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### **Covid-19 EDU**

1. NPR has a great [comic](#) on explaining COVID-19 to kids
2. Brainpop lesson on COVID-19 [free]:  
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
3. [Talking to Children about Covid-19](#) by National Association of School Psychologists
4. [NYTimes Parenting](#) How to Talk to Kids About Coronavirus
5. How to [wash hands properly](#)
6. Resources for kids who may have anxiety about COVID-19:  
<https://gozen.com/coronavirus-anxiety/>
7. Education week shows school closures:  
<https://www.edweek.org/ew/section/multimedia/map-coronavirus-and-school-closures.html>
8. Keep a routine (get up & dressed maintaining normal schedule where possible)
9. Outside time keeps everyone sane. Plan a brief activity + set amount of time to just “be outside” and see what creative play arises.
10. Most kids in schools are used to routines. If you can set up a public routine for your weekdays, it helps them know what to expect. We made poster boards for each kid with their schedule, balancing free time, school time, outdoor time, and other day events.
11. Johns Hopkins University has an interactive map that shows cases of coronavirus (better viewed on a computer than your phone; also better for older kids), comparing countries and states. <https://coronavirus.jhu.edu/map.html>
12. From Mass General Hospital Clay Center - 7 Ways to Support Kids and Teens Through the Coronavirus Pandemic -  
<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

### **General Tips**

13.

#### [Good for Multiple Ages](#)

[Ages 0-2 Years Old](#)

[Ages 2-4 Years Old](#)

[Ages 5-7 Years Old](#)

[Ages 7-9 Years Old](#)

[Ages 9-12 Years Old](#)

## **Good for Multiple Ages**

14. [Homeschooling Resources](#)
15. Headspace has meditations for [kids](#)
16. Cooking - [Knife for younger kids](#): for younger kids steam vegetables and let them chop them for snack, for older kids they can safely use to help prep their o meals (started ours with this at 11.5 yrs old)
17. YT Learning Hub -- <https://www.youtube.com/learning>. The goal is to give people - especially kids - easy access to the universe of educational videos on YouTube
18. If your kids are younger, YouTubeui Kids (get the app at <https://www.youtube.com/kids/>) is the better way to watch YT, and also can be a gateway towards useful information.
19. [Audible](#) audible based on their grade. I never advocate for my son to be on a screen, but his math abilities have skyrocketed. Also, if you get a membership, as a parent you can set challenges for them and give them "prizes" (like a costume component for their character) and see a report card with areas they are excelling in and areas of opportunity.
20. [Physics Girl](#) for physics related YouTube content. Best aimed at kids 6+ but she does a lot of at-home experiments as well
21. Hiking with a magnifying glass and the [iNaturalist](#) app to identify species; good to get out of the house, get exercise, and avoid playground germs!
22. [Hoop app](#) - for local activities
23. Library books, paperback or ebook. If you would like to avoid physical library books, you can still check out ebooks from the library. For example, the books in erri and audiobooks you can check out at the [Mountain View library](#).
24. [Toucan Box](#) (or other craft boxes; this one is for the UK) - My five-year-old son loves these
25. [KiwiCo](#) has a lot of games for a variety of ages (subscription, but I think it's worth it)
  - Watch Legomasters and then BUILD BUILD BUILD! (Legos for all ages!)
  - [Mystery Science Free Lessons](#)
  - [Typing club](#)
  - [STMath](#) - math games (free for 90 days for coronavirus)
  - [Khan Academy](#) - non-profit age appropriate learning app.
26. [PBS Kids](#) has a lot of educational activities and games on their website. (I spoke with some of them at Grace Hopper, and they put a lot of work into curating and designing these games.)
27. [Tynker](#) - coding lessons and with free educational resources

## **Ages 0-2 Years Old**

28. Indoor Yoga on YouTube: [Cosmic Kids Yoga](#)
29. Mr Tumble nursery rhymes
30. Water play
31. Bath!!

32. Aqua doodle
33. Soap bubbles in the garden (or nearby park) - making sure the container is taped to a table/bench leg so that it doesn't get poured out every 2 minutes
34. This website has toddler activities for each month of development:  
<https://www.sensorylifestyle.com/toddler-activities/>
35. Set up a "tea" station for little ones to practice pouring. We either go outside or set up a big baking sheet at a kids table inside and give them pouring cups and a little water. Also works in the bathtub.
36. Color mixing water station — same as above with drops of food coloring.
37. "Wash the car" — give them a bucket, rag and either toy cars or a tricycle or something to wash.

### **So Ages 2-4 Years Old**

38. Outdoor activities for backyard or the park (when you don't want them touching the playground) <https://nurturestore.co.uk/forest-school-activities-for-toddlers-and-preschool>
39. [Paint with water](#) - Melissa & Doug
40. Sparkle Stories app (\$15/month) has a ton of great stories for kids. My three year old sits quietly, transfixed by the Martin and Sylvia stories (usually 15-30 minutes in length).
41. [Busy toddler](#)
42. Crayons, watercolors, stickers, construction paper, preschool workbooks; [this workbook](#) has been a hit with my daughter from the ages of 3 to 4.
43. Playdough - always and forever. [Feed Me I'm Yours Playdough recipe \(you can make it at home with your kid, lasts for a few months\)](#)
44. Craft materials from IKEA are really good (particularly love the watercolour set)
45. Replaceable sticker books: [This one](#) from M&D lasts forever
46. Blue painter tape on the ground (for roads with cars, etc) and on the walls (tic-tac-toe and targets)
47. [Paint by Sticker](#)
48. Pillow forts, couch cushion forts, blanket fortresses
49. Move around the kid furniture (like a small kids table) to set up a "special place" for a standard activity like legos, coloring, etc.
50. Make a traffic jam with matchbox cars
51. Use a piece of cardboard and a sharpie or tape to make a "parking lot" for matchbox cars.
52. Set up a "tea" station for little ones to practice pouring. We either go outside or set up a big baking sheet at a kids table inside and give them pouring cups and a little water. Also works in the bathtub.
53. Color mixing water station — same as above with drops of food coloring.
54. Empty cardboard boxes, painters tape and kid scissors.
55. [Magnatiles](#) (for any age, really).

### **Ages 5-7 Years Old**

56. Awesome Science Experiments for Kids
57. [Rivet](#), a reading practice app for kids, all free, available on [Android](#), [iOS](#), [Kindle Fire](#) devices and the [web](#). Built by an Area 120 team at Google.
58. [KiwiCo](#) - Create/Innovate subscription boxes (\$20 a month), ages 0-14.
59. [Duolingo](#) - my 7 year old loves this app!
60. [Kodable](#) - fun programming app
61. [Todomath](#) - my 1st grader loves this app, you can set the appropriate level and there is some gamification to keep the child entertained
62. Bead kits, Melissa and Doug has some for younger kids, my 4 year old son loves to make necklaces
63. Coloring Books
64. Small lego kits (~80 pieces). They often go on sale after the holidays and good to buy and store for when you need a reward for being well behaved
65. Puzzles!
66. [Slime, slime, and more slime](#)
67. If you have camping gear + a yard, spend an afternoon setting up a campsite, teaching them to set up the tent, hang a bear bag, where to cook, + [Leave No Trace principles](#)
68. Tell them to hide something and create a treasure map for you to find it. Block off 30 min. so you can go on the treasure hunt. Entertained my kid for an hour.
69. Scavenger hunts (free printouts)
70. Facetime a bestie 20 mins a day! Agree with parents on good timing.

### **Ages 7-9 Years Old**

- [Scratch](#) - Free MIT site to make stories, games and animations
- [IXL](#) - online math program, can customize by age
- [Prodigy](#) - free online math game.
- Facetime a bestie 20 mins a day! Agree with parents on good timing.
- Air-dry clay projects
- Art of Problem Solving (math) has paper workbooks and an online curriculum tied to common core standards-- great for enrichment or a standalone curriculum (for grades 2-5, it's called [Beast Academy](#))

### **Ages 9-12 Years Old**

- [Grasshopper](#)
- [Code.org](#)
- [Khan Academy](#)
- [IXL](#) - online math program, can customize by age
- [Prodigy](#) - curriculum aligned math platform (free with optional subscription)
- Work on a project with a bestie over Facetime (i.e. plan a lemonade stand when the situation is over, plan a field trip, learn about a topic and present to your families online).
- Rubix cube

Example elementary school schedule using some of the great suggestions above in this doc w/ watch and star chart for rewards.

| <b>Time</b>                        | <b>Child 1 (8 yrs)</b>                                                                                            | <b>Child 2 (6 yrs)</b>                                                                                            |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>8:30am</b>                      | Reading - non-fiction chapter book<br>OR pick a <a href="#">reading challenge</a>                                 | Reading<br>non-fiction chapter book OR pick a<br><a href="#">reading challenge</a>                                |
| <b>9:15am</b>                      | Writing - non-fiction                                                                                             | Writing - non-fiction                                                                                             |
| <b>9:45am</b>                      | Outside Recess                                                                                                    | Outside Recess                                                                                                    |
| <b>10:05am</b>                     | Math ( <a href="#">Prodigy</a> )                                                                                  | Math (notebook or <a href="#">todomath</a> )                                                                      |
| <b>10:50am</b>                     | Science ( <a href="#">Physics Girl</a> )                                                                          | Science ( <a href="#">Physics Girl</a> )                                                                          |
| <b>11:30am</b>                     | Create Your Own Lunch                                                                                             | Create Your Own Lunch                                                                                             |
| <b>12:30pm</b>                     | Coding - <a href="#">kodable</a> or <a href="#">tynker</a>                                                        | Coding - <a href="#">kodable</a> or <a href="#">tynker</a>                                                        |
| <b>1:15pm</b>                      | Free Choice Subject<br>(cooking, math, art, music, craft,<br><a href="#">YouTube Learning App</a> etc)            | Free Choice Subject (cooking, math,<br>art, craft, <a href="#">YouTube Learning App</a><br>etc)                   |
| <b>2:30pm</b>                      | Bike ride, <a href="#">Kids Meditation</a> w/<br>Headspace App, <a href="#">Yoga</a> or <a href="#">Go Noodle</a> | Bike ride, <a href="#">Kids Meditation</a> w/<br>Headspace App, <a href="#">Yoga</a> or <a href="#">Go Noodle</a> |
| <b>3:15pm</b>                      | Punctuation workbook                                                                                              | Writing - silly story                                                                                             |
| <b>3:45pm<br/>until<br/>dinner</b> | TV Time!                                                                                                          | TV Time!                                                                                                          |