

# *ASA April Vacation Booklet:*

*A GUIDE TO STAYING HEALTHY,  
CONNECTED AND ENGAGED*



# Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

## EDUCATIONAL SITES

**All Saints Academy YouTube Channel** – Includes Draw-Alongs with Mrs. Crowley, videos, and soon to come Wellness Wednesday exercise.

- [https://www.youtube.com/channel/UC4guhDC2zqYPz3OKqgkY8KQ?view\\_as=subscriber](https://www.youtube.com/channel/UC4guhDC2zqYPz3OKqgkY8KQ?view_as=subscriber)

**The Barbara Bush Foundation** - The good news is that there are some wonderful, free online resources that can help children continue to build critical literacy skills while schools are closed. To help parents choose among the plethora of available options, our team of in-house literacy and education experts has curated a toolkit of trusted, high-quality online resources that can be used anytime, anywhere.

- <https://www.barbarabush.org/toolkit-for-at-home-learning/>

### **Follett Community**

All Saints Academy has obtained access to Lightbox and AV2 World Languages through June 30, 2020. Lightbox offers over 1000 PreK-12 titles in science, social studies, language arts, math and more. AV2 World Languages features high-interest titles in 10 different languages with full audio support. To access, follow the directions below.

- [Destinydiscover.com](http://Destinydiscover.com)
  - In the location box, it says 'Any Location'. Do not change.
  - In the school box, enter 'Follett e-Learning, McHenry, IL' and click 'Go'.
  - To log in, click on the 'Log In' button at the top right of the screen.
    - Username: guest
    - Password: follett

### **Skype a Scientist**

- <https://www.skypeascientist.com/for-families.html>

### **Science Experiments**

- <https://www.livescience.com/43560-plant-science-for-kids.html>

### **Sea Grant Lake Champlain**

- <https://www.uvm.edu/seagrants/education/k-12-watershed-alliance/virtual-learning>

### **WGBH Distance Learning**

- <https://www.wgbh.org/distance-learning-center/for-families>

### **PBS Kids and Learning Media**

- [https://pbskids.org/plumlanding/educators/activities/biodiversity\\_bingo\\_fam.html](https://pbskids.org/plumlanding/educators/activities/biodiversity_bingo_fam.html)
- [https://www.pbslearningmedia.org/resource/eng06.sci.engin.materials.nest/a-house-for-teddy-bear/#.XpdCA\\_1KjX4](https://www.pbslearningmedia.org/resource/eng06.sci.engin.materials.nest/a-house-for-teddy-bear/#.XpdCA_1KjX4)
- <https://pbskids.org/naturecat/diy>
- <https://www.pbslearningmedia.org/resource/buac17-k2-sci-ess-afterrain/peep-and-the-big-wide-world-after-the-rain/>
- <https://pbskids.org/apps/outdoor-family-fun-with-plum.html>
- <https://www.pbslearningmedia.org/resource/plumrx-sci-seedtoys/seed-toys/>
- <https://www.pbslearningmedia.org/resource/asl19-sci-cub/citizen-science-for-your-classroom-celebrate-urban-birds/>

**PBS Kids for Parents** – Parenting during the Coronavirus, tips for managing learning at home, daily activities.

- <https://www.pbs.org/parents/>

**Starfall** – Enrichment activities in reading, language arts, and mathematics for preschool through grade 3 students.

- <https://www.starfall.com/h/>

**Scholastic Learn at Home** – Day to day projects to keep students reading, thinking and growing. For students in preschool through grade 9.

- <https://classroommagazines.scholastic.com/support/learnathome.html>

**1,2,3 Kids Fun** – for students in preschool and kindergarten.

- <http://123kidsfun.com/app-extras-123-kids-fun-alphabet/>

**Kiwi Co.** – In home activities for preschool through grade 6. Includes a parent toolkit for explaining social distancing to kids.

- <https://www.kiwico.com/kids-at-home>

**Nickelodean Parents**

- <http://www.nickelodeonparents.com/>

**Space Racers** – for preschool students

- <https://www.spaceracers.com/>

**Ranger Rick**

- <https://rangerrick.org/stuck-indoors/>

**Storytime Sites:**

- A good story sound even better when it's read in microgravity. The site sends children's books to the International Space Station (ISS), where the books are read on video by astronauts as they orbit above the earth.
  - <https://storytimefromspace.com/library/>
- Mo Willems shares his series of Lunch Doodles to inspire kids to pick up a pen and start drawing
  - <https://www.kennedy-center.org/education/mo-willems/>
- Storyline is a non-profit that brings celebrated actors to read illustrated storybooks to kids (kindergarten through grade 3). The performances make these videos fun and engaging for parents as well as kids. Storyline is good for ages 4–8.
  - <https://www.storylineonline.net/>

**Legoland Trivia Night** – Legoland Discovery Center on Facebook. They also offer other activities from time to time.

**Yale Peabody Museum of Natural History** – Full of resources such as activity pages, webcams, projects and so much more.

- <https://peabody.yale.edu/at-home>

**New England Aquarium** – Virtual visit page with activities.

- <https://www.neaq.org/visit/at-home-events-and-activities/>

**Woods Hole Sea Grant**

- <https://seagrant.whoi.edu/suggested-educational-resources-for-use-during-school-closures/>

**Camphellobello.com** – Includes activities, sing-alongs, cooking, puppet shows, and much more.

- <https://www.camphellobello.com/>

## GET UP AND MOVE

**Virtual Workout with a Trooper** – Monday, Wednesday, Friday 11:30 am – 12:00 pm through June 20<sup>th</sup>.

- <https://hulafrog.com/worcester-ma/workout-with-a-trooper---1/>

**GoNoodle** – Preschool through Grade 6

- <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

**CosmicKids Yoga** – For Preschool through Grade 6. Currently offering a 2-week free trial.

- <https://www.cosmickids.com/>

**Yoga Video for Kids (30 minutes)**

- <https://www.youtube.com/watch?v=X655B4ISakg>

**Zumba for Kids**

- <https://www.youtube.com/watch?v=ymigWt5TOV8>

**Welcome to My Gym Class**

- [https://www.youtube.com/watch?v=ju8W\\_SX\\_wy4](https://www.youtube.com/watch?v=ju8W_SX_wy4)

**Home Exercise for Kids**

- [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

**BeachBody Kids Workouts** – Offering free video workouts to make family fitness fun and part of each day.

- <https://vimeo.com/showcase/6880106>

## SCREEN FREE ACTIVITIES

**Climate Actions** – 7 Eco Friendly ideas for kids. Be sure to check out the ‘Earth Challenge App’ to gather air quality and pollution data for your area.

- <https://www.earthday.org/7-eco-friendly-actions-for-kids-during-the-pandemic/>

**Crafts**

- <https://thecraftyclassroom.com/>

**Create your own printables**

- [https://www.createprintables.com/name\\_tracing\\_worksheet.php](https://www.createprintables.com/name_tracing_worksheet.php)

**Busy Toddler activities**

- <https://busytoddler.com/>

**Home Fun with the Red Sox**

- <https://www.mlb.com/redsox/fans/home-fun?partnerId=ed-14798391-1203788093>

**Fun Ideas**

- Decorate a shoebox and go on an adventure collecting favorite rocks, acorns, twigs, pinecones. You can even make animals from the treasured pinecones and acorns with pompoms, googly eyes, construction paper, feathers, pipe cleaners, and more.
- Go on a botany adventure! With a notebook and crayons/pencils in hand, try to draw local plants and observe what’s already budding.
- Collect rocks, paint them with inspirational sayings and leave them around for people to see on their walks.
- Game ideas:
  - Balloon tennis
  - Create an obstacle course

- 3-legged race
- Potato sack race using pillowcases
- Egg race
- Bubbles - <https://www.youtube.com/watch?v=ITQlgVFvFYE>
- Prepare your garden – both flower and vegetable
- Slime it up!
  - <https://epicfunforkids.com/bubbling-slime-recipe-sensory-tubs/>
  - <https://www.thesprucecrafts.com/slime-recipes-4171511>
- Make a Sensory Box - Grab some plastic bins and fill them with rice, beans, buttons, beads, feathers, slime, or even dough. Hide your favorite toys inside and let the kids dig!
- Bake or cook dinner together
- Have a bake off
- Science Activity
  - <https://littlebinsforlittlehands.com/dancing-corn-thanksgiving-science-activity/>

## **MUSIC**

### **Raffi Concert**

- <https://www.youtube.com/watch?v=f29jl4w0Uj8>
- <https://www.youtube.com/watch?v=gpxPIX2vlpY>

### **Mr. Chris and Friends**

- <https://www.youtube.com/channel/UCpKdaJ7UgatnRUG6JHTS-fA>

## **VIRTUAL FIELD STUDY IDEAS**

Austin Adventures: You may join the live field trip by registering or you may watch the taped version.

[https://www.austinadventures.com/virtual-adventures-for-kids/?utm\\_campaign=email%20-%20travelogue&utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=85396283&hsenc=p2ANqtz-9w7CDywW5lueHiGaabYrTXNZKaV2pUnAx1jRlXnr5RtreP0Ms59GWZfxl\\_FZQJR68MDh65nPySk5IQPDE2YGRGVqsLaA&hsmi=85396714](https://www.austinadventures.com/virtual-adventures-for-kids/?utm_campaign=email%20-%20travelogue&utm_source=hs_email&utm_medium=email&utm_content=85396283&hsenc=p2ANqtz-9w7CDywW5lueHiGaabYrTXNZKaV2pUnAx1jRlXnr5RtreP0Ms59GWZfxl_FZQJR68MDh65nPySk5IQPDE2YGRGVqsLaA&hsmi=85396714)

National Marine Sanctuary Virtual Dives

<https://sanctuaries.noaa.gov/vr/?fbclid=IwAR1KXu6PCuOY5F-Vj5jl1AYSZLU1Zne81iTPKu8K5ZG54g1-7vCvAIUd9bc>

Theater

<https://www.shakespearesglobe.com/learn/secondary-schools/playing-shakespeare-with-deutsche-bank/macbeth-2020-playing-shakespeare/>

The San Diego Zoo: <https://kids.sandiegozoo.org/>

National Parks: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Mars: <https://accessmars.withgoogle.com/>

Monterey Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>

The Louvre in Paris, France: <https://www.louvre.fr/en/visites-en-ligne>

The Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Explore Life on a Farm

[https://www.farmfood360.ca/?utm\\_source=domain&utm\\_campaign=www.virtualfarmtours.ca&utm\\_medium=redirect](https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect)

The New York State Museum: <http://www.nysm.nysed.gov/exhibitions/online>

The Metropolitan Museum of Art – NY:

<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

Explore the Brain: <https://www.fi.edu/your-brain/interactives>

American Museum of Natural History

[https://www.amnh.org/explore?utm\\_expid=.ljk1v7QMTfaFR6lwY6\\_a7Q.0&utm\\_referrer=https://www.amnh.org/](https://www.amnh.org/explore?utm_expid=.ljk1v7QMTfaFR6lwY6_a7Q.0&utm_referrer=https://www.amnh.org/)

The British Museum: <https://britishmuseum.withgoogle.com/>

Explore the Sky: <https://staratlas.com/>

Colonial Williamsburg: <https://www.colonialwilliamsburg.org/webcams/>

Arts & Culture sites: <https://artsandculture.google.com/partner?hl=en>