



**Educational Resources, Activities Kids Can Do at Home
and Self-Care During Stressful Times
UPDATED MARCH 30, 2020 – 9:00 AM**

**ACTIVITIES KIDS CAN DO AT HOME
AND EDUCATIONAL RESOURCES**

1. Read at least 30 minutes a day!
2. [Link to Free Educational Resources Worksheet from Amazing Educational Resources](#)
3. [Link to Scholastic Learn at Home](#)
4. Online Learning Platforms (Free/Low Cost)
 - a. [Khan Academy](#) - non-profit providing online learning
 - b. [Desmos](#) - free math learning
 - c. [Girls Who Code](#) (free online coding courses)
 - d. [Mindful Sits](#)
 - e. [Guidance for Supporting Science Learning During COVID-19](#)
 - f. [Science Mom](#)
 - g. [Arts for Kids Hub](#)
 - h. [Zearn Math](#)
 - i. [CommonLit](#)
 - j. [Illustrative Mathematics](#)
 - k. [How to homeschool during the coronavirus crisis with free resources](#)
 - l. [PBS Learning Media](#)
 - m. [Zion Learning Virtual Tutoring](#)
5. Drawing Activities
 - . [Making Drawing Fun!](#)
6. [Online Education Resources](#) (Google Sheet of resources - constantly being updated and mostly free!)
- . [Engineering education](#) specific ideas
7. [Giant List](#) of activity ideas generated by lots of community members!
8. [Easy Science Experiments](#) using common household supplies



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9. [Erin Jones is offering an hour a day through Facebook Live](#) (which can be watched later any time) a discussion about equity - all ages!
10. [12 Famous Museums](#) that offer virtual tours!

SELF-CARE DURING STRESSFUL TIMES - for youth AND adults!

- [Coronavirus Sanity Guide from Ten Percent Happier](#)
- Exercise. Go for a walk outside - bundle up if you have to.
- Have a dance party with your family!
- Listen to music - or make music if that's your jam.
- Color. Even adults can color.
- Call a friend and catch up!
- Get good rest! Keep a solid routine, even with school and work changes.
- Drink lots of water!
- If you feel worried or stressed talk to someone about your feelings. Don't keep it bottled up.
 - You can also write about your feelings! Or use art to express feelings too.