

## **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

### **World Health Organization (WHO)**

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

[WHO Health Topics - Coronavirus](#)

[Q&A on coronaviruses \(COVID-19\)](#)

### **US Federal Government**

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

### **New York State**

[New York State Department of Health - Novel Coronavirus \(COVID-19\)](#)

[Local Departments of Social Services by County](#)

[NYS Local Health Department Telephone Numbers](#) - **\*IF YOU FEEL YOU NEED TO BE TESTED, CALL YOUR COUNTY'S DEPARTMENT OF HEALTH\***

[Protect Yourself from COVID-19 and Stop the Spread of Germs](#)

### **New York Hospitals by County** ([look up hospitals by county here](#))

#### Albany County

Albany Medical Center

St. Peter's Hospital

Albany Memorial Hospital

#### Bennington County

Southwestern Vermont Medical Center

#### Columbia County

Columbia Memorial Hospital

#### Rensselaer County

Samaritan Hospital

#### Saratoga County

Saratoga Hospital

#### Schenectady County

Ellis Hospital

Schoharie County

Cobleskill Regional Hospital

Warren County

Glens Falls Hospital

## **Upstate New York County Resources**

Albany County

[Albany County website](#)

[Department of Health](#)

[Department of Mental Health](#)

[Department for Aging](#)

[Albany County Resource Phone Numbers](#)

Columbia County

[Columbia County website](#)

[Department of Health](#)

[Office for the Aging](#)

Rensselaer County

[Rensselaer County website](#)

[Coronavirus Resource Guide](#)

[March 2nd Press Release](#)

[Department of Mental Health](#)

[Department of Aging](#)

Saratoga County

[Saratoga County website](#)

[Department of Public Health](#)

[Mental Health Center](#)

[Office for the Aging](#)

Schenectady County

[Schenectady County website](#)

[Community Update: Coronavirus](#)

[Department of Public Health](#)

[Department of Senior and Long Term Care Services](#)

Schoharie County

[Schoharie County website](#)

[Emergency Announcements](#)

[Coronavirus Disease \(COVID-19\) page](#)  
[Department of Public Health](#)  
[Office for the Aging](#)

[Warren County](#)  
[Warren County website](#)  
[Office for the Aging](#)

## **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](#)

[The Tim Ferriss Show - Jack Kornfield — How to Find Peace Amidst COVID-19, How to](#)

[Cultivate Calm in Chaos](#) (podcast)

[The MindTrails Project](#)

[How to Spot Fake News](#)

[Free daily meditations](#)

[Mental Health Links for Families](#)

## **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

[Anxious Kids, Anxious Parents](#)

[When You Worry Too Much: 25 Books to Help Kids Overcome Anxiety, Worry, and Fear](#)

[Where Did Everyone Go? A Book About Staying Home](#)

[Protect Your Family's Mental Health During the COVID-19 Pandemic](#)

[CASEL CARES: Helping Children and Families Manage Stress & Build Resilience with Dr. Bruce Perry](#)

## **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!

[Scratch Jr.](#) - Coding is the new literacy! With ScratchJr, young children (ages 5-7) can program their own interactive stories and games. In the process, they learn to solve problems, design projects, and express themselves creatively on the computer

[Code.org](#) - Learn computer science

[Kodable](#) - Programming for kids

[Hello Ruby](#) - Hello Ruby is the world's most whimsical way to learn about computers, technology and programming. The story started with a book, and now Ruby continues her adventures in exercises, activities and videos. It's suited for kids age 5 years and older (but even adults might learn something new)

Public libraries - many public libraries have digital books you can rent for free on their websites, along with other resources

[Stick Figure Art](#) YouTube channel

[450 Ivy League courses you can take online right now for free](#)

[Met to launch "Nightly Met Opera Streams"](#) - A free series of encore Live in HD presentations streamed on the company website during the coronavirus closure

[Emotional ABCs](#) - We teach children ages 4-11 how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices

[TED-Ed Video Playlist](#) - Sorted by categories

[Virtual Field Trips](#) - Over 30 virtual field trips with links

[Lunch Doodles with Mo Willems](#)

[Educational YouTube channels](#)

[Unite for Literacy](#) - free online audiobooks

[Cincinnati Zoo is Bringing the Zoo to You!](#)

[100 things to do while stuck inside due to a pandemic](#)

[Story time from space](#)

[11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home](#)

[Discover 10 Parks & Preserves in Albany County](#) - Are you social distancing but want to get out of the house? If you are healthy, explore one of the parks or preserves in Albany County! Governor Cuomo announced that NYS will waive all park fees as of March 16, 2020

[Podcasts for Kids](#)

[Calendar/list of live streams to watch](#)

[Netflix Party Chrome extension](#) - a Chrome extension for watching Netflix remotely with friends

[15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)

[20 Virtual Field Trips](#)

[Entertainment for a Quarantine](#)

[Math card games](#)

[Library of Congress digital collections](#)

[NASA](#) has made their entire media library - images, sounds, and video - public

[Mix.com](#) - formerly stumbleupon, Mix is a social content curation site that allows you to collect articles, and content about specific interests or topics that you like. When you curate and add to your collections, your content is shared with friends and made discoverable to others on Mix who share similar interests.

Use [DuoLingo](#) to learn a new language or practice one you already know!

[You Can Now Tour 2,500 World-Famous Museums From the Comfort of Your Own Sofa](#)  
[Free audiobooks](#)

[The Actor's Fund](#) will be producing daily Broadway Virtual Concerts featuring stars of the stage and screen, singing and performing live (from home)! Tune in each day at 2pm and 8pm

Getting outdoors and connecting with nature is a way to help maintain our physical and mental health (as long as you are maintaining social distancing!). Find a location near you at the [NYS Department of Environmental Conservation](#).

[The San Diego Zoo](#) has a website just for kids with videos, activities, and games!

[Tour Yellowstone National Park](#)

[Explore the surface of Mars on the Curiosity Rover](#)

The Canadian site [FarmFood 360](#) offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs

[40+ Best Indoor Activities from Busy Toddler](#)

Atlantic White Shark Conservancy [story hour](#)

[Wash Your Lyrics](#) - Generate a hand washing lyrics meme based on your favorite song lyrics

[Google Earth](#) Has Virtual Tours of 31 National Parks in the U.S.

[50 Ways to Keep Kids Engaged at Home During the Coronavirus Shutdown](#)

Chris Field - [live streaming Afternoon Adventures](#) on Facebook every Monday-Friday until April 3rd at 3pm Eastern time (previous videos will be saved for viewing at any time)

Coronavirus: Kids stuck at home should go on these [virtual Disney World rides](#)

[The Palace of Versailles](#) is offering a free virtual tour

[Free virtual tours](#) of museums, parks, and cities

[Audible.com](#) - all stories are free to stream on your desktop, laptop, phone or tablet

[Coach Edson's PE Classes](#) on YouTube

[Mom's DESK](#) - Directory of Educational Sites for Kids

[Calendar of Virtual Field Trips](#) March/April/May 2020

[List of Authors and Illustrators that are doing Online Story time](#)

[Hogwarts Digital Escape Room](#)

[Ideas for Fun, Meaningful & Generally Pixel-Free At-Home Learning](#)

[Teach Your Monster to Read](#) - The groundbreaking game that makes learning to read fun

[150+ Educational Shows on Netflix](#)

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

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

[www.reading.ecb.org](http://www.reading.ecb.org)

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

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

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

[www.pbs.org](http://www.pbs.org)

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

[www.storylineonline.net](http://www.storylineonline.net)

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

# EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

## MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

## SCIENCE

- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

## SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

## OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)

## FREE educational sites

TRY THESE FREE EDUCATIONAL RESOURCES

### Math:

Funbrain  
Prodigy  
Math Playground  
SplashLearn  
Math Game Time  
Khan Academy

### Social Studies:

Smithsonian Learning Lab  
Crash Course (YouTube)  
Who Was? (App)  
Nat Geo Kids  
Google Earth  
Time for Kids  
iCivics

### Science:

Exploratorium  
Discovery #Mindblown  
NASA Kids' Club  
AmazingSpace  
Codecademy  
HowStuffWorks  
KidsHealth

### Other:

Duolingo  
Duolingo Kids  
Sesame Street  
TED Ed @ Home  
Brain POP  
TED Talks  
PBS KIDS







## Resources for Parents

[Parent's Guide to Google Classroom](#)

[Google Classroom Guide for Students and Parents](#)

[Parent Resources for School Closure](#)

[Homeschooling is not the same as Crisis Schooling](#)

[Free virtual tutoring](#)

[GoPeer.org](#) - free virtual tutoring

## Resources 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](#)

[Sumdog 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](#)

[Smore](#) - Free Resources for Teachers

[Cool Cat Teacher by Vicki Davis](#)

[200+ Cool Tools for Your Classroom](#) by Vicki Davis at Cool Cat Teacher

[Helping you plan and continue instruction during the COVID-19 crisis](#) - NewsELA

[Google Keep](#) - for helping your students stay organized

[Distant Learning Resource Lists](#)

[Educational YouTube channels](#)

[Adjusted Syllabus](#)

A note for teachers: Google Classroom and Formative both work on PS4 and Xbox One browsers for kids with gaming consoles but no computers

[Beijing City International School template for online learning](#) (elementary school)

[GreatMinds.org](#) - starting Wednesday, March 18, we are going to share - free to anyone - recorded daily lessons in Grades K-12 of Eureka Math®, K-8 of Wit & Wisdom®, and 3-5 of PhD Science®. These lessons will be delivered by our own teachers and will be viewable on any device so that teachers and their students may use them

[200+ Fantastic Tools for Schools](#) super handout

[The CK-12 Foundation](#) was founded with the mission to enable everyone to learn in his or her own way. We pair high quality content with the latest technologies. We equip students, teachers, and parents with everything they need. For free.

[ReadWorks](#) - Reading comprehension instruction that works

## [Middle School E-Learning Resources](#)

[Hooda Math](#) math games

35 must watch [TED Talks](#)

You can now download over [300,000 books](#) from the NY Public Library for free

[Reading Assistant Plus](#) - Online guided reading tool for improving vocabulary, fluency, comprehension, and prosody

[Virtual Dissections and Labs](#)

[Google Meet Integration for Google Classroom](#)

[Practical Ideas and Resources to Inspire Both you and your Students](#)

[Teaching Through a Pandemic: A Mindset for This Moment](#)

[Protecting Student Privacy](#)

[Video Series: How to Use Google Hangouts/Meet](#)

[Creating a Scheduled Google Meet Meeting](#)

[Google Classroom Cheat Sheet for teachers](#)

[International Schools Services](#)

[Outschool](#)

[DASD PD: The Most Important Thing to know About Google Classroom Assignments:](#)

[Always Use Templates.](#)

[Super Teacher Worksheets - Thousands of Printable Activities](#)

## **Other Resources**

Free Access to WiFi & Broadband from Spectrum: Spectrum will be offering FREE broadband and WiFi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum subscription. This is designed to ensure that all students have access to the internet so they may continue their education during this time. All installation fees will be waived. If you or someone you know can benefit from this service please call 1-844-488-8395.

[United Way Capital Region Community COVID-19 Response Fund](#)

[Albany County asks consumers to report coronavirus scams](#) - dial 2-1-1 or [fill out a report online](#) to report and track scams such as price gouging or false cures for Coronavirus

[Victory Christian Church](#) is mobilizing to give school children the subsidized meals they would receive if their school weren't closed for COVID-19

[Boys & Girls Club of the Capital Area](#) - offering free breakfast and lunch to all youth ages 18 or younger

[InfoBeautiful](#)

## **How You Can Help Others**

[How You Can Help](#)

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

When stocking up for Social Distancing, if an item has a WIC symbol beside the price label, try to get something else. People who use WIC to feed their families can't switch to another brand or kind of food. If a store runs out of WIC-approved options, they will go home empty-handed.

[C-19 Help Squad](#) - give help and get help

[Ted's Fish Fry](#) - will trade you a kids meal in exchange for a piece of your child's homework/artwork. Additionally, they are also offering BOGO 1/2 OFF Fish & Chip Dinner & Drink. They are open 11am-8pm at all locations for take out only.

[FeedingAmerica.org](#)

[Donate](#) to Boys & Girls Club of the Capital Area - providing free breakfast and lunch to all youth ages 18 or younger

Find your local food bank - <https://www.feedingamerica.org/find-your-local-foodbank> or [www.foodpantries.org](http://www.foodpantries.org)

[Feed Albany](#)

[United Way Worldwide](#)

[United Way of the Greater Capital Region](#)