads more easily when people are close together in confined spaces," according to guidelines from Public Health – Seattle & King County, the health department for the metropolitan Seattle area.

"Plus, it's important for kids to get active outside time every day. Research shows that daily time for kids outdoors also boosts the health and well-being of the adults in their lives."

Here are some ways to take quick breaks outside:

- Try motivating younger kids with simple challenges such as "Can you find ...?" or "How far can you ...?"
- Play hide and seek.
- Bust out soccer balls, sidewalk chalk, buckets and other toys like flying discs.
- Walk around the block or to your local park or green space. Ask older teens to walk with younger siblings.
- Jog, scooter, bike, skateboard, pogo stick, hula hoop or roller skate around the block.
- Play hopscotch on the sidewalk.
- Walk, run or play fetch with your dog.
- Challenge your kid to a race down the block.
- Have kids make up a jump rope routine to their favorite music.



- Set up an obstacle course in the backyard (or even in the house).

Read more tips on [how to up your child's daily dose of the outdoors](#).

### **Go on a Scavenger Hunt or Nature Adventure**

Try a fun activity such as a low-tech [scavenger hunt](#) that gets you outside. Have your kids search for and identify natural objects in your backyard, on your block or at a nearby park (depending on their ages and level of independence). Or encourage them to look around their natural surroundings and write down what they observe in our [printable DIY adventure notebook](#). Print out free activity cards online, such as this [free Nature Bingo card](#) or [REI Bug Bingo](#). (Don't forget to practice one of the important Seven Principles of [Leave No Trace](#), which is to leave what you find.)

### **Try Geocaching**

For a more high-tech option, try geocaching. You and your kids use a smartphone app to locate hidden caches (usually small containers) in your neighborhood parks, out on trails and in many other locations where others in the geocaching community have hidden them.

These days, instead of handling a cache, make a game out of seeing who can spot the cache first. When you get home, log your find online and make a note so you can go back when it's safe again to sign the logbook and see what kind of interesting schwag the cache has inside.

[Geocaching.com](#) has details on where to get the app, how to use it and where you can find caches near you. You can also learn more about geocaching in our article [How to Get Started Geocaching with Kids](#).

### **Go on a Family Bike Ride**

Taking a bike ride with your children can be a good way to get fresh air, get exercise and still keep a proper distance from others. Read more for tips on how to enjoy family biking in our [Cycling with Kids](#) article. If your kids haven't learned how yet, it's also a great time to [teach your kid to ride a bike](#).

### **Plant a Garden**

Gardening can help kids learn to develop motor and sensory skills. It engages their senses, encourages an appreciation for the environment and gives them a sense of accomplishment. Depending on where you live, you may be able start some seeds in indoor pots or prepare your garden plot. Browse books and online resources to begin planning your spring garden. The University of Illinois provides [this handy guide to gardening for kids](#); check with your local university extension program for tips and other resources to help you get started. Follow our tips for [planting your own kitchen herb garden](#); many grocery stores have seed packets available in the spring.

## **Go Backyard ‘Camping’**

Kids love hanging out in their own cozy, private spaces. If you have room in the backyard, teach them how to set up a tent and then let them hang out in there reading books, drawing, etc. For a special treat, maybe cook up some [s’mores](#) for them on the backyard grill.

## **Take a Hike**

While it can sometimes take some cajoling, and maybe even a little bribery, a hike can do wonders for your child’s mood and well-being. And for you, getting outside and surrounding yourself in nature can help relieve stress, allow you to unplug from news overload, and enjoy the time with your children. You don’t have to go far: If you’re able to get to a nearby city park, forest, beach, botanical garden or waterfront, wander along a trail and observe nature and trees. Read more on [ways to make hiking fun with kids](#). And read [7 Tips on How to Rekindle Your Sense of Awe Outside](#).

## **[Bring Outdoor Games Inside](#)**

If you’re not able to go outside, here are some ideas for bringing activity indoors:

- Blow up balloons and try to keep them up in the air. Maybe hang a blanket as a net and play “volleyball.”
- Use painter’s tape and create a hopscotch board on your living room floor or rug.
- Set up a mini golf course around the house, using cups for the holes and ping pong or other softer (i.e. less destructive) balls.
- Play “marching band”: Children young and old may enjoy marching throughout the house; everyone gets a different instrument (pots and pans included).
- Build an obstacle course indoors for smaller children using sofa cushions and cardboard boxes.
- Adapt these [three DIY outdoor games](#) for the indoors using recycled objects.

## **Dance**

Put on your favorite music or cue up a video and dance along. Check out [Hip Hop Public Health](#), which uses the power of hip hop to foster health behavior changes. Or try a popular classroom favorite, [Go Noodle](#), to get the wiggles out. Another perennial favorite, [Just Dance](#), is available online even if you don’t have a video game console.

## **Try an At-Home Fitness Workout**

With many gyms and recreational facilities closed, try one of many online workouts that keep you and your children fit and healthy. Try yoga with your kids; many local yoga and fitness studios are starting to offer virtual classes, so check in with your favorite local spots to see if

they're participating. Look for workout videos on geared toward kids such as [Fitness Blender for Kids](#).

### **Have Them Track Their Steps**

Use a smartphone app to motivate your kids to move more during the day. Let them borrow your fitness tracker or download a free app on your phone. Challenge your kids to hit a goal for each day, like a certain number of steps. If you have stairs in your home, set a goal for them to climb a certain number of stairs by the end of the day. Check in with them at the end of the day and celebrate their accomplishment. Challenge them to do a little more the following day.

### **Give Them Chores**

This won't be their favorite activity, but you surely need the help and they need to contribute to the family's well-being. Put your kids to work doing an easy project around the house. Assign them jobs such as dusting, mowing the lawn, doing dishes, wiping the counters, or folding laundry. Assign older kids dinner duty. Or get them to help you with a simple home improvement project you've been meaning to get to.

### **Give Them Unstructured Play**

Rather than trying to re-create the schedule they have in school, consider giving kids time and opportunity to explore and get creative on their own. This can be especially welcome for tweens and teens who want more freedom and don't want to be told what to do. Give them some broad structure—e.g. no screens during certain hours—but let your kids choose what they want to do whether it's listening to music, drawing, reading or making a batch of cookies. If they don't know what to do, offer some suggestions. Leave piles of books, board games, card games or art supplies where they have access.

### **Opt to Act**

Now might be a great time to introduce your kids to the REI [Opt to Act Plan](#): 52 weekly challenges to reduce your impact, get active and leave the world better than you found it. Read up on [5 simple ways to act on climate change](#). And browse our list of 52 actions that can help your kids incorporate eco-friendly behaviors into their daily lives. Here are just a few actions:

- Make cleaning up a part of your daily habits.
- Donate old toys and items instead of throwing them out.
- Read a book about an environmental issue.
- Become water wise in your home through mindful showering and dishwashing.
- Repair an item instead of purchasing a new one.

## **Help Them Stay Connected**

When you're homebound, it can become easy to feel socially isolated. Make sure to connect with friends and family members—whether through a phone call, texting or online video chat. Have your child connect with extended family members including grandparents, cousins or school friends. Since teens' social lives often revolve around their peers, allow time for them to connect with friends online.

# More Activities to do Indoors

Crafts	Games	
<ul style="list-style-type: none"> <li>• Make <a href="#">Paper Airplanes</a></li> <li>• Salt Painting: We have a <a href="#">snowflake</a> or <a href="#">firework template</a></li> <li>• Make <a href="#">Suncatchers</a></li> <li>• Make <a href="#">handprint</a> or <a href="#">leaf suncatchers</a></li> <li>• Make <a href="#">Salt Dough</a></li> <li>• Make <a href="#">Sponge Stamps</a></li> <li>• Make a <a href="#">Cereal Box Aquarium</a></li> <li>• Make <a href="#">Scratch Art</a></li> <li>• Make Your Own Bookmarks: We have templates to make <a href="#">Minion</a> , <a href="#">Olaf</a>, <a href="#">Trolls</a> or <a href="#">Toy Story Bookmarks</a></li> <li>• Paint <a href="#">Pet Rocks</a></li> <li>• Make <a href="#">Recycled Cravons</a></li> <li>• Make <a href="#">Paper Boats</a></li> <li>• <a href="#">Finger Paint</a></li> <li>• Make <a href="#">Friendship Bracelets</a></li> <li>• Make a <a href="#">Bird Feeder</a></li> <li>• Make <a href="#">Paper Bag Puppets</a></li> <li>• Make <a href="#">Handprint Art</a></li> <li>• Make a <a href="#">Scrapbook</a></li> <li>• <a href="#">Decorate T-Shirts</a></li> </ul>	<ul style="list-style-type: none"> <li>• Make a <a href="#">Thankful Jar</a></li> <li>• Make a <a href="#">Sensory Bag</a></li> <li>• <a href="#">Paint Leaves</a></li> <li>• Make a <a href="#">Time Capsule</a></li> <li>• Make <a href="#">Button Art</a></li> <li>• <a href="#">Paint with Watercolors</a></li> <li>• <a href="#">Color in a Coloring Book</a></li> <li>• Make <a href="#">Paper Crafts: Make™ <u>butterflies</u>, <u>paper sailboat</u>, or™ <u>flowers</u></a></li> <li>• <a href="#">Build a Cardboard Castle</a></li> <li>• Our recycled crafts for kids book has a step-by-step tutorial to make your own cardboard castle. See the book <a href="#">here</a>.</li> <li>• Make <a href="#">Tissue Box Monsters</a></li> <li>• Make a <a href="#">Toilet Paper Roll Butter fly</a>. <a href="#">More toilet paper roll crafts:™ <u>roll flower and butter fly</u>, <u>toilet paper roll flowers</u>, <u>toilet paper roll monsters</u></a></li> <li>• <a href="#">Stamp with Celery: Make <u>celery flowers</u> with the stumps of your celery.</a></li> <li>• <a href="#">Draw a Self Portrait</a></li> <li>• Do <a href="#">Scrape Painting</a></li> <li>• <a href="#">Paint a Recycled Jar</a></li> <li>• <a href="#">Make Your Own Superhero Costume</a></li> <li>• <a href="#">Learn to Draw</a></li> </ul>	<ul style="list-style-type: none"> <li>• Make a <a href="#">Sock Toss Game</a>. Use mismatched socks and fill them with beans or rice. Then try to see how many you can 'score' in a laundry basket.</li> <li>• <a href="#">Make Perler Bead Art</a></li> <li>• <a href="#">Write in a Journal</a></li> <li>• <a href="#">Use Dot Markers</a></li> <li>• <a href="#">Put on a Play</a></li> <li>• Make <a href="#">Indoor Hopscotch</a>. Use masking tape to make your own hopscotch on tiles in your own</li> <li>• <a href="#">Do a Family Chore Together</a></li> <li>• <a href="#">Have a Dance Party</a></li> <li>• <a href="#">Have a Tea Party</a></li> <li>• <a href="#">Play with Water In a Bin With Toys</a></li> <li>• Set up a <a href="#">Play Store</a>. Grab a shopping basket and set up the merchandise. We like this <a href="#">play cash register</a> too!</li> </ul>

#### 4. [How much screen time is too much for young children?](#)

(From <https://uichildrens.org/health-library/how-much-screen-time-too-much-young-children> August 20, 2020)

Screen time can be an everyday dilemma for parents and caregivers. Learn what can you do to make sure kids don't spend too much time in front of electronic media.

According to a study published by the Kaiser Family Foundation, children who are 2 and younger watch an average of one to two hours of television per day. In a typical day, 68% of those children also participate in screen time with their caregivers, listening to music, watching a video or DVD, or using a computer. Some are exposed to background media while their caregivers participate in screen time.

Research suggests that too much screen time can have lasting effects on children's language, short-term memory, and reading skills.

The American Academy of Pediatrics has issued these recommendations:

- Children younger than 18 months should avoid all screen media use except for supervised video chatting.
- Children ages 18 months to 5 years should only watch high-quality television programs with educational benefits, such as improved social and language skills and school readiness. Parents should view the program with their child and talk about what they are watching. Provide opportunities for playing out what they are watching. Children learn best through play and live social interaction.

# Free Audio Books

<https://www.worldofdavidwalliams.com/elevenses/>

[https://www.audible.co.uk/search?keywords=free+children+books&ref=a\\_hp\\_t1\\_header\\_search](https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search)



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

<http://www.audiobooktreasury.com/free-audiobooks/childrens/>



## 5. [Additional North American Resources](#)

[Care.com](#) - Care.com offers of an array of services that enable families to find, manage and pay for care and provide employment opportunities for caregivers. These include a robust suite of safety tools and resources, easy ways for caregivers to be paid and obtain professional benefits, household tax and payroll services for families, and customized corporate benefits packages covering childcare and senior care services.

### Finding childcare for the school year

[Questions to ask child caregivers during COVID-19](#)

[8 back-to-school childcare options and what safety protocols experts suggest for each](#)

[What is an after-school nanny or sitter — and do you need one?](#)

[How much does after-school childcare cost?](#)

[7 interview questions to ask when hiring an after-school nanny or sitter](#)

[6 tips for hiring an after-school sitter or nanny](#)

[How much does after-school transportation for kids cost?](#)

[9 things to know before hiring a nanny or sitter to drive your kids](#)

[How much does a nanny share cost?](#)

[How to know when your kid's old enough to stay alone](#)

### Finding and hiring a tutor for the school year

[How much does a tutor cost?](#)

[23 questions to ask when interviewing a tutor](#)

[7 free tutoring options for kids](#)

[The 12 best online tutoring services for 2020](#)

### Learning about new pod school trend in schooling

[Learning pod safety 101: What to know before you form your own](#)

[Setting up a learning pod for fall childcare needs may have tax requirements](#)

[Pod schools are the newest pandemic trend, but will they hurt more than help?](#)

### Planning for school safety during a pandemic

[5 critical kids health tips for fall, according to medical experts](#)

[How co-parents can agree on a back-to-school plan, according to experts](#)

[Schools shouldn't necessarily reopen, according to the American Academy of Pediatrics](#)

[14 ways teachers say parents can help as we return to school in a pandemic](#)

[12 parents share their plans and fears for going back to school during COVID-19](#)

[What going back to school could look like this year \(Spoiler: Pretty different\)](#)

[School may reopen in the fall, but some parents won't be sending their kids back](#)

### Understanding mask safety for kids

[How to talk to kids about face masks and tips to get them used to wearing one](#)

[5 myths about face masks and kids: What experts say parents need to know](#)  
[Face masks on kids at day care: Are they worth the effort?](#)

Preparing for back to school

[101 back-to-school tips for kids and parents](#)  
[Talking to kids about race and racism](#) (podcast)  
[20 best kids' lunchboxes for school](#)  
[30 back-to-school craft ideas for kids](#)

Home schooling

[The pros and cons of home schooling](#)

Making the most of after-school hours

[25 after-school activities and games for every type of kid](#)

Balancing work and family life

[Could 'double bubbles' be the pandemic-inspired childcare solution of the future?](#)  
[How to successfully work from home with kids](#)