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# **This site has many resources to assist parents and students with questions about mental health, community mental health options, special education programs and services and much more. We hope you find this helpful.**

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If you need additional information or a referral to a private, local mental health professional, please contact the School Social Worker, School Psychologist, or School Counselor in your student's building. We are here to support you!

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#

[**Explaining Coronavirus to your Children**](#_edvqp0dm7as5) **5**

[Video from WDIV -](#_cmhtcpy4j49p) 5

[Children and COVID-19 from the CDC:](#_svs901pvgh96) 5

[Toolkit for Families with students with ASD.](#_g32qrn2k0hsr) 5

[This would also be appropriate for parents with young children.](#_n8bcechbzpr4) 5

[A story to help children understand Coronavirus](#_l21bcu651xh8) 5

[Julia Cook “The Yucky Bug” video](#_ccb01csq1cjl) 5

[APA Social Distancing & Related Resources](#_uzqu0ij56br3) 5

[CDC Managing Anxiety & Stress](#_f9egcc21t0y4) 5

[Autism Speaks Resources re: COVID-19 including social stories](#_y5khmxwf0fvt) 5

[Autism Toolkit for school closures](#_q9tui3enhlx6) 5

[Coronavirus Social Stories](#_gvdv5fkrm2i9) 5

[Another Coronavirus social story](#_n8rx00tuu1rk) 5

[Sesame Street and Caring for Each Other](#_29owfn7b0zc3) 5

[Autism and Special Needs Exercise App.](#_k45zbcpl6knb) 6

[FAQ about CoronaVirus](#_kzgmrx10mxri) 6

[Something for Everyone](#_3ijd3wsv6tyh) 6

[Hand-washing Steps Using the WHO Technique](#_e0e0x9ky54pl) 6

[Handwashing-The 12 Steps](#_jl4td2zek2b0) 6

[Coping with Stress During an Infectious Disease Outbreak](#_ilu20tum89js) 6

[How to manage emotions and build structure at home during COVID-19](#_r93t3uyw88ia) 6

[FREE Mental Health Support and Resources Through Child Mind](#_kmh3ysrlt4lx) 6

[Supporting Children's Emotional Health during physical distancing](#_frze0q7sb5b) 6

[Time to come in Bear, a story about social distancing](#_g8718gh5kk85) 6

[**Social-Emotional Learning Online**](#_eme7r438ya8s) **7**

[Howard B. Wigglebottom Books for Young Children with songs](#_vtadgmugsic7) 7

[Books Read By Celebrities](#_g67dc9pqoa95) 7

[Social Skills Video-Based Curriculum](#_i404xh90q7oo) 7

[Coping Skills Checklist for Students](#_a8m8vb4g8ns8) 7

[Social-Emotional Learning at Home](#_qcgandorxb7u) 7

[Lessons for Social-Emotional Learning (SEL)](#_pqsfei40b0i7) 7

[Social Emotional Learning](#_ysq85dd9030a) 7

[SEL Y5-gr2. Stories & activities](#_h0ch26lqfdt8) 7

[SEL gr.3-5 Stories & activities](#_t38rc6tdsc0j) 7

[Centervention](#_7kggz3s7pocf) 7

[Classroom Champions](#_p6c4pzmdr1eo) 7

[**Anxiety and Stress Management**](#_fqk02d8ufpar) **9**

[10 Therapist and Child Approved Activities to Support Kids with Anxiety](#_hlnzh5c3lyty) 9

[20 Fun Activities to Help Kids With Anxiety](#_x7qcrsb1r322) 9

[Worry Warriors videos (gr 3-5)](#_ma1yh9w4oi64) 9

[Mindfulness exercises:](#_olwz9vgobq8t) 9

[More Mindfulness exercises:](#_pmxq5hakj4sh) 9

[Virtual Calming Room](#_bxva9sxv8c53) 9

[**General Mental Health Resources**](#_45pubj2k4tms) **10**

[A list of children's books about mental health topics](#_4ev5lft2jf4f) 10

[**Resources for Early Childhood**](#_uae2jfomplk6) **11**

[Sesame Street and Caring for Each Other](#_4u8r8nq82d81) 11

[Sesame Street Belly Breathe](#_lfl24tm21dr) 11

[Breathe Think Do Sesame Street App](#_u3ucazwc26qg) 11

[**Elementary Resources**](#_wo690bs5br)A-Z Activities for Coping [12](#_4qlzv89gsocf)

[Sesame Street Belly Breathe](#_k0kz6eacpsh5) 12

[Breathe Think Do Sesame Street App](#_ktzs2gakfx3) 12

[Yoga and meditation for young elementary](#_8edxtnu7nmo9) 12

[Cosmic Kids Yoga and Mindfulness](#_qitbin908lm) 12

[**Secondary Resources**](#_3smmvuzciabo) **13**

[Therapy in a Nutshell - Anxiety and Relaxation video series](#_h7d57wgaulbs) 13

[Therapy in a Nutshell - Help to fall asleep when stressed](#_b3m33po9qs4w) 13

[Therapy in a Nutshell - Progressive Muscle Relaxation](#_s3eflhb3t5an) 13

[Great resource for High School through adulthood!](#_4ltk7fmhcdeb) 13

[Self Care for Teens](#_jhvymv3xkirr) 13

[**Apps**](#_e0gtljpbovm2) **13**

[Breathe2Relax](#_6a4en8sjbfj) 14

[Headspace Guided Meditation](#_xgemvjjo0k8w) 14

[Calm App-Meditation & Sleep Stories](#_9wbsc28ljpbn) 14

[Mindshift CBT](#_bw84yyhlalrv) 14

[Stop Breathe Think App (ages 5-10)](#_d5x9rm7pphe1) 14

[Breathe Think Do Sesame Street App](#_8d0p2c8hl9sv) 14

[Autism and Special Needs Exercise App.](#_ivbsw04ficm8) 14

[**Fun Family Projects and Learning Sites to Beat Boredom!**](#_8pwae2twdhq7) **15**

[50 Fun Activities for Kids and Families](#_7uef9z4yn2hb) 15

[Kindness & Compassion Word Search](#_q8jknhpkmpu6) 15

[My Cup of Feelings](#_jsr58xkwiyiw) 15

[Fun family activities and games](#_m3mc9t6crvnp) 15

[Virtual Family Field Trips!](#_tlgtt9c2r206) 15

[More fun things!](#_u2hf2xs5iqew) 15

[Free Learning Materials from Scholastic](#_6gz6kc8uugi5) 15

[Virtual Museum Tours!](#_oilq7iuohxeu) 15

[Introduce the children to opera!](#_yxt3wqx7gkrg) 15

[Georgia Aquarium! Jellyfish anyone!?](#_no3zb53tizh6) 15

[Educational Resources](#_gxl41s3bzxz3) 15

[Educational Videos](#_6zob2fqb7v48) 15

[Online Children’s Books-Read to them!](#_nwizpgkvewvv) 15

[More educational websites posted by WDIV](#_5rx2bjgg98y8) 15

[Marine Mammals](#_r2lefjgk2fj6) 15

[150+ Enrichment Tools](#_m33j1mx3xblc) 16

[More fun things to do](#_fqdjqbjcsrhh) 16

[Calendar of Virtual Field Trips](#_15u7mrluct9f) 16

[**Brain Breaks**](#_s5gweomnmlpg) **16**

[And movement breaks that music and movement breaks to get the wiggles and sillies out.](#_1dhi5hkji79e) 17

[Jack Hartman videos](#_z2xiitsqvucu) 17

[The learning Station](#_3lz263he3af4) 17

[Go Noodle](#_qqy4sjbgnx19) 17

[Yoga for kids](#_t0dcamxqfkbg) 17

[**Learning and Studying Tools:**](#_mpbxbl7a9ntt) **17**

[How to Plan a Homework Schedule:](#_zo01wdkwe2s) 18

[Study Skills for Students:](#_i4ss7k4fjozx) 18

[12 Strategies to Help your Child Learn:](#_6gefrr3zs9x4) 18

[Tips for Taking Online Classes:](#_wqd2ra30hvf9) 18

[Free Keyboarding Skill Builders/Activities](#_eu9f2knux3p5) 18

[Free STEM Activities](#_t1rqx18iyxkv) 18

[Lunch Doodles with Mo Willems](#_lq5fn6le68de) 18

[Online FREE Learning Tools and Tutorials](#_m383ozi1jua2) 18

[Great reading instruction resources](#_7bdeufuuib1x) 18

[Time for Kids: digital. Free!](#_3ozwmqnh1v5n) 18

[At Home Learning Resource from Florida State University](#_9o4tv6qstgbm) 18

[Virtual Field Trips Calendar](#_ex5yw3u1od3i) 18

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# Explaining Coronavirus to your Children

## **Video from WDIV -**

<https://www.clickondetroit.com/news/local/2020/03/13/watch-explaining-coronavirus-to-children-what-is-it-why-are-schools-closed/>

#

## **Children and COVID-19 from the CDC:**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

## **Toolkit for Families with students with ASD.**

## **This would also be appropriate for parents with young children.**

<https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertian%20Times%20Full%20Packet.pdf>

## **A story to help children understand Coronavirus**

[https://static1.squarespace.com/static/595fb0d16a49632afb7e2c00/t/5e73cf66459c9d6afea2bb10/1584648075946/Coronavirus+Story+for+Children.pdf](https://static1.squarespace.com/static/595fb0d16a49632afb7e2c00/t/5e73cf66459c9d6afea2bb10/1584648075946/Coronavirus%2BStory%2Bfor%2BChildren.pdf)

## **Julia Cook “The Yucky Bug” video**

<https://youtu.be/ZD9KNhmOCV4>

## **APA Social Distancing & Related Resources**

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

##

## **CDC Managing Anxiety & Stress**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

## **Autism Speaks Resources re: COVID-19 including social stories**

<https://www.autismspeaks.org/news/covid-19-information-and-resources>

##

## **Autism Toolkit for school closures**

<https://l.ead.me/bbTE3n>

## **Coronavirus Social Stories**

<https://drive.google.com/open?id=115D1gn80OrWocRr-LwG9dYeWbuwXkoDY>

<https://www.teacherspayteachers.com/Product/FREE-Coronavirus-COVID-19-Social-Story-5319239>

## **Another Coronavirus social story**

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2spJ0sBUaboJC3UqxeqoHCZjOl2Smg1JSn_CqnzL6V2CQfQf_JG0ohw24>

## **Sesame Street and Caring for Each Other**

<https://www.sesamestreet.org/caring>

## **Autism and Special Needs Exercise App.**

Supported in research and used by universities, parents and professionals around the world. The Free trial period has been extended to both schools and parents during these difficult times.

<http://www.exercisebuddy.com/>

## **FAQ about CoronaVirus**

<https://drive.google.com/file/d/1x3eApRJDPdVxpOlq1eEU124oIWpfQDK1/view?mc_cid=b04fa541f1&mc_eid=17a6856e0c>

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## **Something for Everyone**

<https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators> j

## **Hand-washing Steps Using the WHO Technique**

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

##

## **Handwashing-The 12 Steps**

<https://www.youtube.com/watch?v=oGQpJafaWj0>

## **Coping with Stress During an Infectious Disease Outbreak**

<https://lookaside.fbsbx.com/file/Coping%20With%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf?token=AWwirWbwnFZzJLvz3PPjKrKdmjruV9RT8Cv8f-twIduYJgjzyONTCy0XbV5oTOiUJOTRxfHiJypWT3yj1i-II-yvO2FQS0hPdpXuPvuRMGgtAsg8MS8KrPERtPPyMqT7vFLEliQ4HMtrZfdMDF1WbmcMDlnquY_mwl8UUbVqECgpbeErrdrs0hiauXXXv4uzKhBnBOOlTYo7L5jeQuQFClRV>

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## **How to manage emotions and build structure at home during COVID-19**

<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/?__s=xxxxxxx&__s=cw95cvvfixsjp5ptydrm>

## FREE Mental Health Support and Resources Through Child Mind

https://childmind.org/coping-during-covid-19-resources-for-parents/?fbclid=IwAR2rIRsR80rCNIZeb9JtEhS7k\_CEPRNujVjeQfPfWevFpQYghjatPoNp-sU

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## Supporting Children's Emotional Health during physical distancing

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

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## Time to come in Bear, a story about social distancing

[https://www.youtube.com/watch?v=DA\_SsZFYw0w&fbclid=IwAR1Q9Oumh5sCMjnwVGmdx2xDUYSHbYZUaVvzXbWtoIswih7i0m8\_IpL5ZYs](https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR3mLSODRyGmz7CRLdOyO-DZfB3jCVs6jljjBquYsyhmKnlzaxy6AAMTHEc)

#

# **Social-Emotional Learning Online**

## **Howard B. Wigglebottom Books for Young Children with songs**

<https://wedolisten.org/>

## **Books Read By Celebrities**

<https://www.storylineonline.net/>

## **Social Skills Video-Based Curriculum**

Parents can utilize this program for a 30 day free trial - this may be extended by the manufacturer as more schools close.

<https://everydayspeech.com/parents-and-families/>

## **Coping Skills Checklist for Students**

<https://lookaside.fbsbx.com/file/Coping%20Tools%20Checklist_Color.pdf?token=AWz24ua6PjW7Lsmt9V8doxn3mHb-IGHjrclrEO5-_QmHN0U3C4lZCspE6gMKMWzz5MKXIq1DOBQUe4rcPa-TtbJBXBkQzZsDkpeqh8NIbokvmjji1SkrnGVKQi0c51SS6eBvaPlp_1MyWu-0s8PqikhsBpW_LicVSl4PDZkvjhshV0p-4q3u-l-aFX9zJqKyCFmBAs162f4Z4mSOE2BE7BaS>

## **Social-Emotional Learning at Home**

<https://lookaside.fbsbx.com/file/SEL%20at%20Home%20grades%20K-2%20-%20Listed%20on%20TpT%20.pptx?token=AWz3Gfu8dU1gk_zW3-yKG_oSqlkaUTtFSCY9hTj2WoDaAhiZLIos-bO3lI69dbN8552NJ3R6ytvr5gmShCfemXYzEAp52KWRpQ-QA_2FZeDPJhzO5ykS4x1lbYFQWt3lVxCZdH0pcYgsstLgQvfALJ0WDeBZQXWkdW54yU-w-9JpriwPuFig-RopaXunUMxXMFrt0s-kXC5PMbxqAhWneb_E>

## **Lessons for Social-Emotional Learning (SEL)**

<https://www.youtube.com/channel/UCo0zW6kLPq2Ns_51AaZN0lQ>

## **Social Emotional Learning**

<https://www.teacherspayteachers.com/Product/SEL-Home-Learning-Packet-supports-Social-Emotional-Learning-5326481?aref=xds4gjp4>

## **SEL Y5-gr2. Stories & activities**

<https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ_sdLJfS2YnGk-wFxf297iZYFaQ/edit?usp=sharing>

## **SEL gr.3-5 Stories & activities**

<https://docs.google.com/presentation/d/10Z1lMNrDlp6FtlZUzfupyWA-EYcUMcEh4bJD9eNkcKs/edit?usp=sharing>

## **Centervention**

<https://www.centervention.com/>

Game-based interventions that focus on improving social and emotional skills in K-8 students.

Offering a free 30-day trial. We offer free lessons/activities and printables on our website that focus on SEL:

<https://www.centervention.com/social-emotional-learning-activities/>

## **Classroom Champions**

<https://teach.classroomchampions.org/available-programs/>

The social and emotional learning lessons within Classroom Champions’ SEL Foundations Curriculum underscore the value of dreams, grit, and perseverance, especially during hard times. For ten years, Classroom Champions has been focused on students’ social and emotional learning by connecting world-class athletes with K-8 schools in every state and province across North America, achieving measurable improvements in student mental health, social and emotional development, and academic outcomes. Founder Steve Mesler (an Olympic Gold Medalist) and Board Member Christian Taylor (2-time Olympic Gold Medalist) have opened up the platform to share the entire K-8 SEL Foundations Curriculum, plus the Parent Toolkit, the video library, and access to the teacher community for free to help support educators and families.

Access to Classroom Champions’ digital platform containing the entire K-8 SEL Foundations Curriculum, plus their Parent Toolkit, video library, and the teacher community.

#

# **Anxiety and Stress Management**

## **10 Therapist and Child Approved Activities to Support Kids with Anxiety**

October 10, 2017

Ili Rivera Walter, PhD, LMFT

<https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety>

## **20 Fun Activities to Help Kids With Anxiety**

<https://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/>

## **Worry Warriors videos (gr 3-5)**

<https://youtu.be/dA54Nbv3__M?list=PLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt>

<https://youtu.be/9qNKPw-EeEE?list=PLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt>

<https://youtu.be/gH_OWeGwjCI?list=PLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt>

<https://youtu.be/5WGPxQJ2sBg?list=PLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt>

## **Mindfulness exercises:**

<https://www.mother.ly/child/ease-your-anxious-child-6-simple-mindfulness-exercises-to-try-today>

## **More Mindfulness exercises:**

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

## Virtual Calming Room

<https://sites.google.com/apps.district279.org/virtualcalmingroom/home>

# **General Mental Health Resources**

## A list of children's books about mental health topics

<https://childmind.org/article/best-childrens-books-about-mental-health/?fbclid=IwAR1CPcyUDQ2MSAe6DtkYhMLDqumlPMiFjdStphhE_3emBcvywSOGCKmsKUs>

#

# **Resources for Early Childhood**

##

## **Sesame Street and Caring for Each Other**

<https://www.sesamestreet.org/caring>

## **Sesame Street Belly Breathe**

<https://www.youtube.com/watch?v=_mZbzDOpylA&feature=emb_title>

## **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

#

# **Elementary Resources**

## **A-Z Activities for Coping**

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

#

## **Sesame Street Belly Breathe**

<https://www.youtube.com/watch?v=_mZbzDOpylA&feature=emb_title>

## **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

## **Yoga and meditation for young elementary**

<https://www.youtube.com/watch?v=oYI0TPJOuGk>

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

## **Cosmic Kids Yoga and Mindfulness**

https://youtu.be/0ImHIWzP49M

#

# **Secondary Resources**

## **Therapy in a Nutshell - Anxiety and Relaxation video series**

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

## **Therapy in a Nutshell - Help to fall asleep when stressed**

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

## **Therapy in a Nutshell - Progressive Muscle Relaxation**

<https://www.youtube.com/watch?v=SNqYG95j_UQ>

## **Great resource for High School through adulthood!**

<https://www.virusanxiety.com/>

## Self Care for Teens

https://docs.google.com/presentation/d/1OI6qdAba3rtb13XYYKf0Pubi6IxL5Y4SRQeytLcdjx8/mobilepresent?slide=id.p

#

# **Apps**

## **Breathe2Relax**

<https://apps.apple.com/us/app/breathe2relax/id425720246>

Breathe2Relax is a portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool or can be used in tandem with clinical care directed by a healthcare worker. Breathe2Relax now uses HealthKit and your Apple Watch device to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced.

## **Headspace Guided Meditation**

<https://www.headspace.com/meditation/guided-meditation>

## **Calm App-Meditation & Sleep Stories**

<https://apps.apple.com/us/app/calm/id571800810>

## **Mindshift CBT**

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check-in each day to track their anxiety and work with tools in the app.

##

## **Stop Breathe Think App (ages 5-10)**

<https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068>

## **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

## **Autism and Special Needs Exercise App.**

<http://www.exercisebuddy.com/>

Supported in research and used by universities, parents and professionals around the world. The Free trial period has been extended to both schools and parents during these difficult times.

#

# **Fun Family Projects and Learning Sites to Beat Boredom!**

## **50 Fun Activities for Kids and Families**

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=5>

##

## **Kindness & Compassion Word Search**

<https://docs.google.com/document/d/144eyGDYg7wJEtEkQ38lFt70bq-qqW_hbzo1rcJzlDr8/edit?usp=sharing>

## **My Cup of Feelings**

<https://drive.google.com/file/d/1LgwJEjbBQIe6mMYD_T4li04kBuudyFc4/view?usp=sharing>

## **Fun family activities and games**

<https://byrdseed.tv/students/index.php?kids=true>

## **Virtual Family Field Trips!**

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

## **More fun things!**

<https://pbskids.org/>

## **Free Learning Materials from Scholastic**

[https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#](https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html)

## **Virtual Museum Tours!**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR1jkFjMun7aPZi48ZbUlZNur36mGDZRguXtzzOn2S3AuX-5fxyn6t73klY>

## **Introduce the children to opera!**

<https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/>

## **Georgia Aquarium! Jellyfish anyone!?**

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

## **Educational Resources**

<http://www.amazingeducationalresources.com>

## **Educational Videos**

<https://thekidshouldseethis.com>

##

## **Online Children’s Books-Read to them!**

<https://growingbookbybook.com/online-literacy-resources/>

## **More educational websites posted by WDIV**

<https://www.clickondetroit.com/features/2020/03/16/10-fun-educational-websites-your-kids-will-love-to-visit-while-stuck-at-home/?utm_source=facebook&utm_medium=social&utm_campaign=snd&utm_content=wdiv>

##

## **Marine Mammals**

<https://outschool.com/classes/introduction-to-marine-mammals-manatees-dolphins-whales-and-more-SxuseJiX#abk7uulbl9>

## **150+ Enrichment Tools**

<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR3KGzpN7Fs3ncXRdRfKaEzta19TDOp4q7EiDcM8Sf1iKcYPm2EuLAcluSE&sle=true>

##

## **More fun things to do**

<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnjM9PNdei21z5-AQ6l0-bJqFE7n25o/edit?fbclid=IwAR0kkJzc81vZ1bajAuCA5zX80vmOKmcfSf7LwvLp7R5PsQ-CKg426WQ5qME#slide=id.p>

## Calendar of Virtual Field Trips

<https://docs.google.com/document/d/1qpFAQz_QJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/preview?fbclid=IwAR0Usx91q6ehmq7R9pJmhPhu2vNcXEgYstWkExSijizCkVGJ6Kq_dDdk64E>

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# Brain Breaks

## And movement breaks that music and movement breaks to get the wiggles and sillies out.

## Jack Hartman videos

<https://www.youtube.com/watch?v=HpOe8lngp_o>

## The learning Station

<https://www.youtube.com/watch?v=NwT5oX_mqS0>

## Go Noodle

<https://www.youtube.com/watch?v=dNL6RwymoNg>

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

## Yoga for kids

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

<https://www.youtube.com/watch?v=LhYtcadR9nw>

<https://www.youtube.com/watch?v=ho9uttOZdOQ>

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

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# **Learning and Studying Tools:**

## **How to Plan a Homework Schedule:**

<https://www.wikihow.com/Plan-a-Homework-Schedule>

## **Study Skills for Students:**

<https://www.educationcorner.com/study-skills.html>

## **12 Strategies to Help your Child Learn:**

<https://www.educationcorner.com/motivating-your-child-to-learn.html>

## **Tips for Taking Online Classes:**

<https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/>

## **Free Keyboarding Skill Builders/Activities**

<https://typetastic.com/>

## **Free STEM Activities**

<https://www.vivifystem.com/blog/2020/3/12/top-stem-resources-for-school-closings?fbclid=IwAR2hVfaeqcsAPvEwRs-ych-NP6mO56ifpqeOvG9ilEft1UVGzbsLIgUMjGs>

## **Lunch Doodles with Mo Willems**

<https://www.kennedy-center.org/education/mo-willems/>

## **Online FREE Learning Tools and Tutorials**

<https://www.khanacademy.org/>

## **Great reading instruction resources**

<https://www.wilsonlanguage.com/supporting-students-during-covid-19-closures/>

## *Time for Kids*: digital. Free!

https://time.com/tfk-free/?fbclid=IwAR00aqqWItwqXriVU9i-7rM3ekpKszYi-9\_oOqGzXc8ByyB0t92pyCOKfG4

## At Home Learning Resource from Florida State University

<http://fcrr.org/documents/at-home_learning.pdf?fbclid=IwAR1fbYllFIpkOgyj2zg0Lh-BnRmbSwSYbFiZpyib3X1gweZoTHHSku5B5sM>

## Virtual Field Trips Calendar

<https://docs.google.com/document/d/1qpFAQz_QJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/preview?fbclid=IwAR0Usx91q6ehmq7R9pJmhPhu2vNcXEgYstWkExSijizCkVGJ6Kq_dDdk64E>