

CORONA-RESOURCES

Original List – March 15, 2020

Here are some websites that can provide some relief from watching the news 24/7. I want to thank those who have contributed so far to start the list. If you'd like to add fun and fascinating websites to the list, email Joel Berger at jberger@thejewishcenter.org.

Disclaimer: These lists were provided by outside parties. They have not all been vetted so please use your judgement accordingly. Visit the sites to check for content before sharing them with children and others.

Most importantly: Please use Social Distancing and Wash Your Hands!

United Synagogue of Conservative Judaism

<https://uscj.org/press/protecting-your-congregation-community-from-coronavirus>

Here you will find links to many websites including a list of over 50 Synagogues who are live streaming services. Of course, we prefer you follow OUR live stream but there are other options as well.

Virtual Museum Tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

101 Best Movies to watch on Netflix:

<https://www.insider.com/101-best-movies-to-watch-on-netflix-right-now>

Resources for Children

Covid-19 EDU

- NPR has a great [comic](#) on explaining COVID-19 to kids
- [Talking to Children about Covid-19](#) by National Association of School Psychologists
- [NYTimes Parenting](#) How to Talk to Kids About Coronavirus
- How to [wash hands properly](#)
- Resources for kids who may have anxiety about COVID-19:
<https://gozen.com/coronavirus-anxiety/>
- Education week shows school closures:
<https://www.edweek.org/ew/section/multimedia/map-coronavirus-and-school-closures.html>
- Johns Hopkins University has an interactive map that shows cases of coronavirus (better viewed on a computer than your phone; also better for older kids), comparing countries and states. <https://coronavirus.jhu.edu/map.html>

General Tips

- Keep a routine (get up & dressed maintaining normal schedule where possible)
- Outside time keeps everyone sane. Plan a brief activity + set amount of time to just “be outside” and see what creative play arises.
- Most kids in schools are used to routines. If you can set up a public routine for your weekdays, it helps them know what to expect. We made poster boards for each kid with their schedule, balancing free time, school time, outdoor time, and other day events.

Good for Multiple Ages

- [Homeschooling Resources](#)
- Headspace has meditations for [kids](#)[
- Cooking - [Knife for younger kids](#): for younger kids steam vegetables and let them chop them for snack, for older kids they can safely use to help prep their own meals (started ours with this at 1.5 yrs old)
- YT Learning Hub -- <https://www.youtube.com/learning>. The goal is to give people - especially kids - easy access to the universe of educational videos on YouTube
- If your kids are younger, YouTube Kids (get the app at <https://www.youtube.com/kids/>) is the better way to watch YT, and also can be a gateway towards useful information.
- [Audible](#) audible based on their grade. I never advocate for my son to be on a screen, but his math abilities have skyrocketed. Also, if you get a membership, as a parent you can set challenges for them and give them “prizes” (like a costume component for their character) and see a report card with areas they are excelling in and areas of opportunity.
- [Physics Girl](#) for physics related YouTube content. Best aimed at kids 6+ but she does a lot of at-home experiments as well
- Hiking with a magnifying glass and the [iNaturalist](#) app to identify species; good to get out of the house, get exercise, and avoid playground germs!
- [Hoop app](#) - for local activities
- Library books, paperback or ebook. If you would like to avoid physical library books, you can still check out ebooks from the library. For example, the ebooks and audiobooks you can check out at the [Mountain View library](#).
- [Toucan Box](#) (or other craft boxes; this one is for the UK) –
- [KiwiCo](#) has a lot of good age appropriate craft boxes.
- [PBS Kids](#) has a lot of educational activities and games on their website. (I spoke with some of them at Grace Hopper, and they put a lot of work into curating and designing these games.)
- [Tynker](#) - coding lessons and games for a variety of ages (subscription, but I think it's worth it)
- Watch Legomasters and then BUILD BUILD BUILD! (Legos for all ages!)
- [Mystery Science Free Lessons](#)
- [Typing club](#)
- [STMath](#) - math games (free for 90 days for coronavirus)

Ages 0-2 Years Old

- Indoor Yoga on YouTube: [Cosmic Kids Yoga](#)
- Mr Tumble nursery rhymes
- Water play
- Bath!!
- Aqua doodle
- Soap bubbles in the garden (or nearby park) - making sure the container is taped to a table/bench leg so that it doesn't get poured out every 2 minutes
- This website has toddler activities for each month of development: <https://www.sensorylifestyle.com/toddler-activities/>
- Set up a “tea” station for little ones to practice pouring. We either go outside or set up a big baking sheet at a kids table inside and give them pouring cups and a little water. Also works in the bathtub.
- Color mixing water station — same as above with drops of food coloring.
- “Wash the car” — give them a bucket, rag and either toy cars or a tricycle or something to wash.

Ages 2-4 Years Old

- Outdoor activities for backyard or the park (when you don't want them touching the playground) <https://nurturestore.co.uk/forest-school-activities-for-toddlers-and-preschool>
- [Paint with water](#) - Melissa & Doug
- Sparkle Stories app (\$15/month) has a ton of great stories for kids. My three year old sits quietly, transfixed by the Martin and Sylvia stories (usually 15-30 minutes in length).
- [Busy toddler](#)
- Crayons, watercolors, stickers, construction paper, preschool workbooks; [this workbook](#) has been a hit with my daughter from the ages of 3 to 4.
- Playdough - always and forever. [Feed Me I'm Yours Playdough recipe \(you can make it at home with your kid, lasts for a few months\)](#)
- Craft materials from IKEA are really good (particularly love the watercolour set)
- Replaceable sticker books: [This one](#) from M&D lasts forever
- Blue painter tape on the ground (for roads with cars, etc) and on the walls (tic-tac-toe and targets)
- [Paint by Sticker](#)
- Pillow forts, couch cushion forts, blanket fortresses
- Move around the kid furniture (like a small kids table) to set up a “special place” for a standard activity like legos, coloring, etc.
- Make a traffic jam with matchbox cars
- Use a piece of cardboard and a sharpie or tape to make a “parking lot” for matchbox cars.
- Set up a “tea” station for little ones to practice pouring. We either go outside or set up a big baking sheet at a kids table inside and give them pouring cups and a little water. Also works in the bathtub.

- Color mixing water station — same as above with drops of food coloring.
- Replaceable sticker books: [This one](#) from M&D forever
- Empty cardboard boxes, painters tape and kid scissors.
- [Magnatiles](#) (for any age, really).

Ages 5-7 Years Old

- Awesome Science Experiments for Kids
- [Rivet](#), a reading practice app for kids, all free, available on [Android](#), [iOS](#), [Kindle Fire](#) devices and the [web](#). Built by an Area 120 team at Google.
- [KiwiCo](#) - Create/Innovate subscription boxes (\$20 a month), ages 0-14.
- [Duolingo](#) - my 7 year old loves this app!
- [Kodable](#) - fun programming app
- [Todomath](#) - my 1st grader loves this app, you can set the appropriate level and there is some gamification to keep the child entertained
- Bead kits, Melissa and Doug has some for younger kids, my 4 year old son loves to make necklaces
- Coloring Books
- Small lego kits (~80 pieces). They often go on sale after the holidays and good to buy and store for when you need a reward for being well behaved
- Puzzles!
- [Slime, slime, and more slime](#)
- If you have camping gear + a yard, spend an afternoon setting up a campsite, teaching them to set up the tent, hang a bear bag, where to cook, + [Leave No Trace principles](#)
- Tell them to hide something and create a treasure map for you to find it. Block off 30 min. so you can go on the treasure hunt. Entertained my kid for an hour.
- Scavenger hunts ([free printouts](#))
- Facetime a bestie 20 mins a day! Agree with parents on good timing.

Ages 7-9 Years Old

- [Scratch](#) - Free MIT site to make stories, games and animations
- [IXL](#) - online math program, can customize by age
- [Prodigy](#) - free online math game.
- Facetime a bestie 20 mins a day! Agree with parents on good timing.
- Air-dry clay projects
- Art of Problem Solving (math) has paper workbooks and an online curriculum tied to common core standards-- great for enrichment or a standalone curriculum (for grades 2-5, it's called [Beast Academy](#))

Ages 9-12 Years Old

- [Grasshopper](#)
- [Code.org](#)
- [Khan Academy](#)
- [IXL](#) - online math program, can customize by age
- [Prodigy](#) - curriculum aligned math platform (free with optional subscription)

- Work on a project with a bestie over Facetime (i.e. plan a lemonade stand when the situation is over, plan a field trip, learn about a topic and present to your families online).
- Rubix cube

Example elementary school schedule using some of the great suggestions above in this doc w/ watch and star chart for rewards.

Time	Child 1 (8 yrs)	Child 2 (6 yrs)
8:30am	Reading - non-fiction chapter book OR pick a reading challenge	Reading non-fiction chapter book OR pick a reading challenge
9:15am	Writing - non-fiction	Writing - non-fiction
9:45am	Outside Recess	Outside Recess
10:05am	Math (Prodigy)	Math (notebook or todomath)
10:50am	Science (Physics Girl)	Science (Physics Girl)
11:30am	Create Your Own Lunch	Create Your Own Lunch
12:30pm	Coding - kodable or tynker	Coding - kodable or tynker
1:15pm	Free Choice Subject (cooking, math, art, music, craft, YouTube Learning App etc)	Free Choice Subject (cooking, math, art, craft, YouTube Learning App etc)
2:30pm	Bike ride, Kids Meditation w/ Headspace App, Yoga or Go Noodle	Bike ride, Kids Meditation w/ Headspace App, Yoga or Go Noodle
3:15pm	Punctuation workbook	Writing - silly story
3:45pm until dinner	TV Time!	TV Time!