River Forest Public Schools

Remote Learning Resources for Families: Grades Pre-K through 4

This is a collection of free resources and ideas for at-home activities for District 90 families. You'll see that there is a combination of electronic resources as well as non-screen activities. While these are free electronic resources, some of the electronic resources require a parent login or sign-up and include advertisements or options for additional purchases, such as the presence of a link on a museum's website to their online store. District 90 is not suggesting that you make any such optional purchases, nor is it endorsing any of the advertisements.

Please note that we will continue to update this collection over time.

Contents

General
Social Emotional Learning
Literacy
Math
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Fine Arts & P.E.
Technology Tutorials

Topic	Resources and Ideas for At-Home Activities
General	• Play outside in the yard. Play a board game. Play! Play! Play! • Create a weekly or monthly family calendar together that includes activities, chores, and celebrations. • Create a daily remote learning schedule with your child that incorporates time for play, meals, snacks, school activities, rest, chores, and other activities. • Set up a place for remote learning with your child. • Have a picnic or campout in your backyard. • Embark on an indoor or outdoor scavenger hunt. • Cook or bake an old family favorite or something new. • Teach your child how to do a new chore. • Take care of pets or plants. • Do a puzzle. • Create an indoor or outdoor obstacle course. • The Kid Should See This: This website is for the curious. It showcases all kinds of videos in art, science, technology, animation, and more! • Wonderopolis: "Where the Wonders Never Cease"! A new, daily question is posed and explored in a variety of ways. • Free online games from Commonsense Media: Try out one or more of the free flash, adventure, puzzle, educational, and action games offered on this site. • BrainPOP: Learn about a multitude of topics in a fun, interactive way!
Social Emotional Learning	• Family Resources for SEL during COVID-19 from the Collaborative for Academic, Social, and Emotional Learning (CASEL) • Talking to Children about COVID-19 (A Parent Resource) • How Mindfulness Can Help During COVID-19 - from Child Mind Institute • COVID-19 Resources for Physical Activity and Nutrition • Cosmic Kids Yoga • SEL Daily Challenge Choice Board • National Association of School Psychologists Resource Center

	• National Alliance on Mental Illness (NAMI) COVID-19 Resources • ABC PLEASE Resources developed by Ms. Ross, Social Worker • Family Resources for SEL during COVID-19 from the Collaborative for Academic, Social, and Emotional Learning (CASEL) • Talking to Children about COVID-19 (A Parent Resource) • Talking to Kids about the Coronavirus - from Child Mind Institute • Anxiety and Coping with Coronavirus - from Child Mind Institute • How Mindfulness Can Help During COVID-19 - from Child Mind Institute • Supporting Kids during the COVID-19 Crisis - from Child Mind Institute • Supporting Teenagers and Young Adults during the Coronavirus Crisis - from Child Mind Institute • Mayo Clinic's Discover Gratitude Daily Journaling Program for Adults and Youth • COVID-19 Resources for Physical Activity and Nutrition • Greater Good's Guide to Wellness during Coronavirus - From UC Berkeley

Literacy	• Read or reread a story to your child and talk about it.
	• Make a photo album with captions.
	• Encourage your child to write a daily "to do" list and to help you write grocery or other supply lists for the family.
	• Create a journal. You might repurpose an existing notebook, use some hole-punched pieces of paper bound together with yarn or string, or use other materials.
	  ○ Start by providing an opportunity for your child to make a personalized journal cover.
	  ○ Consider creating a new entry every day. Journal entries might include narrative writing, lists, photos, drawings, and more. The content might be focused on events of the day, feelings, or anything else the child wants to reflect upon or express.
	• Write a letter or thank you note to someone.
	• Tell jokes or riddles. Maybe make up some of your own!

	• Build a fort out of blankets and pillows and tell stories in it. • Make a literary gift for someone. This might include your child writing an original book and sharing the book or a recorded reading of the book with another family member or friend. • Encourage storytelling of all kinds. • Introduce and discuss the meaning of new vocabulary words. • Make some puppets and props and create a puppet show! • Create your own family literacy celebration! Provide your children with opportunities to share a favorite book that they have written or to read all or part of a published book or poem they love. • River Forest Public Library Children's Collection: Access the library's digital collection by logging in with your library card information. • Getting a Digital Public Library Card & Accessing the Libby App • Tumble Books: Click on the "Tumble Books" link in the online Children's section of the River Forest Public Library. Storybooks, read alongs, videos, and more are available by logging in with your library card information. • Storyline Online: Listen to any one of the many, many picture books read by featured actors. Our District 90 literacy curriculum was developed by the Teachers College Reading and Writing Project (TCRWP). Family resources are available on the TCRWP Family Video Set. Here are a few highlights from the video set: • Writing with your Child at Home • Finding Real Purposes for Writing at Home
Math	• Play any type of card game, like Go Fish, Spot it!, Uno, War, or Hearts. • Practice counting forwards and backwards (e.g., by 1's, 2's, 5's, 10's). • Count objects in and around the house. • Categorize household objects by different attributes (e.g., size, color). • Take a pile of coins and count it. Take two piles of coins and add them together. • Practice telling time (e.g., to the hour, half hour). • Measure objects around the house using other objects, such as paper clips. • Measure ingredients when cooking or baking. • Build with Legos or blocks. Try the 30 Day Lego Challenge. • Investigations: The "Math at Home" collection was developed by the *Investigations* Center for Curriculum and Professional Development for families. *Investigations 3* is the K-5 Mathematics program used in District 90.

	• Youcubed at Home: *Youcubed* at Stanford University has created links to several "home-friendly" activities for families to explore. • Lesley University's Remote Learning Resources for Families: Lesley University's Center for Mathematics Achievement, in conjunction with the Kentucky Center for Mathematics, has curated a list of several free resources for children in preschool through grade 5. The resource is organized by grade level, and there are links to books, songs, online games, and printable games. • PBS Kids Math Games: Play various math games with favorite characters, like Elmo and Curious George. • NRICH Math at Home: There are lots of math activities to explore for children ages 3 and up. • Estimation180: A new estimation challenge is posted daily! • Math for Love: Click on the "Free Lessons" tab and consider playing one or more of the games listed by grade level. • Greg Tang Math: Take a look at the different math challenges and games available on this site. • Doing Math with Your Child - Promoting Problem Solving
Science, STEM, & Social Studies	• Observe the environment and describe it using words, sketches, photographs, and more. • Share family stories. • Explore your family's culture and traditions. • Plant and cultivate a garden. • Make a map of your neighborhood. • Museum of Science and Industry's Hands-On Science Ideas: Play "Nature Bingo", make an egg carton nursery, make a newspaper fort, and more! • Go on a virtual field trip. ○ Yellowstone National Park

	○ 25+ Amazing Virtual Field Trips for Kids ○ Compilation of Virtual Tours of Museums, Zoos, and Theme Parks ○ Smithsonian Online Exhibits ○ The British Museum • Bill Nye the Science Guy: Explore life, physical, and planetary science with Bill Nye. • National Geographic for Kids • Storytelling: Introducing Imagineering in a Box with Khan Academy: Explore various facets of theme parks with Disney's Imagineering in a Box. You can even design your own theme park!
Fine Arts & P.E.	• Take a walk, run, or a bike ride. • Listen to music and sing. • Create a chalk mosaic on your driveway. • Play a sport in your backyard. • Color or draw. • Have a family dance party! • Set up a mini golf course in your backyard and play a round. • Practice playing your instrument. • Play Balloon Tennis in your yard. • Collect some rocks from your backyard and paint them. • Art Institute of Chicago: Explore the museum's amazing art collections virtually. • Met Kids: When you can't go to the museum, let it come to you! Explore the galleries, hop in a time machine, or watch some fantastic videos. • Finger Weaving: You don't need a loom. Check out how to finger weave, and you can create necklaces, bracelets, and scrunchies! • How To Make a Flip Book: These are so fun to make! You can use a stack of post-it notes or paper of any size. It's such a fun way to animate and make a simple drawing come to life.
Technology Tutorials	• How to download apps from Self Service • ST Math- Troubleshooting guide • What to do if a video that was sent isn't viewable (for students)

	• Joining a Zoom Meeting from Google Classroom • Joining a Zoom Meeting from Seesaw • Using Split View to Play Kahoot While in a Zoom Meeting