

## **Coronavirus/COVID-19 Resources for Parents, Students, and Teachers**

### **The CDC**

[Coronavirus \(COVID-19\)](#)

[Emergency Preparedness and Response](#)

[Key Facts](#) - Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors

### **US Federal Government**

[Government Response to Coronavirus, COVID-19](#)

### **Mental Health, Anxiety, and Stress Management Resources/Information**

[Taking Care of your Mental Health in the Face of Uncertainty](#)

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

[www.gozen.com](http://www.gozen.com)

[www.calm.com](http://www.calm.com)

[Mini Meditation](#)

[Down Dog App](#), which includes the apps Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout is free until April 1st and has exercises you can do at home

[Feeling Anxious Or Worried? Listen To These 8 Podcasts](#)

[Coronavirus Anxiety: 4 Ways to Cope with Fear](#)

[Help Kids Manage Anxiety around the Coronavirus \(3 Expert Videos\)](#)

[Care for your Coronavirus Anxiety](#)

[Expert Offers Practical Advice to Manage Your Coronavirus Anxiety](#)

[Helping Children and Teens Cope with Anxiety About COVID-19](#)

When everything feels overwhelming, check out [tips for taking in rapidly changing news](#)

De-stress together with [meditation apps for kids and families](#)

Get the blood flowing and elevate the mood with these [25 dance games](#) (you might need to buy a special control from Amazon)

[Apps, websites, and video games](#) that inspire running, jumping, and more to stay active.

Don't forget to enjoy a [device-free dinner](#) or two

[Coping With Stress During Infectious Disease Outbreaks](#)

### **How to Talk to your Children/Family about Coronavirus**

[Talking to Teens and Tweens About Coronavirus](#)

[How to Talk to Kids About Coronavirus](#)

[BrainPop cartoon video explaining Coronavirus](#)

[NPR Comic for Kids explaining Coronavirus](#) (first link is Instagram - second link [here](#))

[Talking to Kids About the Coronavirus](#)

[Help Your Family De-Stress During Coronavirus Uncertainty](#)

[Fear and Anxiety – An Age by Age Guide to Common Fears, The Reasons for Each and How to Manage Them](#)

[How to Talk About Coronavirus With Kids](#)

[The Yucky Bug - Julia Cook](#)

[So You've Got Questions about Coronavirus](#)

[Discovery Education](#) has a special channel to help explain what is happening to students

[Coronavirus Student Guide](#) - Explanations and News Updates

[Talking to Children About COVID-19 \(Coronavirus\)](#) - A Parent Resource

## **Activities to do at Home**

[GoNoodle](#)

[BrainPOP](#)

[Time for Kids](#) (K-6)

[PBS Kids](#)

[Ideas for Activities During School Closings](#)

[Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch](#) (Video)

[ByrdseedTV](#) (Educational Videos)

[Reading Eggs](#)

[Epic! Digital Book Library](#) (for kids 12 and under) (there is a cost - \$7.99/month)

[Storyline](#) - Streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations

[Best Music Apps and Games for Kids](#)

[New Kids' TV Shows](#)

[50 Books All Kids Should Read Before They're 12](#)

[Best Family Movies](#)

[Common Sense Selections highlighting the best movies and TV shows](#)

[Sibling Watch-Together TV](#)

[Best Documentaries for Kids and Families](#)

[Common Sense Media \(reviews for what your kids want to watch before they watch it\)](#)

Write notes, letters, draw pictures to send or drop off at local nursing homes - the elderly in nursing homes aren't allowed to have visitors right now and it will brighten their day!

## **For Teachers**

[Education Companies Offering Free Subscriptions due to School Closings](#)

[Khan Academy Student Schedules for School Closures](#)

[Penguin Classics Classroom](#)

[Scholastic Learn at Home: Teaching Remotely for Grades K-12](#)

[Scholastic Learn at Home: Free Resources for School Closures](#)

[Zoom - free sign up for teachers and students](#) & [relevant article](#)

[Seesaw](#)

[17 Apps to Help Kids Stay Focused](#)

[Apps That Act Like Math and Science Tutors for Homework Help](#)

[Free Educational Apps, Games, and Websites](#)

[Top Time-Management Apps](#)

[Common Sense Media Education Resources](#)

[Sundog Math](#)

[Flocabulary](#)

[NewsELA](#)

[Temporary School Closure Support Group for Educators](#)

[Designing for Online Learning Online Course](#) - a free course that runs from March 16-20. Registration ends at 7pm on Sunday March 15. The course requires about 45 minutes of your time per day.

[Global Online Academy COVID-19 Resources](#)

[International Educator Shared Resources Google Doc](#)

[Google Hangouts](#) - Google has extended Hangouts Meet premium features to all G Suite customers through July 1, 2020

[EdPuzzle Pro](#)

[Book Creator](#) - giving 90 days free so you can collaborate on writing books with your students

[Kahoot Premium](#) - offering free access to all features to support distance learning in schools affected by the coronavirus outbreak

[BoomWriter](#) - a free writing app

[BrainPOP](#) - free access

[Buncee Classroom](#) - as per this [tweet](#) email [info@buncee.com](mailto:info@buncee.com) for free access

[Discovery Education](#) - comprehensive response to the worldwide coronavirus outbreak

[Pear Deck](#) - allows you to request individual or district-wide access if you're impacted by closures

[Tynker](#) - will let you apply to receive their entire curriculum free if you're impacted by closures

[Adobe Spark](#) - project based learning

[Free Tools for Schools Dealing with Corona](#)

[Amazing Educational Resources](#)

## **How You Can Help Others**

[How You Can Help](#)

[Purposity](#) - finds those in need near you