

Resources For Children and Families

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Resources for Families

Resources for Parents and Caregivers

- Talking with Children and Teens about COVID-19
- Stress and Well-Being
- Parenting and Self-Care
- Helping Children with Special Needs

Resources for Kids and Teens

- Activities to Keep Busy
- Learn Something New
- Activities to Stay Physically Active
- Outdoors & Nature
- Reading
- Art & Music
- Virtual Field Trips
- Educational Learning

Resources for Parents and Caregivers

TALKING WITH CHILDREN AND TEENS ABOUT COVID-19

- Resources from the CDC for [talking to children about COVID-19](#)
- [How to talk with kids about the coronavirus and protecting against germs](#) (PBSKids)
- Helpful tips on [talking with anxious children and teens about coronavirus](#) (Anxiety and Depression Association of America)
- [Age appropriate information about COVID-19 for school-aged children](#) (Scholastic Classroom Magazines)
- [Talking with children: Tips for caregivers, parents, and teachers during infectious disease outbreaks](#) (download from box on right) (Substance Abuse and Mental Health Services Administration, SAMHSA)
- [Handling Your Kid's Disappointment When Everything Is Canceled](#) (The New York Times)
- [How to Help Teens Shelter in Place](#) (Greater Good Science Center)
- OSU's Shauna Tominey provides [tips for helping kids manage disappointment](#) in the wake of school closures (KGW)

With special thanks to the following for resource recommendations:

- [Oregon Parenting Education Collaborative evaluation team](#): Shauna Tominey, Kim Deck, Adrienne Henry, and Patricia Foster
- [Kids in Transition to School team](#) at the Oregon Social Learning Center

More Resources for Parents and Caregivers

STRESS & WELL-BEING

- [How parents and kids can de-stress](#) (PBSKids)
- [The Chaos of Coronavirus: How to Protect Your Mental Health](#) (TalkSpace)
- [Stress and Coping During COVID-19](#) (Center for Disease Control)
- [How to Be Intentional About Consuming Coronavirus News](#) (Greater Good Science Center)
- A comprehensive [list of mental health resources](#) for COVID-19, focusing on topics from general mental health and well-being to resources for specific groups, such as older adults, caregivers/parents, etc (Mental Health America)
- Crisis Resources: [National Suicide Prevention Lifeline](#) 1-800-273-8255, [Crisis Text Line](#) 741741 (in U.S.)

PARENTING & SELF CARE

- The [Oregon Parenting Education Collaborative](#) (OPEC) offers high-quality parenting education resources for families with children of all ages. This includes parenting classes and workshops as well as research-based online resources such as [monthly newsletters](#) and [blog posts](#) to help you along on your parenting journey. [Follow on Facebook](#) for up-to-date information or connect to [your local OPEC Hub](#) for local events and information.
- [Parenting During Coronavirus: You Are Enough](#) (PBSKids)
- Helpful strategies for [parenting during the pandemic](#) OPEC blog post by Megan McQueen
- [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#) (Zero to Three)
- [How to handle challenging behavior infographic](#) from [challengingbehavior.org](#). Remember that challenging behavior may more likely when everyone is feeling stressed and at home so much.

HELPING CHILDREN WITH SPECIAL NEEDS

- Information on [improving children's experiences with online learning](#) (National Center for Learning Disabilities)
- [Resources for Parents and Families of a Child who Experiences Disability as we Navigate the Novel Coronavirus](#) from FACT Oregon & Oregon Department of Education. [FACT Oregon](#) also has a range of additional resources to empower families experiencing disability.
- Children with qualifying reading difficulties (including learning disabilities, visual impairments, and physical disabilities) can access books in readable formats for free at [Bookshare](#)



Resources for Kids and Teens

ACTIVITIES TO KEEP BUSY

- A checklist of 70+ [simple activities for kids and adolescents](#) (most don't require screens)
- Activities to do together as a family in the [30 Days of Families Learning Together Calendar](#) from the National Center for Families Learning
- [30 Days of Good Things for Young Children](#) includes ideas for learning, laughing, playing, pondering, and sharing
- [PBS KIDS' weekday newsletter](#) offers activities and tips you can use to help kids play and learn at home, and their website has [games and videos for kids](#) and [activity ideas for parents](#)
- A [Family Staycation Kit](#) with activities and sample schedules for younger children
- [At-Home Activity Guide for infants and toddlers](#) from Zero to Three
- Go to [Food Hero for Kids](#) for easy kid-approved recipes, cooking videos, coloring sheets, and activities for kids around healthy eating. Food Hero is also offering [free online gardening lessons](#) for kids and adults. *[Also, check out the [searchable database](#) for quick, tasty, healthy and low-cost recipes. You can search by a particular ingredient or sort by category (including five ingredients or less, 30 minutes or less)]*

LEARN SOMETHING NEW

- Learn about a new wonder every day at [Wonderopolis](#)
- [Mystery Science](#) is offering free access to their most popular science lessons, answering a range of questions such as “why do we get hiccups?”, “how is glass made?”, “how do things glow in the dark?” (organized by Kindergarten through 5th grade)
- [The Science Mom](#) offers daily science lessons on Facebook Live at 8-10am PDT or [find past videos on YouTube](#)

ACTIVITIES TO STAY PHYSICALLY ACTIVE

- [8 Indoor Activities to Release Kids Energy](#) (PBSKids)
- [Keeping Kids Active during the Coronavirus Pandemic](#) (Exercise is Medicine)
- [GoNoodle](#) Music and Movement Videos for Families
- Use adaptations of board games by PE Teacher Julie Braden ([@mrsbradenPE](#)) to get physical activities into your day: [Chute and Ladders PDF](#) and [Fitness Memory](#) (See her [Google Drive](#) for Go Fish, Sorry, Monopoly, and more!)
- [Activity sheets for physically active games](#) and [videos of select activities](#) to do at home from OSU's BEPA (BE Physically Active 2Day) program
- For fun active games, see the [Play at Home Playbook](#) or [videos of the games](#).
- Fitness activities [for different levels and abilities](#) from Special Olympics

OUTDOORS & NATURE

- Oregon Outdoor School is creating [weekly activity sets](#) to engage students in learning about and connecting to nature while following social distancing protocols. Released every Friday, these include nature observations, journal prompts, and online or hands-on activities related to a specific topic
- [The iNaturalist app](#) allows you to record and share organism encounters around the world. Identify the organisms you encounter, help scientists understand when and where organisms occur, and build your own knowledge by helping others. For how to get started, [click here](#).
- Use the [Pl@ntnet app](#) to identify plants by taking a pictures of them, and contribute to a citizen science project on plant biodiversity.

More Resources for Kids and Teens

READING

- An easy to navigate list of over [100 FREE videos of read alouds](#) of all sorts of children's books, and don't miss the [first 100 list](#) (The Indianapolis Public Library)
- A range of free books (narrated in multiple languages) are available from [Unite for Literacy](#)
- Children's storybooks read by famous celebrities at www.storylineonline.net
- Random House is offering [free access to select audiobooks](#): The Wizard of Oz, Grimm's Fairy Tales, and Great Expectations

ART & MUSIC

- Doodle with illustrators and artists live or watch previous videos: [Lunch Doodles with Mo Willems](#) (daily 10am PDT), [Draw Every Day with JJK](#) (weekdays 11am PDT), [Matt Tavares on Facebook](#) (Mondays 7am PDT), [Draw Together with Wendy Mac](#) (weekdays 10am)
- [Art in Action mini art lessons](#), including [making your own dinosaur](#) out of recycled materials
- Try some [new maker projects](#) with the Children's Museum of Pittsburgh
- Make and explore music with the visually pleasing [Chrome Music Lab](#) from Google
- [7 Music Games for Practicing Self-Regulation](#) (PBSKids)
- Mindfulness and meditation can help with stress and anxiety. Try free apps like, [Headspace for kids](#) with cute, kid-friendly animation, [Breathe, Think, Do](#) from Sesame Street (bilingual app but only available for iPhone/iPad), or [Insight Timer](#)
- Escape everyday life for the delight and whimsy of [Cirque du Soleil 60-Minute Specials](#) posted each Friday

VIRTUAL FIELD TRIPS

- List of [virtual tours of museums](#) online, particularly see the "Created for Kids" section (about half way down the page)
- Go behind the scenes to [meet animals at the Oregon Zoo with Facebook videos](#) and corresponding at-home activities to learn more about the animals every week. [Find past videos and activities on their website](#)
- Learn about wildlife from the keepers at [Oregon's Wildlife Safari](#) every day (11am PDT) or take [daily safaris at the Cincinnati Zoo](#) (Noon PDT)
- The [Cleveland Metroparks Zoo](#) is offering free online biology classes daily. They also have an [extensive resource library](#) with photos, fact sheets, and free lesson plans for teachers and parents
- Check out the live webcams from various zoos and aquariums to watch all sorts of different animals, fish, birds, reptiles and insects: [Houston Zoo](#) – [San Diego Zoo](#) – [National Zoo](#) – [Detroit Zoo](#) – [Monterey Bay Aquarium](#) – [Georgia Aquarium](#) – [Aquarium of the Pacific](#)
- Take [virtual tours of 33 National Parks using Google Earth](#) (note: this post has advertisements so scroll down to the links to each park)

EDUCATIONAL LEARNING

- [Tip sheets on helping young children to learn at home during trying times](#)
- [Wide Open School](#) – a free collection of online learning experiences for kids curated by the editors at Common Sense Media. Includes [Daily Schedules](#) outlined by grade level
- [Scholastic](#) is offering free lesson plans for Preschool through Grade 9 for teachers and parents
- [Khan Academy](#) has free resources and [daily schedules](#) for parents and teachers on remote learning
- Free worksheets for students from toddlers to teenagers from [123homeschool4me](#)
- Free educational games on a range of subjects from [e-Learning for Kids](#), [TurtleDiary](#), or [MathGameTime](#)
- Learn Spanish with games from [Rockalingua](#)
- Math games for free from Tip sheet on all sorts of [ways to have fun with math at home](#)

