

Resources for **KIDS!**

Social interaction Apps:

- [FaceTime](#) (Apple)
- [Messenger for Kids](#)
- [Netflix Party](#) (Google Chrome extension; watch movies with friends in real time, has chat feature)
- [Zoom](#) (All devices/browsers)
- [WhatsApp](#) (All devices/browsers. Secure text/video chatting)
- [Discord](#) (Chatting for gamers; 13+)
- [Marco Polo](#) (Leave video messages for friends)

Social interaction (No technology):

- Send a postcard or a letter to a friend
- Chalk messages on friend's sidewalk
- Make origami designs and leave them on a friend's steps

Movement:

- [Cosmic Kids Yoga Adventures](#) (Recommended Age: 3-8)
- [The Learning Station](#) (Recommended Age: 3-8)
- [Debbie Doo Kids TV](#) (Recommended Age: 3-5)
- [Groov3 Dance](#) (Recommended Age: 6-12+)
- [Move to Learn](#) (Recommended Age: 3-12)
- [20 Online](#) (Recommended Age: 5-10)
- [Popsugar Fitness](#) (Recommended Age 10+)
- [Best hikes and walks in Minnesota](#)
- [YMCA exercise classes](#)
- Bring your dog to a dog park in [Minneapolis](#), or [St Paul](#)

Online games:

- [Kiloo](#) (Online educational gaming)
- [Miniclip](#) (Online games)
- [Minecraft](#)

Academic resources:

- [Scholastic learn at home](#)
- [Virtual museum visits](#)
- [List of learning apps and other activities on Padlet](#)
- [Free subscriptions during school closures](#)
- [Free daily school workbooks](#)
- [Science Lessons for K-5 Learners](#)

Resources for **PARENTS!**

- [Story Hand: Soothe Children's Stress About COVID-19](#)
- [Activity ideas for parents](#)
- [Visit museums around the world virtually](#)
- [NAMI COVID Parent Resource](#)
- [Talking to kids about coronavirus](#)
- [15 Broadway Plays you can watch from home](#)
- [Online music festivals and performances](#)
- [Learn to Dance!](#)
- [Coloring books from museums](#)
- [Parents Share Their Tiny Victories While Working From Home With Kids, New York Times](#)
- [Helping Kids Adjust to Remote Learning During the COVID-19 Pandemic, UNICEF USA](#)
- [Handling Your Kid's Disappointment When Everything Is Canceled, New York Times](#)
- [Here's How to Qualify for Paid Leave for Coronavirus, Forbes](#)
- [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic, Child Trends](#)
- [Staying Emotionally Close In The Time of COVID-19 \(feat. Dr. Bruce Perry\), The Trauma Therapist Podcast](#)
- [2019 Novel Coronavirus \(COVID-19\), American Academy of Pediatrics](#)
- [How to Talk to Kids About Coronavirus, New York Times](#)
- [What Parents Need to Know About Coronavirus, New York Times](#)
- [How to Talk to Your Kids About Coronavirus, PBS Kids](#)
- [Tips for Families: Talking About the Coronavirus, Zero to Three](#)
- [Coronavirus and Parenting: What You Need to Know Now, NPR](#)
- [Talking to Kids About the Coronavirus, Child Mind Institute](#)
- [Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention \(CDC\)](#)
- [How to Prepare for Extended School Closings—and Not Lose Your Mind, Upworthy](#)
- [Supporting and Reassuring Children around the World \(in English, Spanish, Italian, French, Polish, and numerous other languages\), Mindheart](#)
- [Love in the Time of Coronavirus: A HOPE-informed Guide for Parents, HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- [HOPE, Engagement, and COVID-19, HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- [Healthy Families America website](#)