

Resources for Parents			
Resource Type	Target Audience (Child's Age)	Link	Description
Arts	4-11	https://www.yamd.org/arts-learning-kids/	Arts and Learning Kids TV Shows
Wellness	All ages	https://childmind.org/article/talking-to-kids-about-the-coronavirus/	Tips for parents on how to talk to their children about the Coronavirus crisis
Wellness	All ages	https://www.healthiergeneration.org/articles/3-ways-families-can-promote-fun-wellness-at-home	Promoting fun and wellness at home - addressing new hobbies and managing screen time
Wellness	All ages	https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/	How to protect and nurture your children at home during the pandemic. Tips include keeping routines and managing anxiety
Wellness	All ages	https://www.bgca.org/news-stories/2018/October/Warning-Signs-Kids-and-Teens-are-Stressed-and-How-to-Help	How children are affected during this pandemic and how to notice signs of stress.
Wellness	Teens	https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place	How to help your teenager see the bigger picture during COVID-19
Wellness	Teens	https://vimeo.com/407148517/6b1babf0e3	Social Worker, Emma Fogel & Lynne Harford discuss strategies to help teens and youth cope with "the new normal" with COVID-19
Sports & Exercise	7+	https://ymca360.org/on-demand	Workout videos for parents and kids. Yoga, pilates, dance fitness and many more
Sports & Exercise	All ages	https://www.healthiergeneration.org/articles/keeping-kids-physically-active-at-home	Fun and easy ideas for parents to get their children active and moving at home
Backyard Activities	4-10	https://www.naturespath.com/en-us/blog/10-fun-easy-backyard-kid-activities/	10 easy backyard activities for kids
Music	5-10	https://musiclab.chromeexperiments.com/Song-Maker/	Kids can create their own songs, learn about rhythms and harmonics
Arts & Music	8-12	https://www.brainpop.com/artsandmusic/	Learn about famous artists and musicians, understand how to make music
Music	7-12	https://experiments.withgoogle.com/collection/creatability	Let kids explore their creative side, and make music with their bodies or their keyboard. Features many experiments to try
Dance	Teens	https://dancingalonetogether.org/	Improve or learn dance moves via Zoom. Features many styles of dance, such as, ballet and ballroom
Mindfulness	4-11	https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/	Fun and interactive mindfulness activities
Science	All ages	https://www.stevespanglerscience.com/lab/experiment-library/?fbclid=IwAR1n-pOGwgkjcSmmn4GumYy3ZN9hgwwVQY3PKAYpwhq_8QPvYdpYOSZFwgM	Many fun science experiments to do at home
Science	All ages	http://oceansinitiative.org/virtual-marine-biology-camp/	Marine biology camp - Live on Mondays and Thursdays
Indoor Activities	All ages	https://www.familyeducation.com/fun/indoor-activities/top-10-rainy-day-activities	Indoor activities for children - cooking together, dance party and charades
Indoor Activities	All ages	https://mommypoppins.com/ny-kids/50-indoor-activities-for-a-rainy-day	50 at home activities
Multiple Activities	All ages	https://www.funology.com/	Activities include, science experiments, recipes, magic tricks and arts & crafts
Multiple Activities	All ages	https://playivities.com/stuck-at-home-with-kids-these-12-independent-activities-will-help/	Creative activities for children at home
Multiple Activities	All ages	https://www.signupgenius.com/home/outdoor-activities-for-kids.cfm	Outdoor activities such as, balloon volleyball and making birdhouses/feeders
Multiple Activities	All ages	https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/	125 ideas to keep kids entertained, such as, Zoo Livestreams and virtual trips to famous museums
Multiple Activities	All ages	https://www.chicagoparent.com/play/indoor-fun/at-home-activities-tweens-and-teens/	Fun activities during quarantine. Themed dinner parties, baking competitions, make a time capsule
Outdoor Activities	4-12	https://www.care.com/c/stories/3784/17-fun-outside-games-for-kids/	Activities and games for kids to play outside. Includes nature scavenger hunt and water cup races
Outdoor Activities	All ages	https://www.superhealthykids.com/kid-fitness/31-outside-activities-for-kids/	31 fun outside activities for kids
Arts & Crafts	4-11	https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/	Craft ideas
Physical Distancing Games	All ages	https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing?fbclid=IwAR0aBynsHplKGO0uU_Rj6THUYCIQu2dmS1Z8mS0DW1g37iTOrruSlU_wmpl	Fun games to play outside or inside while physically distancing