

Updated note: 3/18/20

Hello! Welcome to another collection of resources for parents scrambling to keep kids engaged while maintaining our personal sanity in these crazy times.

This will be an evolving resource. It is in its infancy so please be patient. I've invited friends and colleagues with experience in early childhood, environmental, and science education to contribute, when they have time (as we're all scrambling parents too!)

For those of you who don't know me, I am a curriculum specialist at the Lawrence Hall of Science at UC Berkeley. (This is a personal project with NO connection to my professional work).

When I have time I plan to translate more activities and not just collect links.

Feel free to reach out if you have comments or questions joanna.snyder77@gmail.com

We're all in this together!

Adults resources to reduce personal stress

- BRB Yoga: [7min Compassion Meditation For Easing Fear and Stress](#) (free)
- NYTimes [The Difference Between Worry, Stress and Anxiety](#)
- [Managing Anxiety in the Anxious World of COVID-19](#)
- [ParkTracks](#): Nature sounds from national parks.

Parent Support Resources for addressing COVID with kids

- [Preschool and Beyond Podcast](#) - Podcast for parents and caregivers of preschoolers, as well as early childhood educators. The podcast has a number of episodes related to outdoor play and creative ways of engaging children.
- PBS Kids for Parents:
[How You and Your Kids Can De-Stress During Coronavirus](#) (includes kid videos) 3/13/20
[How to Talk to Your Kids About Coronavirus](#) (includes kid videos) 3/6/20
[Helping Children with Tragic Events in the News](#) 2/12/20
- [How to prepare for extended school closings—and not lose your mind](#)
Upworthy
- [How School Closures Can Strengthen Your Family](#)
Greater Good Science Center, UC Berkeley
- PEP (Parent Encouragement Program) Blog Post: [Parenting in the Time of Coronavirus](#)
They are making this content free, but you have to set up a login.
[Slides from webinar](#): Family Life in the Age of Coronavirus: Survival Strategies
- [COVIBOOK: Supporting and reassuring children around the world](#)
This short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the

full range of emotions arising from the current situation. (MANY LANGUAGES!)

- [CDC Talking to Kids about Coronavirus](#)
- NYTimes Parenting: [Schools Are Closing for Coronavirus. Now What?](#) (3/10/20)

www.prekinders.com (general ideas and activities for Pre-K)
Kidsactivitiesblog.com has endless resources for (PK-8)

Creative Play and Art resources:

- [Lunch Doodles with Mo Willems](#) (Kennedy Center)
- [Art Bar Blog](#) art and play activity guide for learning at home. Think of this as a creativity supplement to homeschool learning for kids ages 3-8.
- [DIY solution for giant bubbles](#)
- [Cassie Stephens' Live Online Art classes](#)

Getting outdoors, connecting with place:

- [10 Nature Activities to Help Get Your Family Through the Coronavirus Pandemic](#)
(Children and Nature Network)
- [FB Group "Science & Nature Ideas for Cooped Up Kids"](#)
Many of us have concerns about how we can keep our kids engaged, learning, and healthy during this break. Getting kids outside is a great way to do this. I hope that this group will help parents and educators find easy ways to engage K-8 kids in hands-on science and nature-based activities.
- [Cornell Lab Bird Academy: Bird Sleuth Explorer's Guidebook](#)
We want to help you get kids outside and enjoying your backyard, neighborhood, and local parks. Take kids on a habitat guidebook scavenger hunt, create a sound map, and test bird ID skills with this adaptable activity book designed to be used by families, school groups, and anyone looking for a fun way to connect to nature.
- Project Learning Tree: [Activities for Families](#)

Naturalist resources:

Naturalist - Identification Phone Apps

- [Merlin](#) offers quick identification help for all levels of bird watchers to learn about the birds. To follow up back at home with a computer, [All About Birds](#) has endless resources about each bird's natural history (including songs and images). Find a bird outside and then do some research and write a species account! (Cornell)
- [iNaturalist](#) allows you to record your encounters with other organisms and maintain life lists, all in the cloud and connect with experts who can identify the organisms you observe. (California Academy of Sciences and the National Geographic Society.)
- [Leafsnap](#) is a series of electronic field guides being developed by researchers. The free mobile apps use visual recognition software to help identify tree species from photographs of their leaves. They contain beautiful high-resolution images of leaves, flowers, fruits, petioles, seeds and bark. (Columbia University, the University of Maryland, and the Smithsonian Institution)

Science & Engineering Resources:

- [Science at Home with the Family](#) from Community Resource for Science (CRS)
Great Resources! Soooo many!!!
- [Science Sparks](#): resources for science and engineering experiments to do at home
 - [Preschool Science](#)
 - [Science Experiments for Kids](#)
 - [Science and STEM Challenge Cards](#)
- [PBS LearningMedia](#) supports teachers and families with on and offline activities, teacher guides, family information, and printables. Families can search by subject matter and grade level. *The Cat in the Hat Knows A Lot About That* is a great STEM based resource for children ages 3-6.
- [Mystery Science](#): (K-5) Free, easy science for remote learning
- Lawrence Hall of Science: [Science Apps and Activities](#)
- [PBS Kids Design Squad](#) challenges kids to design a product, with certain materials, and then asks them to upload photos of their creations. Winners are selected.

- [NASA Kids' Club](#) (thoughts on youngest age range? I'm guessing upper elementary through high school?) Kid-friendly access to various space explorations and learning opportunities.
- [Windows to the Universe](#) explore the wealth of information available here to learn about the Earth and Space sciences from National Earth Science Teachers Assoc (NESTA)
- [Nat Geo Kids Resources](#) (general)
Nat Geo Kids: [Facts about coronavirus -- What kids need to know](#)
- These sites have great information for basic content (MS and upper elementary for strong readers? Also great to help parents remember things!)

[Biology4kids.com](#)

[Chem4kids.com](#)

[Cosmos4kids.com](#)

[Physics4kids.com](#)

[Geography4kids.com](#)

[Numbernut.com](#)

- [Amazing Educational Resources](#) has a list of all education companies offering free subscriptions due to school closings. Please note I have **not** vetted this resource. FWIW
- [Smithsonian Learning Lab](#)
[Air and Space Activities and Multimedia](#)
- [Code.com](#) teaches kids K-12 computer coding.
- Exploratorium [Online Learning](#)

Worksheets

[Edhelper Workbooks](#) (PK-12)

Pre-K:

[Color by number](#)

[Spot the difference](#)

[ColorMePhD](#): Each coloring page contains original art developed by PhD student researchers, and is accompanied by a description of the PhD work, summarizing recent scientific publications in words for a general audience.

Tablet Learning / Educational Games

[Starfall](#) (Language Arts, Music, Math)

[ABCYa](#) (Games - letters, numbers)

[PBS Kids Games](#)

[GoNoodle](#)

[Scholastic Learn from Home](#) (PK-6 resources)

[IXL Math](#) (PK-HS)

[Smithsonian Game Center](#)

[Legends of Learning](#) (Grades 3-8)

[Flap to the Future](#) Cornell Lab Bird Academy - bird evolution and adaptations

[Pixar in a box](#): Pixar in a Box is a behind-the-scenes look at how Pixar artists do their jobs. Students have an opportunity to try their hand at a wide range of math and science-based aspects of creating an animated movie. (Math/Science grades 5+)

[Neal.fun](#) games and online resources, including a fabulous investigation of the deep sea.

Literacy

- [Storyline Online](#) are videos of actors reading children's books. Including these gems from [Betty White](#), [Lily Tomlin](#), [Kristen Bell](#)...
- [Learning without Tears](#): for handwriting and typing skills (PK-5) They are currently waiving costs for some of their resources.
- www.literacycenter.net resources in many languages

Math

- [Coolmath4kids](#) - games, lessons, manipulatives, brain teasers and more.

Virtual Tours

- [12 Museums offer Virtual Tours](#)
[12 more museum tours](#)
- [Google Arts and Culture](#) I am amazed by the things that you can explore. You can take a walk through the most famous museums of the world, explore street art or just take a walk in the woods in the Tetons. It takes a while to get used to how to use the site but it is well worth it, if you have time on your hands. There is even an app for your phone.
- Cincinnati Zoo & Botanical Garden
They will be broadcasting a [Home Safari on Facebook](#) Live every day at 3pm

where they will highlight one of their amazing animals and include an activity you can do at home.

Animal Web Cams

NOTICE: Possible activities beyond the calming experience of watching these amazing animal:

- *Pick an animal or habitat to view.*
- *Let kids describe (verbally or in writing) what the animals are doing.*
- *Record questions ("What do elephants eat?") to research together later.*
- *Kids can draw sketches of animals in different positions.*
- *Create your own Animal Book with drawings, facts and webcam observations.*
- [UC Berkeley Peregrine Falcon Nest Cam](#)
- [All About Birds: Live Cams](#) (all over the world, so many!)
Note: these are in nature so kids may see some tough things like nest predation...
- Save the Manatees: [Manatee Webcams](#)
- [Atlanta Zoo Panda Cam](#) and other resources
- [San Diego Zoo live webcams](#)

[Ape](#)

[Baboon](#)

[Condor](#)

[Giraffe](#)

[Elephant](#)

[Koala](#)

[Owl](#)

[Panda](#)