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
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
www.kids.nationalgeographic.com
www.reading.ecb.org
www.suessville.com
www.abcya.com
www.funbrain.com
www.pbs.org
www.starfall.com
www.storylineonline.net
www.highlightskids.com


EDUCATIONAL
FREE WEBSITES
LEARNINCOLOR.COM
MATH
Funbrain
Prodigy
Math Playground
Splash Learn
Math Game Time
Khan Academy
SOCIAL STUDIES
Crash Course (YouTube)
Who Was? App/site
Nat Geo Kids
Google Earth
Time for Kids
Smithsonian for Kids
SCIENCE
Discovery Mindblown
NASA Kids Club
Amazing Space
Code Academy
How Stuff Works
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
ADT



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 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
Bejing 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
Feed Albany
United Way Worldwide
United Way of the Greater Capital Region