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

April 2020
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

April 2020