

# 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

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

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- Astronauts read books from space**

[www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg?fbclid=IwAR3mPnrgIBq71NQQQusakYGZM0-j9Tv4Up-6zGmN9uVpz3fD-qE9\\_bisxYU&app=desktop](http://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg?fbclid=IwAR3mPnrgIBq71NQQQusakYGZM0-j9Tv4Up-6zGmN9uVpz3fD-qE9_bisxYU&app=desktop)

- Favorite Authors read stories**

[https://coolprogeny.com/2020/03/operation-storytime/?fbclid=IwAR3t0T8DNY\\_xuCMg0Qu27wyXZQ0yi1\\_w\\_kLfzc1Sl2VUKix2fAajAJ-TZwg](https://coolprogeny.com/2020/03/operation-storytime/?fbclid=IwAR3t0T8DNY_xuCMg0Qu27wyXZQ0yi1_w_kLfzc1Sl2VUKix2fAajAJ-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/](http://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=IwAR2IOgjFURtRaGsp\\_CFddzoFS4GwvW3Vt-QZdGAHmf0MigP2LoBYPH1JvE8](https://www.seussville.com/?fbclid=IwAR2IOgjFURtRaGsp_CFddzoFS4GwvW3Vt-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](http://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.

**what's your name?** fit activity for kids

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.

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

- **Brain Break- Tic Tac Toe**

[www.funinfirst.com](http://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/>

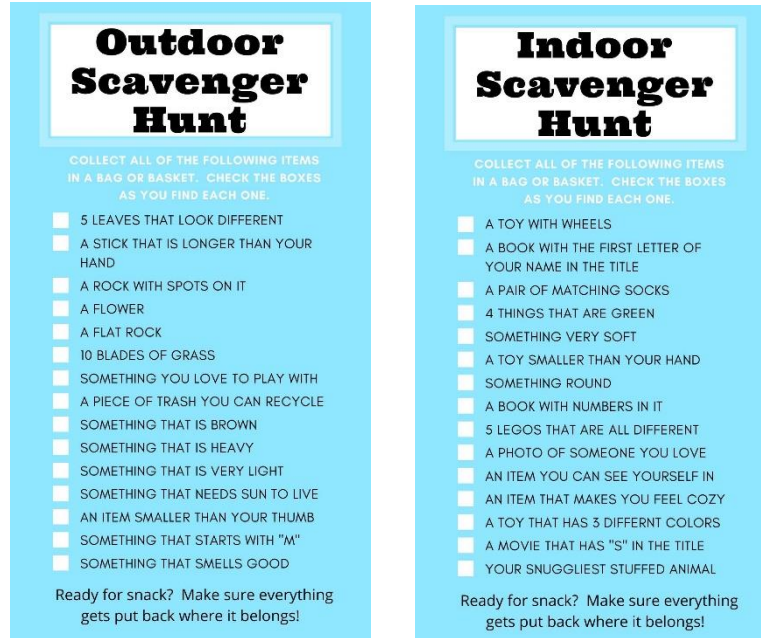
All ages

- **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 1<sup>st</sup> to 6<sup>th</sup> 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](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.shtml?fbclid=IwAR2YuTWv4UKp\\_hlagYD981vuV-El5Y6j5tqwRB8ZcDXk9Hztyk1H2VBlpjs](https://www.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.shtml?fbclid=IwAR2YuTWv4UKp_hlagYD981vuV-El5Y6j5tqwRB8ZcDXk9Hztyk1H2VBlpjs)

- **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](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](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.