

Making the Best of Covid-19







Adults

cartif, and offers you classes lasting from five minotes	https://www.youtube.com/user/yogawith adriene
Nike Training Club 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.	https://www.nike.com/au/ntc-app
Seven – 7 Minute Workout app (iOS). These sevenminute 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'	https://apps.apple.com/us/app/seven-7- minute-workout/id650276551
Seven – 7 Minute Workout app (Android).	https://play.google.com/store/apps/detail s?id=se.perigee.android.seven&hl=en_AU
Free at-home kids yoga lesson plans	https://littletwistersyoga.com/online- store/
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.	https://www.smilingmind.com.au/
Movement and mindfulness videos created by child development experts	https://www.gonoodle.com
Talking to your kids about Covid-19: Each week for the next 6 weeks, this site will be releasing new content just for parents.	https://parents.cmionline.com/
Insight Timer 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).	https://insighttimer.com/
300,000 Books available for download	http://www.timeout.com/newyork/blog/y ou-can-now-download-over-300-000- books-from-the-nypl-for-free-071216
	over six million subscribers. She's quirky and down-to-earth, and offers yoga classes lasting from five minutes through to an hour. Nike Training Club 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. Seven – 7 Minute Workout app (iOS). These sevenminute 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' Seven – 7 Minute Workout app (Android). Free at-home kids yoga lesson plans 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. Movement and mindfulness videos created by child development experts Talking to your kids about Covid-19: Each week for the next 6 weeks, this site will be releasing new content just for parents. Insight Timer 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).

Adults and Youth

Adult Learning	Tons of categories and courses. One month free trial Math Videos with lessons, real life uses of math Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly 7,000 free videos in 13 subject areas, from science to physics.	https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=lwAR2Hhttps://www.hmhco.com/math-atwork?fbclid=lwAR16rdZOZ0024LLFSCUDH-7vPKM1zVD0Olw1p6JaWp4MTpZ8bnrFkv598bUhttps://www.mathcelebrity.com/onlinemath-tutor.php?fbclid=lwAR0emXQOEsooWYmtEEiPYsCZJ7NBcKrZrJ2rSGgY8ckwU51mwEpPSHzIO1Mhttps://hippocampus.org	
	Resources for AP students	https://marcolearning.com/	
	Duolingo	https://www.duolingo.com/	
	Resources for Spanish practice	https://www.difusion.com/campus/	
Language	Chinese learning activities	https://chalkacademy.com/	
	Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin	https://conjuguemos.com	
	Google Arts & Culture: Virtual Museums		
	Online Tours: The Louvre		
	The Museum of the World		
	Guggenheim Online Collection		
	Museum of Natural History		
Museums Salvador Dali Museum			
	Air Force Museum		
	Nightly Met Opera Streams		
	Digital Concert Hall		
Moma Learning			
Museum of Web Art			

Vatican Museum

	Poetry and music	https://www.thewell.world/mindful- music/mindful-poetry- moments?fbclid=lwAR1ZRuGKEdcl27_L_J i7KmFqVApS5aKBYQPG33z8hLQjzMyPf6 oYPph_eSQ
	Introductory and intermediate music theory lessons, exercises, ear trainers, and calculators.	https://www.musictheory.net/
Music and Poetry	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!	https://prodigiesmusic.com/
	QuaverMusic is offering free access to general music activities to all impacted schools, including free student access at-home	https://www.quavermusic.com/info/at- home-resources/
	Music practice transformed	https://www.smartmusic.com/
	The Theta Music Trainer offers a series of online courses and games for ear training and music theory.	https://trainer.thetamusic.com/en
	Patrick Stewart - Shakespeare sonnet	https://twitter.com/hashtag/ASonnetADa y?src=hash&ref_src=twsrc%5Etfw%7Ctwc amp%5Etweetembed%7Ctwterm%5E124 2205662194601985&ref_url=https%3A%2 F%2Fpeople.com%2Ftv%2Fstar-trek- patrick-stewart-recites-shakespeare-for- social-media-fans-amid-coronavirus%2F
	Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos.	https://www.virtualmusicalinstruments.co m/
	Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.	https://www.louvre.fr/en/visites-en-ligne
	This Virtual Tour of the Great Wall of China is beautiful and makes history come to life	https://www.thechinaguide.com/destinati /great-wall-of-china
	The Great Court, Rosetta Stone and Egyptian mummies	https://britishmuseum.withgoogle.com/
	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.	https://www.geoguessr.com/

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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	http://oceansinitiative.org/virtual-marine- biology-camp/
	Indigenous films, free online	https://www.nfb.ca/indigenous- cinema/?&film_lang=en&sort=year:desc,t tle&year=19172020
	Edinburgh Zoo - Live streams: Panda Cam / Tiger Cam / Penguin Cam / Rock Hopper Penguin Cam / Koala Cam	https://www.edinburghzoo.org.uk/webca ms/rockhopper-penguin- cam/#rockhopperpenguincam
	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.	http://www.whatwasthere.com//
	Short videos about numbers that help kids explore complex math topics and make math more fun.	https://www.numberphile.com/
	A human visualization platform that allows students to explore the human body in really cool ways.	https://human.biodigital.com/login?returi Url=/dashboard
	Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.	https://artsology.com/
Teens	Crafts, activities, bulletin board designs, and finger plays for early education teachers and parents to use with kids.	http://www.preschoolexpress.com/
	3D printing projects and Coding projects, involving math and other K-12 subjects	https://www.instructables.com/member/ldgertonCenter/instructables/?fbclid=lwAR0tbGYqTVQ2XQW0ca9Fy8n07mX6FfTHOlrQ9NySS3Ktev7YqaOh0w8nJeY
	Resources for AP students	https://marcolearning.com/
	Interactive video earth science based curriculum supplement	https://www.everyday-earth.com/

Netflix Party! Watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.	https://www.netflixparty.com/
Cultures and countries of the world	https://www.countryreports.org/?fbclid=I wAR1Xol_anLqjm7onaK4YXtj43ArX1TdL4g 1lZv7AeW4cU_LVc5LC6FOAnng
The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!	https://kids.sandiegozoo.org/
Yellowstone National Park	https://www.nps.gov/yell/learn/photosmu ltimedia/virtualtours.htm?fbclid=lwAR3yB mwJgH4PNWXGsnqjB6EYPG2ILh9nKZEYCy A5RmeCF4Bkz6_OQxw7jpg
Explore the surface of Mars on the Curiosity Rover	https://accessmars.withgoogle.com/
This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.	https://www.farmfood360.ca/
Indoor activities for busy toddlers	https://busytoddler.com/2020/03/indoor- activities/?fbclid=lwAR0PRB9KjUBMailRcuk RgVzAh32eUZ6v12UtCX7L9t9zvYRLJa4Yf6d 9DRk
Play games and learn all about animals	https://switchzoo.com/
Play with fave show characters and learn too!	https://pbskids.org/
Math and Reading games	https://www.funbrain.com/?fbclid=lwAR0 oxOCLm2wOu3MI7OULIC94dOV9NkBEoX3 w4v1NfHtbptz4niY-uWHwjAg
Phonics skills	https://www.starfall.com/h/
Read, play games, and hang out with Dr. Seuss	https://www.seussville.com/
300,000+ FREE printable worksheets from toddlers to teens	https://www.123homeschool4me.com/home-school-free-printabl/
Geography and animals	https://kids.nationalgeographic.com/
Math practice from counting to algebra and geometry	http://www.mathscore.com/
Fave kids books read by famous people	https://www.storylineonline.net/
Crafts, activities, mazes, dot to dot, etc.,	https://www.allkidsnetwork.com/
Grammar practice for middle grades	https://www.classroomcereal.com/
Daily free science or cooking experiment to do at home	http://www.clubscikidzmd.com/blog/
Increase student engagement and understanding of chemistry	https://www.playmadagames.com/
Reading passages for grades 3-12, with reading comprehension and discussion questions	https://www.commonlit.org/
K-5th Science lessons	https://mysteryscience.com/

Free printable K-8 Reading and Math activity packs (available in English and Spanish)	https://www.curriculumassociates.com/supporting-students-aw
Digital learning content for preschool through high	https://www.curriki.org/
Online homeschool platform & curriculum for Pre-K to 1	http://discoveryk12.com/dk12/
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	https://www.dreambox.com/at-home
Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game.	https://www.squigglepark.com/dreamscape/
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	https://fluencyandfitness.com/register/sch ool-closures/
7,000 free videos in 13 subject areas, from science to physics.	https://hippocampus.org
Carmen Sandiego videos, stories, and lessons for all subjects	https://www.carmensandiego.com/resour ces
Financial Literacy	https://www.izzit.org/index.php
Online education program for toddler through high school (and honestly, for adults, too!)	https://www.khanacademy.org/
Free printables library with activities for children 0-6	https://www.littlesparkcompany.com/prin tables-library
Magic Spell is a carefully crafted spelling adventure.	https://brainbox.games/
Elem Math games, logic puzzles and educational resources	https://www.mathplayground.com/
Free resources, games, learning resources, and lesson plans for teaching personal finance	https://www.ngpf.org/
Improve your typing skills while competing in fast- paced races with up to 5 typers from around the world.	https://www.nitrotype.com/
Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.	https://www.nomsterchef.com/nomster- recipe-library
Online curriculum that builds better writers.	https://www.noredink.com/
80+ do at home science activities	https://elementalscience.com//n/8o- free-science-activities
Daily lessons and educational activities that kids can do on their own	https://www.superchargedschool.com/
Adaptive curriculum in Math and ELA for Grades K-8	https://www.scootpad.com/

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.	https://noveleffect.com/
Quick & easy at home projects curated for kids 2 and up	https://www.kiwico.com/kids-at-home
Teaches students how to write a paragraph through interactive online tutorial	http://www.paragraphpunch.com/
PreK-12 digital media service with more than 30,000 learning materials	https://www.pbslearningmedia.org/
Curricular content hub specifically designed for K-3 students.	https://pebblego.com/free-pebblego- capstone-interactive-acc
Science and mathematics labs and simulations	https://phet.colorado.edu/
An online physics problem and video bank designed for conceptual, standard, honors or AP1 physics.	https://www.positivephysics.org/home
For students to practice and master whatever they are learning.	https://quizlet.com/
ReadWorks is an online resource of reading passages and lesson plans for students of all levels K-12.	https://www.readworks.org/
Critical Thinking resources for K-6 students	https://marketplace.mythinkscape.com/st ore/redtkids
Music Based Spanish Learning	https://rockalingua.com/
Science simulations, scientist profiles, and other digital resources for middle school science and high school biology	https://sepuplhs.org/
The Shurley English program for grades K-8 provides a clear, logical, and concrete approach to language arts.	https://www.shurley.com/
Sight reading and sight singing practice exercises.	https://www.sightreadingfactory.com/
Spellingcity is free right now with code VSCFree90	https://www.spellingcity.com/games/voca bulary-testme.html
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.	https://learn.concord.org/
At home OT, PT, and ST resources designed to build skills in children through movement and play.	https://www.theottoolbox.com/
Science projects that can be completed with or without Internet access	https://sciencespot.net/Pages/classhome. html

Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems.	https://www.tytoonline.com/
Lots of opportunities to practice math.	Math practice https://xtramath.org/#/home/ind ex
K-5 curriculum that builds deep understanding and a love of learning math for all students	https://www.zearn.org/
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.	https://abetterwaytohomeschool.com/learning-at-home-everyth
Spelling 1-4 grade	https://www.spellingtraining.com/
2,500+ online courses from top institutions	https://www.edx.org/
22 languages to learn	https://www.memrise.com/
Learn to code	https://www.codecademy.com/
Miscellaneous games for all subjects k-8	https://www.funbrain.com/
Phonics and learning to read	https://readingeggs.com/
PreK - 5 games for all subjects	https://www.turtlediary.com/
Online digital coloring pages	https://www.thecolor.com/
Every course you could possibly want to homeschool preschool - 8	https://allinonehomeschool.com/
Every course you could possibly want to homeschool for high school	https://allinonehighschool.com/
Phonics worksheets for kids	https://www.funfonix.com/
Free stories online ages 3-12	https://www.freechildrenstories.com/
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.	https://ngexplorer.cengage.com/ngyoung explorer/index.html
Learn all about earthquakes	https://earthquake.usgs.gov/learn/kids/
Learn all about the periodic table	https://www.chemicool.com/
Farmer's almanac for kids Date, weather, moon phase, etc.	https://www.almanac.com/kids
Guide to gardening for kids	https://web.extension.illinois.edu/firstgar den/
Website allows students to play basic games to reinforce math skills and compete against the computer or others	https://www.mangahigh.com/en-us/
Space science for kids	https://www.nasa.gov/kidsclub/index.htm
Math Games, Logic Puzzles and Brain Builders	https://www.mathplayground.com/

Games, quizzes and fact sheets take kids on a journey through time.	https://www.bbc.co.uk/history/forkids/
NGAkids interactives offer an entertaining and informative introduction to art and art history.	https://www.nga.gov/education/kids.html
News and more for kids	https://www.youngzine.org/
Randomly generates 356,300,262,144 story starters	https://thestorystarter.com/
Immerse yourself in cryptography	https://www.cryptoclub.org/
Math games galore	https://gridclub.com/
Tons of science experiments that you can do at home	https://www.stevespanglerscience.com/la b/experiments/
Just explore, have fun, and learn some science along the way.	https://thehappyscientist.com/
Interactive games based on the book series	https://www.magictreehouse.com/
Work on the 8 parts of speech	https://www.grammaropolis.com/
A large selection of fun songs to help teach preschool and kindergarten students	https://www.songsforteaching.com/presc hoolkindergarten.htm
Resource section includes free flashcards, coloring pages, worksheets, and other resources for children, teachers, and parents.	https://supersimple.com/
Life skills curriculum for students in grades K-12. Their resources include strategies for teaching social and emotional skills.	https://www.overcomingobstacles.org/
Coding for ages 4-10	https://www.kodable.com/
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	https://www.si.edu/kids
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.	https://www.coolkidfacts.com/
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.	https://bensguide.gpo.gov/
This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy,	https://climatekids.nasa.gov/

plants, and animals.

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.	https://askdruniverse.wsu.edu/
Your child can play games, learn fun facts, and find out how to turn coin collecting into a hobby.	https://www.usmint.gov/learn/kids
From rainbows to tornadoes and winter storms to tsunamis, meteorologist Crystal Wicker breaks down the fascinating world of weather.	http://www.weatherwizkids.com/
Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.	http://www.kidsthinkdesign.org/
This educational website hosted by the Smithsonian Museum takes a deep dive into ocean life.	https://ocean.si.edu/
Brainscape offers over a million flashcard decks for every subject, entrance exam, and certification imaginable.	https://www.brainscape.com/
Banzai exposes students to real-world financial dilemmas to teach them the importance of smart money management.	https://www.teachbanzai.com/
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.	https://www.innerbody.com/htm/body.ht ml
Alcumus is specifically designed to provide high- performing students with a challenging curriculum appropriate to their abilities	https://artofproblemsolving.com/alcumus
Find and fix learning gaps	https://www.mobymax.com/
Algebra games for kids	https://www.dragonboxapp.com/
Fractions practice	http://www.mathchimp.com/freddysfractions.php
Education for kids all topics	https://www.ducksters.com
Math and logic problems for ages 5 and up to adult	https://www.aplusclick.org/
Science podcasts to listen to with your kids	https://medium.com//19-great-science-podcasts-you-can-list
Alaskan Wildlife cams	http://www.adfg.alaska.gov/index.cfm?adf g=viewing.webcams
Coulting the Charles	. ,, ,

https://code.org/starwars

Children

Coding with Star Wars

Tons and tons and tons of games some learning some just fun	https://www.crazygames.com/
Crafts, projects, science, recipes for young children	https://www.funology.com/
Amphibian unit studies	https://premeditatedleftovers.com//amp hibians-unit-study/
Engineering challenges with things you have at home	https://thehomeschoolscientist.com/paper- structures-engine/
Online photograph jigsaw puzzles You can set the pieces from 6-1000+	https://www.jigsawexplorer.com/
Toddler and preschool age ideas	https://preschoolinspirations.com/
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.	https://app.sworkit.com/collections/kids- workouts
Learn all about cells	https://www.cellsalive.com/
All sorts of learning here if you dig in	https://www.google.com/earth/
Scratch draws students of all types into coding and lays a foundation for future learning.	https://scratch.mit.edu/
A wonderful, endlessly detailed way to get kids engaged in the world of art.	https://www.metmuseum.org/art/online- features/metkids/
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.	https://www.geoguessr.com/
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.	http://www.whatwasthere.com//
Short videos about numbers that help kids explore complex math topics and make math more fun.	https://www.numberphile.com/
A human visualization platform that allows students to explore the human body in really cool ways.	https://human.biodigital.com/login?return Url=/dashboard
Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.	https://artsology.com/
Crafts, activities, bulletin board designs, and finger plays for early education teachers and parents to use	http://www.preschoolexpress.com/

with kids.

3D printing projects and Coding projects, involving math and other K-12 subjects	https://www.instructables.com/member/EdgertonCenter/instructables/?fbclid=lwAR0tbGYqTVQ2XQW0ca9Fy8n07mX6FfTHOlrQ9NySS3Ktev7YqaOh0w8nJeY
Resources for AP students	https://marcolearning.com/
7,000 free videos in 13 subject areas, from science to physics.	https://hippocampus.org
Interactive video earth science based curriculum supplement	https://www.everyday-earth.com/
Saving Endangered Species	

	Sustainable Shipping
	National Fossil Day
Art Contests	Science without Borders
Courtesy of @MrsValazquezArt (https://www.instagram.c om/mrsvelazquezart/?hl= en)	Impact of Conflict
	No Limits Foundation
	Guadalupe Mountains
	Embracing Our Differences
	Ocean Awareness
	The Really Great Outdoors
	Congressional Art
Art Games	Quick, Draw!
	Mondrian Squares
	Autodraw
	Color
	Kern
	ArtistToolkit
	Mondrimat
	Street Art
	Art Puzzle
	Hieronymus Bosch Invaders
	Queensland Art Games
	Cubism
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
	Destination Modern Art
	Khan Academy: Art History
	Lincoln Center at Home
	BrainPop
Art at Home	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