

### Resources for kids: learning, entertainment

- Free Wifi through spectrum:  
<https://www.wistv.com/2020/03/15/spectrum-offer-students-free-internet-amid-covid-pandemic-2/>
- Drawing webinars: “Draw Everyday”  
<https://www.youtube.com/studiojjk>
- Keeping kids on a school schedule (preschool through 12<sup>th</sup> grade)  
[https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)
- Free science lessons (kindergarten-5<sup>th</sup> grade)  
<https://mysteryscience.com/school-closure-planning>
- Comic book downloadable activities  
<https://jarrettlerner.com/activities/>
- Cooking activities, recipes, quizzes  
<https://www.americastestkitchen.com/kids/home>
- National geographic: games, videos, quizzes  
<https://kids.nationalgeographic.com>
- Free audio & ebooks  
<https://www.overdrive.com/apps/libby/>

### General resources for parents

- Common questions answered  
<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>
- How to talk about Corona with children:  
<https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>

### Resources for mental health

- FitOn app for exercise: Offers various exercises for free  
<https://fitonapp.com/posts/>
- Free yoga

<https://www.doyogawithme.com>

- Free meditation + sleep/anxiety help app  
<https://insighttimer.com>
- Dealing with anxiety  
[https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html)
- Tips for managing stress  
<https://www.psychologytoday.com/us/blog/modern-mentality/202003/coping-coronavirus-stress>