



# Making the Best of Covid-19

 **Description**

 **Link**

## Adults

**Para los miembros de la comunidad de habla hispana**

Latino Community Association offices in Madras, Bend, Redmond, Prineville	<a href="https://latinocommunityassociation.org/">https://latinocommunityassociation.org/</a>
PCUN, Farm workers union	<a href="https://pcun.org/">https://pcun.org/</a>
Causa, immigration, Denise Piza	<a href="https://causaoregon.org/es/inicio/">https://causaoregon.org/es/inicio/</a>
Panamerican Health Organization, Health information in Spanish	<a href="https://www.paho.org/hq/index.php?lang=es">https://www.paho.org/hq/index.php?lang=es</a>
National Immigration Law Center	<a href="https://www.nilc.org/">https://www.nilc.org/</a>
ACLU	<a href="https://www.aclu.org/issues/immi-grants-rights">https://www.aclu.org/issues/immi-grants-rights</a>

**Staying Active**

<b>Yoga with Adrienne</b> is a well-loved yoga channel, with over six million subscribers. She’s quirky and down-to-earth, and offers yoga classes lasting from five minutes through to an hour.	<a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a>
<b>Nike Training Club</b> can help you stay active during this time by offering heaps of free workouts you can do from home. It also features wellness and nutrition guidance from experts.	<a href="https://www.nike.com/au/ntc-app">https://www.nike.com/au/ntc-app</a>
<b>Seven – 7 Minute Workout</b> app (iOS ). These seven-minute workouts are based on scientific studies and are designed to provide the maximum benefit in the shortest amount of time. You can also link up with friends in the app to encourage each other (or, let’	<a href="https://apps.apple.com/us/app/seven-7-minute-workout/id650276551">https://apps.apple.com/us/app/seven-7-minute-workout/id650276551</a>
Seven – 7 Minute Workout app (Android).	<a href="https://play.google.com/store/apps/details?id=se.perigee.android.seven&amp;hl=en_AU">https://play.google.com/store/apps/details?id=se.perigee.android.seven&amp;hl=en_AU</a>
Free at-home kids yoga lesson plans	<a href="https://littletwistersyoga.com/online-store/">https://littletwistersyoga.com/online-store/</a>

**Mental Health - Emotional Intelligence**

Take the Emotional Intelligence Quiz - Learn how our expressions communicate.	<a href="https://greatergood.berkeley.edu/quizzes/ei_quiz/take_quiz">https://greatergood.berkeley.edu/quizzes/ei_quiz/take_quiz</a>
Emotional Intelligence: Developing Strong "People Skills" — Self-awareness — Self-regulation — Motivation — Empathy — Social skills	<a href="https://www.mindtools.com/pages/article/newCDV_59.htm">https://www.mindtools.com/pages/article/newCDV_59.htm</a>

**Mental Health -**

6 Ways to improve your emotional intelligence	<a href="https://www.youtube.com/watch?v=D6_J7FfgWVc">https://www.youtube.com/watch?v=D6_J7FfgWVc</a>
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## Emotional Intelligence

Fixed Mindset, or Growth Mindset? Why Attitude Is More Important Than IQ	<a href="https://www.linkedin.com/pulse/why-attitude-more-important-than-iq-dr-travis-bradberry/">https://www.linkedin.com/pulse/why-attitude-more-important-than-iq-dr-travis-bradberry/</a>
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40 Ways to Feel More Alive	<a href="https://tinybuddha.com/blog/40-ways-to-feel-more-alive/">https://tinybuddha.com/blog/40-ways-to-feel-more-alive/</a>
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10 Ways to Feel More Secure in an Insecure World	<a href="https://www.psychologytoday.com/us/blog/emotional-fitness/201303/10-ways-feel-more-secure-in-insecure-world">https://www.psychologytoday.com/us/blog/emotional-fitness/201303/10-ways-feel-more-secure-in-insecure-world</a>
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## Mental Health - Feeling Secure

7 Mental Hacks to Be More Confident in Yourself	<a href="https://www.success.com/7-mental-hacks-to-be-more-confident-in-yourself/">https://www.success.com/7-mental-hacks-to-be-more-confident-in-yourself/</a>
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4 Ways to Start Loving Yourself and Becoming More Confident	<a href="https://www.success.com/7-mental-hacks-to-be-more-confident-in-yourself/">https://www.success.com/7-mental-hacks-to-be-more-confident-in-yourself/</a>
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Ways to Feel Safe Through Covid-19, and to help others	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a>
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How to deal with an insecure person	<a href="https://www.wikihow.com/Deal-With-an-Insecure-Person">https://www.wikihow.com/Deal-With-an-Insecure-Person</a>
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Understanding Anxiety: The Complete Beginner's Guide	<a href="https://nickwignall.com/understanding-anxiety/">https://nickwignall.com/understanding-anxiety/</a>
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How to Stop Feeling Anxious Right Now	<a href="https://www.webmd.com/mental-health/features/ways-to-reduce-anxiety">https://www.webmd.com/mental-health/features/ways-to-reduce-anxiety</a>
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How To Explain Anxiety To People Who Don't Understand	<a href="https://www.bustle.com/articles/159599-how-to-explain-anxiety-to-people-who-dont-understand">https://www.bustle.com/articles/159599-how-to-explain-anxiety-to-people-who-dont-understand</a>
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16 Simple Ways to Relieve Stress and Anxiety	<a href="https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety">https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety</a>
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## Mental Health - Anxiety

Understanding Generalized Anxiety Disorder -- the Basics	<a href="https://www.webmd.com/anxiety-panic/understanding-anxiety-basics">https://www.webmd.com/anxiety-panic/understanding-anxiety-basics</a>
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Dealing with the Immense Uncertainty of the World	<a href="https://zenhabits.net/immense-uncertainty/">https://zenhabits.net/immense-uncertainty/</a>
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How to Cope With Anxiety About Coronavirus (COVID-19)	<a href="https://www.verywellmind.com/managing-coronavirus-anxiety-4798909">https://www.verywellmind.com/managing-coronavirus-anxiety-4798909</a>
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Online Social Anxiety Network	<a href="http://www.anxietysocialnet.com/">http://www.anxietysocialnet.com/</a>
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Doing it Badly: Surprising ways to beat anxiety and become mentally strong – according to science	<a href="https://theconversation.com/surprising-ways-to-beat-anxiety-and-become-mentally-strong-according-to-science-77978">https://theconversation.com/surprising-ways-to-beat-anxiety-and-become-mentally-strong-according-to-science-77978</a>
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## Mental Health - Expressing Emotions

The Universal Expression of Emotion	<a href="https://www.verywellmind.com/the-expression-of-emotion-2795180">https://www.verywellmind.com/the-expression-of-emotion-2795180</a>
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11 Steps to Express Your Emotions	<a href="https://exploringyourmind.com/11-steps-express-emotions/">https://exploringyourmind.com/11-steps-express-emotions/</a>
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## Mental Health - Expressing Emotions

Learn How to Identify and Express your Feelings	<a href="https://www.cognitivehealing.com/depression/learn-how-to-identify-and-express-your-feelings/">https://www.cognitivehealing.com/depression/learn-how-to-identify-and-express-your-feelings/</a>
10 Reasons You Can't Say How You Feel	<a href="https://psychcentral.com/lib/10-reasons-you-cant-say-how-you-feel/">https://psychcentral.com/lib/10-reasons-you-cant-say-how-you-feel/</a>
Why it's so Important to Express Your Emotions	<a href="https://welldoing.org/article/why-so-important-express-emotions">https://welldoing.org/article/why-so-important-express-emotions</a>
A simple trick to express negative emotions in a mature way	<a href="https://agileanlife.com/how-to-express-negative-emotions/">https://agileanlife.com/how-to-express-negative-emotions/</a>

## Mental Health - Self Esteem

<b>What is Self Esteem?</b>	<a href="https://science.nowsturnworks.com/life/what-is-self-esteem.htm">https://science.nowsturnworks.com/life/what-is-self-esteem.htm</a>
Signs of Healthy and Low Self-Esteem	<a href="https://www.verywellmind.com/what-is-self-esteem-2795868">https://www.verywellmind.com/what-is-self-esteem-2795868</a>
How to Improve Your Self-Esteem	<a href="https://iqdoodle.com/improve-self-esteem/">https://iqdoodle.com/improve-self-esteem/</a>
The Difference Between Self-Esteem and Self-Confidence	<a href="https://www.healthyplace.com/blogs/buildingselfesteem/2012/05/the-difference-between-self-esteem-and-self-confidence">https://www.healthyplace.com/blogs/buildingselfesteem/2012/05/the-difference-between-self-esteem-and-self-confidence</a>
Improving Self-Esteem	<a href="https://www.skillsyouneed.com/ps/self-esteem.html">https://www.skillsyouneed.com/ps/self-esteem.html</a>
Building Confidence and Self-Esteem	<a href="https://www.psychologytoday.com/us/blog/hide-and-seek/201205/building-confidence-and-self-esteem">https://www.psychologytoday.com/us/blog/hide-and-seek/201205/building-confidence-and-self-esteem</a>
8 Steps to Improving Your Self-Esteem	<a href="https://www.psychologytoday.com/us/blog/nurturing-self-compassion/201703/8-steps-improving-your-self-esteem">https://www.psychologytoday.com/us/blog/nurturing-self-compassion/201703/8-steps-improving-your-self-esteem</a>
Self-esteem: Take steps to feel better about yourself	<a href="https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374">https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374</a>

## Mental Health - Relieve Stress

How to Simplify Your Life and Reduce Stress	<a href="https://www.verywellmind.com/how-to-simplify-your-life-3144705">https://www.verywellmind.com/how-to-simplify-your-life-3144705</a>
16 Simple Ways to Relieve Stress and Anxiety	<a href="https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety">https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety</a>
10 Relaxation Techniques That Zap Stress Fast	<a href="https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1">https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1</a>
Quick Tips to Reduce Stress and Stop Anxiety	<a href="https://www.psychologytoday.com/us/blog/finding-cloud9/201308/5-quick-tips-reduce-stress-and-stop-anxiety">https://www.psychologytoday.com/us/blog/finding-cloud9/201308/5-quick-tips-reduce-stress-and-stop-anxiety</a>
Stress Management 101	<a href="https://www.helpguide.org/articles/stress/stress-management.htm">https://www.helpguide.org/articles/stress/stress-management.htm</a>

## Mental Health - Eliminating Self-Doubt

15 Tips and Ways How to Reduce Stress Naturally	<a href="https://mindmonia.com/tips-how-to-reduce-stress/">https://mindmonia.com/tips-how-to-reduce-stress/</a>
Dealing With Stress	<a href="https://www.skillsyouneed.com/p/s/stress-tips.html">https://www.skillsyouneed.com/p/s/stress-tips.html</a>
How to Reduce Stress	<a href="https://www.psychologytoday.com/us/blog/hide-and-seek/201702/how-reduce-stress">https://www.psychologytoday.com/us/blog/hide-and-seek/201702/how-reduce-stress</a>
Relieve Stress Now	<a href="https://www.youtube.com/watch?v=fAjd17J4Gvo">https://www.youtube.com/watch?v=fAjd17J4Gvo</a>
Best exercises to reduce stress and anxiety	<a href="https://www.stylecraze.com/articles/exercises-for-stress-and-anxiety/">https://www.stylecraze.com/articles/exercises-for-stress-and-anxiety/</a>
Ways meditation can help to reduce and manage stress	<a href="https://chopra.com/articles/7-ways-meditation-can-help-you-reduce-and-manage-stress">https://chopra.com/articles/7-ways-meditation-can-help-you-reduce-and-manage-stress</a>
Powerful Ways to Overcome Self-Doubt (So You Can Finally Move Forward in Life)	<a href="https://www.positivityblog.com/overcome-self-doubt/">https://www.positivityblog.com/overcome-self-doubt/</a>
Denzel Washington - Fall Forward Commencement Speech	<a href="https://www.youtube.com/watch?v=tbnzAVRZ9Xc">https://www.youtube.com/watch?v=tbnzAVRZ9Xc</a>
Eliminate Self-Doubt Using This Simple Breathing Exercise	<a href="https://www.gr8ness.com/breathing-technique-eliminates-self-doubt/">https://www.gr8ness.com/breathing-technique-eliminates-self-doubt/</a>
How To Boost Your Confidence And Overcome Self Doubt	<a href="https://medium.com/the-mission/how-to-overcome-self-doubt-and-boost-your-confidence-a10ac6cc912f">https://medium.com/the-mission/how-to-overcome-self-doubt-and-boost-your-confidence-a10ac6cc912f</a>
Eliminate Self Doubt and Fear	<a href="https://www.positivityguides.net/how-to-eliminate-self-doubt/">https://www.positivityguides.net/how-to-eliminate-self-doubt/</a>
Develop Incredible Self-Assurance	<a href="https://medium.com/the-mission/how-to-eliminate-self-doubt-and-develop-incredible-self-assurance-9b188b2eb870">https://medium.com/the-mission/how-to-eliminate-self-doubt-and-develop-incredible-self-assurance-9b188b2eb870</a>
How Self Doubt Keeps You Stuck (And How to Overcome It)	<a href="https://www.lifehack.org/567587/the-reasons-of-self-doubt-and-steps-to-deal-with-it">https://www.lifehack.org/567587/the-reasons-of-self-doubt-and-steps-to-deal-with-it</a>
Smiling Mind might be a good option if you don't want to be overwhelmed by choice. The meditations are organized by structured programs, such as Mindful Foundations, Sleep, Relationships, etc.	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>
Movement and mindfulness videos created by child development experts	<a href="https://www.gonoodle.com">https://www.gonoodle.com</a>
<b>Talking to your kids about Covid-19:</b> Each week for the next 6 weeks, this site will be releasing new content just for parents.	<a href="https://parents.cmionline.com/">https://parents.cmionline.com/</a>

## Parenting

ChildMind.Org offers free online videos: Coping With the Coronavirus Crisis Autism and the Coronavirus Managing Anxiety Discipline and Behavior Dealing With Loss	<a href="https://childmind.org/coping-during-covid-19-resources-for-parents/">https://childmind.org/coping-during-covid-19-resources-for-parents/</a>
Operation Parent offers tons of free webinars; many topics, ranging from self-injury, sexting, and vaping, to parenting an independent teen.	<a href="https://operationparent.org/resource-manager/">https://operationparent.org/resource-manager/</a>
<b>Insight Timer</b> has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).	<a href="https://insighttimer.com/">https://insighttimer.com/</a>
300,000 Books available for download	<a href="http://www.timeout.com/newyork/blog/you-can-now-download-over-300-000-books-from-the-nypl-for-free-071216">http://www.timeout.com/newyork/blog/you-can-now-download-over-300-000-books-from-the-nypl-for-free-071216</a>

## Reading

# Adults and Youth

## Adult Learning

Tons of categories and courses. One month free trial	<a href="https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&amp;utm_source=Social_Media&amp;utm_medium=Facebook&amp;utm_campaign=1000614&amp;fbclid=IwAR2HXdU_RO-pPfBwlh-_BkiD3E3ihp2rgRGh6DNUzslITYMWZwROqOB1HSmq">https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&amp;utm_source=Social_Media&amp;utm_medium=Facebook&amp;utm_campaign=1000614&amp;fbclid=IwAR2HXdU_RO-pPfBwlh-_BkiD3E3ihp2rgRGh6DNUzslITYMWZwROqOB1HSmq</a>
Math Videos with lessons, real life uses of math	<a href="https://www.hmhco.com/math-at-work?fbclid=IwAR16rdZO024LLFSCUDH-7vPKM1zVDoOlw1p6JaWp4MTpZ8bnrFkv5g8bU">https://www.hmhco.com/math-at-work?fbclid=IwAR16rdZO024LLFSCUDH-7vPKM1zVDoOlw1p6JaWp4MTpZ8bnrFkv5g8bU</a>
Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly	<a href="https://www.mathcelebrity.com/online-math-tutor.php?fbclid=IwARoemXQOEsooWYmtEEiPYsCZJ7NBcKrZrJ2rSGgY8ckwU51mwEpPSHzJO1M">https://www.mathcelebrity.com/online-math-tutor.php?fbclid=IwARoemXQOEsooWYmtEEiPYsCZJ7NBcKrZrJ2rSGgY8ckwU51mwEpPSHzJO1M</a>
7,000 free videos in 13 subject areas, from science to physics.	<a href="https://hippocampus.org">https://hippocampus.org</a>
Resources for AP students	<a href="https://marcolearning.com/">https://marcolearning.com/</a>
Duolingo	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>
Resources for Spanish practice	<a href="https://www.difusion.com/campus/">https://www.difusion.com/campus/</a>
Chinese learning activities	<a href="https://chalkacademy.com/">https://chalkacademy.com/</a>

## Language

## Museums

Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin	<a href="https://conjuguemos.com">https://conjuguemos.com</a>
Google Arts & Culture: Virtual Museums	
Online Tours: The Louvre	
The Museum of the World	
Guggenheim Online Collection	
Museum of Natural History	
Salvador Dali Museum	
Air Force Museum	
Nightly Met Opera Streams	
Digital Concert Hall	
Moma Learning	
Museum of Web Art	
Vatican Museum	

## Music and Poetry

Poetry and music	<a href="https://www.thewell.world/mindful-music/mindful-poetry-moments?fbclid=IwAR1ZRuGKEdcl27_L_Ji7KmFqVApS5aKBYQPG33z8hLQjzMyPf6oYPph_eSQ">https://www.thewell.world/mindful-music/mindful-poetry-moments?fbclid=IwAR1ZRuGKEdcl27_L_Ji7KmFqVApS5aKBYQPG33z8hLQjzMyPf6oYPph_eSQ</a>
Introductory and intermediate music theory lessons, exercises, ear trainers, and calculators.	<a href="https://www.musictheory.net/">https://www.musictheory.net/</a>
Prodigies is a colorful music curriculum for kids 1-12 that will teach your kids how to play their first instrument, how to sing in tune & how to understand the language of music!	<a href="https://prodigiesmusic.com/">https://prodigiesmusic.com/</a>
QuaverMusic is offering free access to general music activities to all impacted schools, including free student access at-home	<a href="https://www.quavermusic.com/info/at-home-resources/">https://www.quavermusic.com/info/at-home-resources/</a>
Music practice transformed	<a href="https://www.smartmusic.com/">https://www.smartmusic.com/</a>
The Theta Music Trainer offers a series of online courses and games for ear training and music theory.	<a href="https://trainer.thetamusic.com/en">https://trainer.thetamusic.com/en</a>
Patrick Stewart - Shakespeare sonnet	<a href="https://twitter.com/hashtag/ASonnetADay?src=hash&amp;ref_src=twsrc%5Etfw%7Ctwcamp%5Etweetembed%7Ctwtterm%5E1242205662194601985&amp;ref_url=https%3A%2F%2Fpeople.com%2Ftv%2Fstar-trek-patrick-stewart-recites-shakespeare-for-social-media-fans-amid-coronavirus%2F">https://twitter.com/hashtag/ASonnetADay?src=hash&amp;ref_src=twsrc%5Etfw%7Ctwcamp%5Etweetembed%7Ctwtterm%5E1242205662194601985&amp;ref_url=https%3A%2F%2Fpeople.com%2Ftv%2Fstar-trek-patrick-stewart-recites-shakespeare-for-social-media-fans-amid-coronavirus%2F</a>
Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos.	<a href="https://www.virtualmusicalinstruments.com/">https://www.virtualmusicalinstruments.com/</a>

	Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
	This Virtual Tour of the Great Wall of China is beautiful and makes history come to life	<a href="https://www.thechinaguide.com/destinati.../great-wall-of-china">https://www.thechinaguide.com/destinati.../great-wall-of-china</a>
	The Great Court, Rosetta Stone and Egyptian mummies	<a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a>
	Tests kids' geography skills. Using images from Google's Street View, it plops players down in the middle of the street and asks them to figure out where they are.	<a href="https://www.geoguessr.com/">https://www.geoguessr.com/</a>
Virtual World Tours	Virtual Marine Biology Camp to hang out online and talk about whales and dolphins and other marine life. Streams live on Mondays and Thursdays at 11 a.m. PDT	<a href="http://oceansinitiative.org/virtual-marine-biology-camp/">http://oceansinitiative.org/virtual-marine-biology-camp/</a>
	Indigenous films, free online	<a href="https://www.nfb.ca/indigenous-cinema/?&amp;film_lang=en&amp;sort=year:desc,title&amp;year=1917..2020">https://www.nfb.ca/indigenous-cinema/?&amp;film_lang=en&amp;sort=year:desc,title&amp;year=1917..2020</a>
	Edinburgh Zoo - Live streams: Panda Cam / Tiger Cam / Penguin Cam / Rock Hopper Penguin Cam / Koala Cam	<a href="https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguin-cam">https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguin-cam</a>
	Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history.	<a href="http://www.whatwasthere.com//">http://www.whatwasthere.com//</a>
	Short videos about numbers that help kids explore complex math topics and make math more fun.	<a href="https://www.numberphile.com/">https://www.numberphile.com/</a>
	A human visualization platform that allows students to explore the human body in really cool ways.	<a href="https://human.biodigital.com/login?returnUrl=/dashboard">https://human.biodigital.com/login?returnUrl=/dashboard</a>
	Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.	<a href="https://artsology.com/">https://artsology.com/</a>
	Crafts, activities, bulletin board designs, and finger plays for early education teachers and parents to use with kids.	<a href="http://www.preschoolexpress.com/">http://www.preschoolexpress.com/</a>
	Feeling like everything about Covid-19 is for everyone but teens?	<a href="https://www.yourlifeyourvoice.org/Pages/COVID-19.aspx">https://www.yourlifeyourvoice.org/Pages/COVID-19.aspx</a>

## Teens

3D printing projects and Coding projects, involving math and other K-12 subjects	<a href="https://www.instructables.com/member/EdgertonCenter/instructables/?fbclid=IwARotbGYqTVQ2XQWocagFy8no7mX6FfTHOlRQgNySS3Ktev7YqaOhow8nJeY">https://www.instructables.com/member/EdgertonCenter/instructables/?fbclid=IwARotbGYqTVQ2XQWocagFy8no7mX6FfTHOlRQgNySS3Ktev7YqaOhow8nJeY</a>
Resources for AP students	<a href="https://marcolearning.com/">https://marcolearning.com/</a>
Interactive video earth science based curriculum supplement	<a href="https://www.everyday-earth.com/">https://www.everyday-earth.com/</a>
Netflix Party! Watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.	<a href="https://www.netflixparty.com/">https://www.netflixparty.com/</a>

## Children

Cultures and countries of the world	<a href="https://www.countryreports.org/?fbclid=IwAR1Xol_anLqjm7onaK4YXtj43ArX1TdL4g1Zv7AeW4cU_LVc5LC6FOAnng">https://www.countryreports.org/?fbclid=IwAR1Xol_anLqjm7onaK4YXtj43ArX1TdL4g1Zv7AeW4cU_LVc5LC6FOAnng</a>
The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!	<a href="https://kids.sandiegozoo.org/">https://kids.sandiegozoo.org/</a>
Yellowstone National Park	<a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?fbclid=IwAR3yBmwJgH4PNWXGsngjB6EYPG2ILhgnKZEYCyA5RmeCF4Bkz6_OQxw7jjpg">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?fbclid=IwAR3yBmwJgH4PNWXGsngjB6EYPG2ILhgnKZEYCyA5RmeCF4Bkz6_OQxw7jjpg</a>
Explore the surface of Mars on the Curiosity Rover	<a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a>
This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.	<a href="https://www.farmfood360.ca/">https://www.farmfood360.ca/</a>
Indoor activities for busy toddlers	<a href="https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwARoPRB9KjUBMailRcukRgVzAh32eUZ6v12UtCX7LqtqzvYRLJa4Yf6d9DRk">https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwARoPRB9KjUBMailRcukRgVzAh32eUZ6v12UtCX7LqtqzvYRLJa4Yf6d9DRk</a>
Play games and learn all about animals	<a href="https://switchzoo.com/">https://switchzoo.com/</a>
Play with fave show characters and learn too!	<a href="https://pbskids.org/">https://pbskids.org/</a>
Math and Reading games	<a href="https://www.funbrain.com/?fbclid=IwARooxOCLm2wOu3MI7OULICg4dOV9NkBEoX3w4v1NfHtbptz4niY-uWHwjAq">https://www.funbrain.com/?fbclid=IwARooxOCLm2wOu3MI7OULICg4dOV9NkBEoX3w4v1NfHtbptz4niY-uWHwjAq</a>
Phonics skills	<a href="https://www.starfall.com/h/">https://www.starfall.com/h/</a>
Read, play games, and hang out with Dr. Seuss	<a href="https://www.seussville.com/">https://www.seussville.com/</a>
300,000+ FREE printable worksheets from toddlers to teens	<a href="https://www.123homeschool4me.com/home-school-free-printabl.../">https://www.123homeschool4me.com/home-school-free-printabl.../</a>
Geography and animals	<a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a>
Math practice from counting to algebra and geometry	<a href="http://www.mathscore.com/">http://www.mathscore.com/</a>

## Children

Fave kids books read by famous people	<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>
Crafts, activities, mazes, dot to dot, etc.,	<a href="https://www.allkidsnetwork.com/">https://www.allkidsnetwork.com/</a>
Grammar practice for middle grades	<a href="https://www.classroomcereal.com/">https://www.classroomcereal.com/</a>
Daily free science or cooking experiment to do at home	<a href="http://www.clubscikidzmd.com/blog/">http://www.clubscikidzmd.com/blog/</a>
Increase student engagement and understanding of chemistry	<a href="https://www.playmadagames.com/">https://www.playmadagames.com/</a>
Reading passages for grades 3-12, with reading comprehension and discussion questions	<a href="https://www.commonlit.org/">https://www.commonlit.org/</a>
K-5th Science lessons	<a href="https://mysteryscience.com/">https://mysteryscience.com/</a>
Free printable K-8 Reading and Math activity packs (available in English and Spanish)	<a href="https://www.curriculumassociates.com/supporting-students-aw...">https://www.curriculumassociates.com/supporting-students-aw...</a>
Digital learning content for preschool through high	<a href="https://www.curriki.org/">https://www.curriki.org/</a>
Online homeschool platform & curriculum for Pre-K to 12	<a href="http://discoveryk12.com/dk12/">http://discoveryk12.com/dk12/</a>
K-8 online math program that looks at how a student is solving problems to adjust accordingly and build a unique learning path for them	<a href="https://www.dreambox.com/at-home">https://www.dreambox.com/at-home</a>
Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game.	<a href="https://www.squigglepark.com/dreamscape/">https://www.squigglepark.com/dreamscape/</a>
Over 900 videos to help your child keep learning at home and burn off some extra energy. Our site is best used for ages 4-8	<a href="https://fluencyandfitness.com/register/school-closures/">https://fluencyandfitness.com/register/school-closures/</a>
7,000 free videos in 13 subject areas, from science to physics.	<a href="https://hippocampus.org">https://hippocampus.org</a>
Carmen Sandiego videos, stories, and lessons for all subjects	<a href="https://www.carmensandiego.com/resources">https://www.carmensandiego.com/resources</a>
Financial Literacy	<a href="https://www.izzit.org/index.php">https://www.izzit.org/index.php</a>
Online education program for toddler through high school (and honestly, for adults, too!)	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>
Free printables library with activities for children 0-6	<a href="https://www.littlesparkcompany.com/printables-library">https://www.littlesparkcompany.com/printables-library</a>
Magic Spell is a carefully crafted spelling adventure.	<a href="https://brainbox.games/">https://brainbox.games/</a>
Elem Math games, logic puzzles and educational resources	<a href="https://www.mathplayground.com/">https://www.mathplayground.com/</a>
Free resources, games, learning resources, and lesson plans for teaching personal finance	<a href="https://www.ngpf.org/">https://www.ngpf.org/</a>
Improve your typing skills while competing in fast-paced races with up to 5 typers from around the world.	<a href="https://www.nitrotype.com/">https://www.nitrotype.com/</a>

## Children

Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.	<a href="https://www.nomsterchef.com/nomster-recipe-library">https://www.nomsterchef.com/nomster-recipe-library</a>
Online curriculum that builds better writers.	<a href="https://www.noredink.com/">https://www.noredink.com/</a>
80+ do at home science activities	<a href="https://elementalscience.com/.../n.../80-free-science-activities">https://elementalscience.com/.../n.../80-free-science-activities</a>
Daily lessons and educational activities that kids can do on their own	<a href="https://www.superchargedschool.com/">https://www.superchargedschool.com/</a>
Adaptive curriculum in Math and ELA for Grades K-8	<a href="https://www.scootpad.com/">https://www.scootpad.com/</a>
Novel Effect makes storytime a little more fun for kids (and grown-ups too!) As you read out loud from print books (or ebooks!) music, sound effects, and character voices play at just the right moment, adjusting and responding to your voice.	<a href="https://noveleffect.com/">https://noveleffect.com/</a>
Quick & easy at home projects curated for kids 2 and up	<a href="https://www.kiwico.com/kids-at-home">https://www.kiwico.com/kids-at-home</a>
Teaches students how to write a paragraph through interactive online tutorial	<a href="http://www.paragraphpunch.com/">http://www.paragraphpunch.com/</a>
PreK-12 digital media service with more than 30,000 learning materials	<a href="https://www.pbslearningmedia.org/">https://www.pbslearningmedia.org/</a>
Curricular content hub specifically designed for K-3 students.	<a href="https://pebblego.com/free-pebblego-capstone-interactive-acc...">https://pebblego.com/free-pebblego-capstone-interactive-acc...</a>
Science and mathematics labs and simulations	<a href="https://phet.colorado.edu/">https://phet.colorado.edu/</a>
An online physics problem and video bank designed for conceptual, standard, honors or AP1 physics.	<a href="https://www.positivephysics.org/home">https://www.positivephysics.org/home</a>
For students to practice and master whatever they are learning.	<a href="https://quizlet.com/">https://quizlet.com/</a>
ReadWorks is an online resource of reading passages and lesson plans for students of all levels K-12.	<a href="https://www.readworks.org/">https://www.readworks.org/</a>
Critical Thinking resources for K-6 students	<a href="https://marketplace.mythinkscaple.com/store/redtkids">https://marketplace.mythinkscaple.com/store/redtkids</a>
Music Based Spanish Learning	<a href="https://rockalingua.com/">https://rockalingua.com/</a>
Science simulations, scientist profiles, and other digital resources for middle school science and high school biology	<a href="https://sepuplhs.org/">https://sepuplhs.org/</a>
The Shurley English program for grades K-8 provides a clear, logical, and concrete approach to language arts.	<a href="https://www.shurley.com/">https://www.shurley.com/</a>
Sight reading and sight singing practice exercises.	<a href="https://www.sightreadingfactory.com/">https://www.sightreadingfactory.com/</a>
Spellingcity is free right now with code VSCFree90	<a href="https://www.spellingcity.com/games/vocabulary-testme.html">https://www.spellingcity.com/games/vocabulary-testme.html</a>

A collection of hundreds of free K-12 STEM resources, from standalone models and simulations to short activities and week long sequences of curriculum materials.	<a href="https://learn.concord.org/">https://learn.concord.org/</a>
At home OT, PT, and ST resources designed to build skills in children through movement and play.	<a href="https://www.theottoolbox.com/">https://www.theottoolbox.com/</a>
Science projects that can be completed with or without Internet access	<a href="https://sciencespot.net/Pages/classhome.html">https://sciencespot.net/Pages/classhome.html</a>
Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems.	<a href="https://www.tytoonline.com/">https://www.tytoonline.com/</a>
Lots of opportunities to practice math.	Math practice <a href="https://xtramath.org/#/home/index">https://xtramath.org/#/home/index</a>
K-5 curriculum that builds deep understanding and a love of learning math for all students	<a href="https://www.zearn.org/">https://www.zearn.org/</a>
A quick start resource to help families pull together a plan for surviving the next 1-2 months at home with their kids, but it can also be a time of slowing down and enjoying kids as they learn. Preschool through 8th grade.	<a href="https://abetterwaytohomeschool.com/learning-at-home-everyth...">https://abetterwaytohomeschool.com/learning-at-home-everyth...</a>
Spelling 1-4 grade	<a href="https://www.spellingtraining.com/">https://www.spellingtraining.com/</a>
2,500+ online courses from top institutions	<a href="https://www.edx.org/">https://www.edx.org/</a>
22 languages to learn	<a href="https://www.memrise.com/">https://www.memrise.com/</a>
Learn to code	<a href="https://www.codecademy.com/">https://www.codecademy.com/</a>
Miscellaneous games for all subjects k-8	<a href="https://www.funbrain.com/">https://www.funbrain.com/</a>
Phonics and learning to read	<a href="https://readingeggs.com/">https://readingeggs.com/</a>
PreK - 5 games for all subjects	<a href="https://www.turtlediary.com/">https://www.turtlediary.com/</a>
Online digital coloring pages	<a href="https://www.thecolor.com/">https://www.thecolor.com/</a>
Every course you could possibly want to homeschool preschool - 8	<a href="https://allinonehomeschool.com/">https://allinonehomeschool.com/</a>
Every course you could possibly want to homeschool for high school	<a href="https://allinonehighschool.com/">https://allinonehighschool.com/</a>
Phonics worksheets for kids	<a href="https://www.funfonix.com/">https://www.funfonix.com/</a>
Free stories online ages 3-12	<a href="https://www.freechildrenstories.com/">https://www.freechildrenstories.com/</a>
National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text.	<a href="https://ngexplorer.cengage.com/ngyoungexplorer/index.html">https://ngexplorer.cengage.com/ngyoungexplorer/index.html</a>
Learn all about earthquakes	<a href="https://earthquake.usgs.gov/learn/kids/">https://earthquake.usgs.gov/learn/kids/</a>

## Children

Learn all about the periodic table	<a href="https://www.chemicool.com/">https://www.chemicool.com/</a>
Farmer's almanac for kids... Date, weather, moon phase, etc.	<a href="https://www.almanac.com/kids">https://www.almanac.com/kids</a>
Guide to gardening for kids	<a href="https://web.extension.illinois.edu/firstgarden/">https://web.extension.illinois.edu/firstgarden/</a>
Website allows students to play basic games to reinforce math skills and compete against the computer or others	<a href="https://www.mangahigh.com/en-us/">https://www.mangahigh.com/en-us/</a>
Space science for kids	<a href="https://www.nasa.gov/kidsclub/index.html">https://www.nasa.gov/kidsclub/index.html</a>
Math Games, Logic Puzzles and Brain Builders	<a href="https://www.mathplayground.com/">https://www.mathplayground.com/</a>
Games, quizzes and fact sheets take kids on a journey through time.	<a href="https://www.bbc.co.uk/history/for-kids/">https://www.bbc.co.uk/history/for-kids/</a>
NGAkids interactives offer an entertaining and informative introduction to art and art history.	<a href="https://www.nga.gov/education/kids.html">https://www.nga.gov/education/kids.html</a>
News and more for kids	<a href="https://www.youngzine.org/">https://www.youngzine.org/</a>
Randomly generates 356,300,262,144 story starters	<a href="https://thestorystarter.com/">https://thestorystarter.com/</a>
Immerse yourself in cryptography	<a href="https://www.cryptoclub.org/">https://www.cryptoclub.org/</a>
Math games galore	<a href="https://gridclub.com/">https://gridclub.com/</a>
Tons of science experiments that you can do at home	<a href="https://www.stevespanglerscience.com/lab/experiments/">https://www.stevespanglerscience.com/lab/experiments/</a>
Just explore, have fun, and learn some science along the way.	<a href="https://thehappyscientist.com/">https://thehappyscientist.com/</a>
Interactive games based on the book series	<a href="https://www.magictreehouse.com/">https://www.magictreehouse.com/</a>
Work on the 8 parts of speech	<a href="https://www.grammaropolis.com/">https://www.grammaropolis.com/</a>
A large selection of fun songs to help teach preschool and kindergarten students	<a href="https://www.songsforteaching.com/preschoolkindergarten.htm">https://www.songsforteaching.com/preschoolkindergarten.htm</a>
Resource section includes free flashcards, coloring pages, worksheets, and other resources for children, teachers, and parents.	<a href="https://supersimple.com/">https://supersimple.com/</a>
Life skills curriculum for students in grades K-12. Their resources include strategies for teaching social and emotional skills.	<a href="https://www.overcomingobstacles.org/">https://www.overcomingobstacles.org/</a>
Coding for ages 4-10	<a href="https://www.kodable.com/">https://www.kodable.com/</a>
No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen	<a href="https://www.si.edu/kids">https://www.si.edu/kids</a>
Cool Kid Facts gives your child access to educational videos, pictures, quizzes, downloadable worksheets, and infographics. They can use these to learn about geography, history, science, animals, and even the human body.	<a href="https://www.coolkidfacts.com/">https://www.coolkidfacts.com/</a>

## Children

This interactive website, hosted by the U.S. Government Publishing Office, allows your child to see the ins and outs of the U.S. government by taking a series of learning adventures with none other than Benjamin Franklin.	<a href="https://bensguide.gpo.gov/">https://bensguide.gpo.gov/</a>
This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals.	<a href="https://climatekids.nasa.gov/">https://climatekids.nasa.gov/</a>
Ask Dr. Universe is a science-education project from Washington State University. Kids can send Dr. Universe any question they may have about history, geography, plants, animals, technology, engineering, math, culture, and more.	<a href="https://askdruniverse.wsu.edu/">https://askdruniverse.wsu.edu/</a>
Your child can play games, learn fun facts, and find out how to turn coin collecting into a hobby.	<a href="https://www.usmint.gov/learn/kids">https://www.usmint.gov/learn/kids</a>
From rainbows to tornadoes and winter storms to tsunamis, meteorologist Crystal Wicker breaks down the fascinating world of weather.	<a href="http://www.weatherwizkids.com/">http://www.weatherwizkids.com/</a>
Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.	<a href="http://www.kidsthinkdesign.org/">http://www.kidsthinkdesign.org/</a>
This educational website hosted by the Smithsonian Museum takes a deep dive into ocean life.	<a href="https://ocean.si.edu/">https://ocean.si.edu/</a>
Brainscape offers over a million flashcard decks for every subject, entrance exam, and certification imaginable.	<a href="https://www.brainscape.com/">https://www.brainscape.com/</a>
Banzai exposes students to real-world financial dilemmas to teach them the importance of smart money management.	<a href="https://www.teachbanzai.com/">https://www.teachbanzai.com/</a>
Innerbody explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body.	<a href="https://www.innerbody.com/html/body.html">https://www.innerbody.com/html/body.html</a>
Alcumus is specifically designed to provide high-performing students with a challenging curriculum appropriate to their abilities	<a href="https://artofproblemsolving.com/alcumus">https://artofproblemsolving.com/alcumus</a>
Find and fix learning gaps	<a href="https://www.mobymax.com/">https://www.mobymax.com/</a>
Algebra games for kids	<a href="https://www.dragonboxapp.com/">https://www.dragonboxapp.com/</a>
Fractions practice	<a href="http://www.mathchimp.com/fred-dysfractions.php">http://www.mathchimp.com/fred-dysfractions.php</a>
Education for kids all topics	<a href="https://www.ducksters.com">https://www.ducksters.com</a>

## Children

Math and logic problems for ages 5 and up to adult	<a href="https://www.aplusclick.org/">https://www.aplusclick.org/</a>
Science podcasts to listen to with your kids	<a href="https://medium.com/.../19-great-science-podcasts-you-can-list...">https://medium.com/.../19-great-science-podcasts-you-can-list...</a>
Alaskan Wildlife cams	<a href="http://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams">http://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams</a>
Coding with Star Wars	<a href="https://code.org/starwars">https://code.org/starwars</a>
Tons and tons and tons of games some learning some just fun	<a href="https://www.crazygames.com/">https://www.crazygames.com/</a>
Crafts, projects, science, recipes for young children	<a href="https://www.funology.com/">https://www.funology.com/</a>
Amphibian unit studies	<a href="https://premeditatedleftovers.com/.../amphibians-unit-study-.../">https://premeditatedleftovers.com/.../amphibians-unit-study-.../</a>
Engineering challenges with things you have at home	<a href="https://thehomeschoolscientist.com/paper-structures-engine.../">https://thehomeschoolscientist.com/paper-structures-engine.../</a>
Online photograph jigsaw puzzles You can set the pieces from 6-1000+	<a href="https://www.jigsawexplorer.com/">https://www.jigsawexplorer.com/</a>
Toddler and preschool age ideas	<a href="https://preschoolinspirations.com/">https://preschoolinspirations.com/</a>
Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.	<a href="https://app.sworKit.com/collections/kids-workouts">https://app.sworKit.com/collections/kids-workouts</a>
Learn all about cells	<a href="https://www.cellsalive.com/">https://www.cellsalive.com/</a>
All sorts of learning here if you dig in	<a href="https://www.google.com/earth/">https://www.google.com/earth/</a>
Scratch draws students of all types into coding and lays a foundation for future learning.	<a href="https://scratch.mit.edu/">https://scratch.mit.edu/</a>
A wonderful, endlessly detailed way to get kids engaged in the world of art.	<a href="https://www.metmuseum.org/art/online-features/metkids/">https://www.metmuseum.org/art/online-features/metkids/</a>
Tests kids' geography skills. Using images from Google's Street View, it plops players down in the middle of the street and asks them to figure out where they are.	<a href="https://www.geoguessr.com/">https://www.geoguessr.com/</a>
Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history.	<a href="http://www.whatwasthere.com//">http://www.whatwasthere.com//</a>
Short videos about numbers that help kids explore complex math topics and make math more fun.	<a href="https://www.numberphile.com/">https://www.numberphile.com/</a>
A human visualization platform that allows students to explore the human body in really cool ways.	<a href="https://human.biodigital.com/login?returnUrl=/dashboard">https://human.biodigital.com/login?returnUrl=/dashboard</a>

## Children

Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.	<a href="https://artsology.com/">https://artsology.com/</a>
Crafts, activities, bulletin board designs, and finger plays for early education teachers and parents to use with kids.	<a href="http://www.preschoolexpress.com/">http://www.preschoolexpress.com/</a>
3D printing projects and Coding projects, involving math and other K-12 subjects	<a href="https://www.instructables.com/member/EdgertonCenter/instructables/?fbclid=IwARotbGYqTVO2XQWocagFy8no7mX6FfTHOlrQ9NySS3Ktev7YqaOhow8nJeY">https://www.instructables.com/member/EdgertonCenter/instructables/?fbclid=IwARotbGYqTVO2XQWocagFy8no7mX6FfTHOlrQ9NySS3Ktev7YqaOhow8nJeY</a>
Resources for AP students	<a href="https://marcolearning.com/">https://marcolearning.com/</a>
7,000 free videos in 13 subject areas, from science to physics.	<a href="https://hippocampus.org">https://hippocampus.org</a>
Interactive video earth science based curriculum supplement	<a href="https://www.everyday-earth.com/">https://www.everyday-earth.com/</a>
Saving Endangered Species	

## Art Contests

Courtesy of  
 @MrsValazquezArt  
 (<https://www.instagram.com/mrsvalazquezart/?hl=en>)

Sustainable Shipping
National Fossil Day
Science without Borders
Impact of Conflict
No Limits Foundation
State Fish Art Contest
Guadalupe Mountains
Embracing Our Differences
Ocean Awareness
The Really Great Outdoors
Congressional Art
Quick, Draw!
Mondrian Squares
Autodraw
Color
Kern
ArtistToolkit
Mondrimat
Street Art
Art Puzzle
Hieronymus Bosch Invaders
Queensland Art Games
Cubism

## Art Games

## Art (Digital)

Just a Line
Mandala Creator
Silk
This is Sand
Create Comics
SketchUp
Matisse Drawing Room
Patterns of Infinity
Haring Coloring Book
Patterns
Pixologic
OpenToonz

## Art Education

Interactive Color Wheel
Color Theory
KQED Art School
The Met Flipgrid
Pintura
The Caves of Lascaux
METKids Time Machine
National Gallery of Art

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## Art at Home

Destination Modern Art
Khan Academy: Art History
Lincoln Center at Home
BrainPop
Daily Live Illustration Drawing
Lunch Doodles with Mo Willems
Imagineering in a Box
Tate at Home
Cassie Stephens Elementary Art
Make an Art Studio
Drawing at home prompts
365 Drawing Challenge
Watercolor Tutorials
Bullet Journaling
Procreate Tutorials
Home By Me