

# PARENTS + KIDS

| Resource Name            | Link  | Description   |
|--------------------------|---|---|
| <b>Education</b>         |   |   |
| Academic Earth           | <a href="https://academicearth.org/universities/">https://academicearth.org/universities/</a>   | Learn something new from the best universities with Academic Earth's collection of free online college courses.   |
| AccessiByte              | <a href="https://www.accessibyte.com/stay-safe/">https://www.accessibyte.com/stay-safe/</a>   | Accessibyte was founded with one simple goal in mind: make amazing software for blind users! We built these apps to support students who are blind, visually impaired, deaf, have reading difficulties or just want something fun and different. Collaboration with teachers ultimately lead to the creation of Accessibyte Online, where students can log to study and play games without needing any outside accessibility software.  |
| All Kids Network         | <a href="https://www.allkidsnetwork.com/">https://www.allkidsnetwork.com/</a>   | Resources for parents, teachers and anyone who works with children. We've got thousands of fun kids activities like kids crafts, worksheets, coloring pages, printable mazes, dot to dot, hidden pictures and more.   |
| Audible                  | <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>   | Free for as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet.  |
| Scholastic Learn at Home | <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>   | This free resource provides your children with 20 days of exciting articles and stories, videos, and fun learning challenges. Children can complete them anytime, in any order. These are available on any device and will provide your child with up to three hours' worth of exciting learning experiences per day. They can go on virtual field trips, meet best-selling authors, or dig deep into a topic they love.  |
| Scholastic Book Flix     | <a href="https://digital.scholastic.com/resources/slp#/login?productCode=bkflix&amp;state=L2hvbWU%3D&amp;ucn=646723840&amp;ref=MTU4NDM4NTU3MXxodHRwczovL2Jyb2tmbGl4LmRpZ210YWwuc2Nob2xhc3RpYy5jb20vaG9tZQ%3D%3D">https://digital.scholastic.com/resources/slp#/login?productCode=bkflix&amp;state=L2hvbWU%3D&amp;ucn=646723840&amp;ref=MTU4NDM4NTU3MXxodHRwczovL2Jyb2tmbGl4LmRpZ210YWwuc2Nob2xhc3RpYy5jb20vaG9tZQ%3D%3D</a> | Scholastic has created a generic login and password (username: Learning20, password: Clifford) to unlock access   |
| Prodigy                  | <a href="https://www.prodigygame.com/pages/parents/">https://www.prodigygame.com/pages/parents/</a>   | Prodigy is a free, online math program that uses a fun video game-style interface to engage learners. Users create their characters and conquer challenges while doing math along the way, tied to their skill level and aligned with core competencies. The paid version offers more math and allows parents and teachers (parents can register as teachers), to run tests and diagnostics, emphasize certain mathematical concepts, and assess progress behind the scenes, while the learners happily play the game.                |
| OutSchool                | <a href="https://outschool.com/#abk7bxmmqg">https://outschool.com/#abk7bxmmqg</a>   | The marketplace of live online classes for K-12 learners - ouschool connects motivated learners, parents, and teachers together to create great learning experiences.   |
| Khan Academy             | <a href="https://www.khanacademy.org/signup?isparent=1">https://www.khanacademy.org/signup?isparent=1</a>   | Perhaps the leader in free, high-quality, online learning content for kids, Khan Academy offers no-cost YouTube instructional videos in a wide range of content areas, including all levels of mathematics, English language arts, science, history, computer science and programming, and SAT preparation. Content is aligned with state curriculum standards, and parents can view and track their children's progress. Khan Academy is widely used in schools across the country and can be a great resource for in-home learning. |
| No Red Ink               | <a href="https://www.noredink.com/">https://www.noredink.com/</a>   | This free, online writing and grammar resource helps learners of all ages to practice and refine their writing skills. Sign up as a teacher (you can use your home as a school), create a learner profile for your child, and then allow your child to log in to the student account and get practicing.  |
| Mystery Science          | <a href="https://mysteryscience.com/">https://mysteryscience.com/</a>   | Mystery Science is offering free memberships for up to one year, with engaging lessons in a variety of science-related areas, including timely topics such as, "How do germs get inside your body?" Video lessons are complemented by hands-on experiments and downloadable activities.   |
| Code Academy             | <a href="https://www.codecademy.com/">https://www.codecademy.com/</a>   | This spring could be a great time for young people to learn in-demand skills like coding in different programming languages, web development, design, and data science. Codecademy offers free access to basic lessons, with the option to pay for more advanced courses if your kids get really into it.   |

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| Marginal Revolution University   | <a href="https://mru.org/learn">https://mru.org/learn</a>   | Economics isn't always taught at the K-12 level, but the dynamic, self-paced introductory economics courses offered for free through MRU are likely to pique your older child's interest. These are also great classes for you to learn alongside your child.  |
| TedEd  | <a href="https://ed.ted.com/lessons?content_type=animations&amp;direction=desc&amp;sort=publish-date&amp;user_by_click=student">https://ed.ted.com/lessons?content_type=animations&amp;direction=desc&amp;sort=publish-date&amp;user_by_click=student</a>   | TED-Ed offers a free suite of high-quality videos on a variety of topics for learners of all ages, including supplemental materials, discussion questions, and opportunities to probe deeper into areas of interest. Register as an educator and you can help to customize your child's learning experience, or let your child explore independently.  |
| Smithsonian Learning Lab   | <a href="https://learninglab.si.edu/">https://learninglab.si.edu/</a>   | The Smithsonian Learning Lab puts the treasures of the world's largest museum, education, and research complex within reach. The Lab is a free, interactive platform for discovering millions of authentic digital resources, creating content with online tools, and sharing in the Smithsonian's expansive community of knowledge and learning.  |
| edX  | <a href="https://www.edx.org/">https://www.edx.org/</a>   | Edx offers access to free online courses delivered by a consortium of leading colleges and universities. Learn college-level content in computer science, engineering, and robotics, among others. Founded by Harvard and MIT, edX is home to more than 20 million learners, the majority of top-ranked universities in the world and industry-leading companies. As a global nonprofit, edX is transforming traditional education, removing the barriers of cost, location and access.                                |
| National Geographic Kids   | <a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a>   |  |
| Fun Brain  | <a href="https://www.funbrain.com/">https://www.funbrain.com/</a>   | Funbrain, created for kids in grades Pre-K through 8, offers hundreds of free interactive games, books, videos, and printables that help kids develop skills in math, reading, problem-solving, and literacy.  |
| 123Homeschool 4 Me   | <a href="https://www.123homeschool4me.com/home-school-free-printables/">https://www.123homeschool4me.com/home-school-free-printables/</a>   | We have over 300,000+ FREE worksheets for toddler, preschool, and K12. Our free educational printables cover alphabet letters, math, language arts, history, geography, and more.  |
| Walkabouts   | <a href="http://info.activedinc.com/covid">http://info.activedinc.com/covid</a>   | Walkabouts are on-demand adventures that transform math and language content into short, movement-rich activities for Pre-K through Second Grade students. This research-based online tool makes it easy for teachers and parents to create lessons that bring key concepts to life through physical activity. It even correlates to the state standards teachers already use to develop and manage their lesson planning. Plus, unlike traditional videos, Walkabouts are dynamic and different every time they play. |
| Education Companies Offering Free Subscriptions due to School Closings | <a href="http://www.amazingeducationalresources.com/?fbclid=IwAR14itoRBxcaSeqdRe9tw9lPm6LhhjvUirV7kqvXuOjpc1hJzWm9LgOqd50">http://www.amazingeducationalresources.com/?fbclid=IwAR14itoRBxcaSeqdRe9tw9lPm6LhhjvUirV7kqvXuOjpc1hJzWm9LgOqd50</a>   |  |
| Fiveable   | <a href="https://fiveable.me/">https://fiveable.me/</a>   | When students are surrounded by passionate teachers and robust resources, they can achieve anything. With technology, we can smash barriers by connecting students and teachers through content and live events. Our goal is to create inclusive and social learning experiences where all students are invited to learn with us for free.   |
| <b>Fun Activities</b>  |   |  |
| Cosmic Kids Yoga   | <a href="https://www.youtube.com/cosmickidsyoga">https://www.youtube.com/cosmickidsyoga</a>   | Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world   |
| Hands on as We Grow  | <a href="https://handsonaswegrow.com/">https://handsonaswegrow.com/</a>   | Hands On As We Grow is all about learning to do hands on activities with your kids. They share lots of practical, easy activities, and sneak in learning opportunities. You'll find crafts, art projects, gross motor activities, and fine motor activities regularly on the blog.   |
| Giant List of Ideas for Being Home with Kids                           | <a href="https://docs.google.com/document/u/0/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCl/mobilebasic?fbclid=IwAR2fF5JjiKGzBWeS3iHrzVMuqmaCQlr8DQdd7zjouaAoWdtnzjilR8zyy8o">https://docs.google.com/document/u/0/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCl/mobilebasic?fbclid=IwAR2fF5JjiKGzBWeS3iHrzVMuqmaCQlr8DQdd7zjouaAoWdtnzjilR8zyy8o</a> |  |

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| Go Noodles  | <a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a>   | Over 14 million kids move along to GoNoodle at school each month -- and they're moving at home too! Use GoNoodle's video library to: - Turn screen time into active time - Burn off extra energy on bad weather days - Calm kids down before bedtime - Exercise the whole family... together! GoNoodle videos get kids moving to be their strongest, bravest, silliest, smartest, bestest selves.   |
| 33 Virtual National Park Tours  | <a href="https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home">https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home</a>   |   |
| 30 Virtual Field Trips  | <a href="https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoG1kgE3iExmi3gh2KRRku_w/mobilebasic?fbclid=IwAR04EAsBuL15aXTW6Sy6HD6eJAGl0wrbsO4GTZ2IFP1TuDE03lsSJwvV8R4">https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoG1kgE3iExmi3gh2KRRku_w/mobilebasic?fbclid=IwAR04EAsBuL15aXTW6Sy6HD6eJAGl0wrbsO4GTZ2IFP1TuDE03lsSJwvV8R4</a>   |   |
| Home Based Art Education  | <a href="https://cassiestephens.blogspot.com/2020/03/my-favorite-lessons-for-home-based-art.html">https://cassiestephens.blogspot.com/2020/03/my-favorite-lessons-for-home-based-art.html</a>   |   |
| Netflix list educational shows  | <a href="https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR1CpCvpkjPLHm2d_Tw6aGRewqCdp793rP2XhTp46nTNzLmOP541qVGtKQo">https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR1CpCvpkjPLHm2d_Tw6aGRewqCdp793rP2XhTp46nTNzLmOP541qVGtKQo</a>   |   |
| <b>Articles for Parents</b>   |   |   |
| Talking with children about Coronavirus Disease                               | <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>   | As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease. |
| How To Talk To Kids About Coronavirus   | <a href="https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk">https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk</a>   | So what should you tell kids about the coronavirus, and how? We spoke to a pediatrician, two psychologists, a pediatric infectious disease specialist and a safety expert for their best tips.  |
| Just For Kids: A Comic Exploring The New Coronavirus                          | <a href="https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0jj8QBxvdfddl0QHPSBt2HQRDAQ590o6n-T9HgXRTST8Ti34OYKmGmE14">https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0jj8QBxvdfddl0QHPSBt2HQRDAQ590o6n-T9HgXRTST8Ti34OYKmGmE14</a> | It's based on a radio story that NPR education reporter Cory Turner did. He asked some experts what kids might want to know about the new coronavirus discovered in China.  |
| Parenting During COVID-19   | <a href="https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19">https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19</a>   | Articles about how to parent right now — how to talk to our kids and help calm their fears — abound. I've read many. Contributed to some. And now I'm writing my own. Why? Because what I haven't seen yet is a bulleted list, a set of short and sweet and pragmatic tips you could print out and hang on your fridge as a reference. And so that's going to be my contribution. Here goes!  |
| Family Lockdown Guide: How to Emotionally Prepare for Coronavirus Quarantine  | <a href="https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine">https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine</a>   |   |
| Alison - Coronavirus  | <a href="https://alison.com/coronavirus">https://alison.com/coronavirus</a>   | Alison is publishing its free Coronavirus (Covid-19) course in 100+ languages worldwide with the help of our membership. Please SHARE with friends, family and work colleagues.   |
| 6 Ways to Protect Yourself and Your Family from Anxiety About the Coronavirus | <a href="https://thriveglobal.com/stories/six-ways-to-protect-yourself-and-your-family-from-anxiety-about-the-coronavirus/">https://thriveglobal.com/stories/six-ways-to-protect-yourself-and-your-family-from-anxiety-about-the-coronavirus/</a>   | <a href="https://thriveglobal.com/stories/six-ways-to-protect-yourself-and-your-family-from-anxiety-about-the-coronavirus/">Put another way: We are in the midst of not only the spread of the Coronavirus but contagious anxiety! So, just as it is important to take the CDC's recommended precautions to protect yourself and others from COVID-19, it is also vital to take steps to protect yourself and your children from related anxiety that, left unaddressed, will tend to fester and escalate out of control.</a>           |
| CROWD-SOURCED   WFH with Kids Not in School or ChildCare                      | <a href="https://docs.google.com/document/d/1GNQsNVgU7eSo-kZiELIMUU25XJZ0S22C47JBQRO2Q_o/edit">https://docs.google.com/document/d/1GNQsNVgU7eSo-kZiELIMUU25XJZ0S22C47JBQRO2Q_o/edit</a>   |   |

# ENTERTAINMENT

| Resource Name                                | Link  | Description  |
|--|---|--|
| Seattle Symphony Live Stream                 | <a href="https://seattlesymphony.org/live">https://seattlesymphony.org/live</a>   | As our community comes together in this time of crisis, the Seattle Symphony will continue sharing performances that provide strength, comfort and joy. The musicians of the Seattle Symphony have generously volunteered to share free broadcasts with everyone during this time of uncertainty. All broadcasts can be streamed through the Symphony's social media channels on YouTube and Facebook. |
| Berliner Philharmoniker Digital Concert Hall | <a href="https://www.berliner-philharmoniker.de/en/titelgeschichte/20192020/digital-concert-hall/">https://www.berliner-philharmoniker.de/en/titelgeschichte/20192020/digital-concert-hall/</a>   | The Philharmonie Berlin is closed until 19 April to help contain the coronavirus. But the orchestra will continue to play for you – in the Digital Concert Hall. The Berliner Philharmoniker invite you to visit their virtual concert hall free of charge. "We hope that through this initiative we can give pleasure to as many people as possible with our music."                                  |
| Nightly Met Opera Streams                    | <a href="https://www.metopera.org/about/press-releases/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/">https://www.metopera.org/about/press-releases/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/</a>   | Met to launch "Nightly Met Opera Streams," a free series of encore Live in HD presentations streamed on the company website for free, one per day, for the duration of the closure. Each opera will be available on the Met's website at 7:30 p.m. Eastern and will remain available to stream until 3:30 p.m. Eastern the next day. They'll also be available through the Met's Opera on Demand apps. |
| Monteral Bay Aquarium                        | <a href="https://www.pscp.tv/w/1mrxmQbpBDwxy?fbclid=IwAR34jTGd5v-ZGqTUtu8OwcJmU3ryr7K_IYKbeledQ-9X7sb5MqW2Wa34Ewg">https://www.pscp.tv/w/1mrxmQbpBDwxy?fbclid=IwAR34jTGd5v-ZGqTUtu8OwcJmU3ryr7K_IYKbeledQ-9X7sb5MqW2Wa34Ewg</a>   | Otter live stream  |
| NASA   | <a href="https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ">https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ</a>   | Youtube Channel  |
| Museums offering Virtual Tours               | <a href="https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR1taYaR8hM15_tSTY1NOtuKl9BFAM3ShwckTS4Y5rDz5F7WczomiGp7Nl">https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR1taYaR8hM15_tSTY1NOtuKl9BFAM3ShwckTS4Y5rDz5F7WczomiGp7Nl</a>   | These 12 famous museums offer virtual tours you can take on your couch   |
| Free Financial Literacy Courses              | <a href="https://www.themuse.com/advice/13-free-classes-to-help-you-manage-your-personal-finances-like-an-adult?sc_src=email_282486&amp;sc_lid=17343893&amp;sc_uid=JdY0B03Hfi&amp;sc_lid=110302&amp;sc_eh=2eec53a3ea04457e1&amp;utm_source=emarsys&amp;utm_medium=email&amp;utm_campaign=daily_20200316_282486&amp;utm_content=dailynewsletter&amp;utm_term=&amp;sc_customer=writetopolly89%40gmail.com">https://www.themuse.com/advice/13-free-classes-to-help-you-manage-your-personal-finances-like-an-adult?sc_src=email_282486&amp;sc_lid=17343893&amp;sc_uid=JdY0B03Hfi&amp;sc_lid=110302&amp;sc_eh=2eec53a3ea04457e1&amp;utm_source=emarsys&amp;utm_medium=email&amp;utm_campaign=daily_20200316_282486&amp;utm_content=dailynewsletter&amp;utm_term=&amp;sc_customer=writetopolly89%40gmail.com</a> | Who doesn't want to know how to do all the saving?!  |
| Death Cab for Cutie Live Stream              | <a href="https://www.youtube.com/channel/UCOtn115CfFKixG7_Quv9ZA">https://www.youtube.com/channel/UCOtn115CfFKixG7_Quv9ZA</a>   | Death Cab for Cutie front man Ben Gibbard streaming acoustic performances at 4 PM PST daily.   |

## FITNESS + WELLNESS

| Resource Name                                 | Link  | Description   |
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| meditation.live                               | <a href="https://www.meditation.live/classes">https://www.meditation.live/classes</a>   | Meditation, fitness classes, etc.   |
| Darebee Resource                              | <a href="https://darebee.com/">https://darebee.com/</a>   | The Darebee Resource is an independent fitness resource run and maintained by a small group of volunteers and fitness professionals. Here we make fitness accessible, make training fun and make a healthy lifestyle easier to start and maintain – on a budget. We believe that fitness is not a privilege, it should be made this accessible for everyone - not just people who can pay for it. There is no catch, there are no hidden links or sign-ups – everything is available in high quality and is free to access and download, no strings attached. |
| Fitness Blender                               | <a href="https://www.youtube.com/user/FitnessBlender">https://www.youtube.com/user/FitnessBlender</a>   | 600 free full length workout videos & counting!   |
| Ekhart Yoga                                   | <a href="https://relief.ekhartyoga.com/">https://relief.ekhartyoga.com/</a>   | Our mission at EkhartYoga is to create positive change in the world through yoga. Therefore we're offering you 12 free yoga and meditation classes, specifically designed to help relieve stress and anxiety.   |
| Yoga with Adriene                             | <a href="https://www.youtube.com/user/yogawithadriene/videos">https://www.youtube.com/user/yogawithadriene/videos</a>   | Our mission is to reach as many people as possible with high-quality free yoga videos. We welcome all levels, all bodies, all genders, all souls! Browse our library of free yoga videos to find a practice that suits your mood or start a journey toward healing. If you're brand-new to yoga, check out our Yoga For Beginners and Foundations of Yoga series. Calm and relieve a tired mind and body. Create space. Tone and trim. Cultivate self-love. Make time for you. Go deeper, have fun. Do your best, be authentic and FIND WHAT FEELS GOOD.      |
| Down Dog Yoga                                 | <a href="https://www.downdogapp.com/?fbclid=IwAR0tL7s9DgS16T78Pi1joxWNFH_49b-1bHfbKLCrQ_kYHOsPFTN-mmaD5Gc">https://www.downdogapp.com/?fbclid=IwAR0tL7s9DgS16T78Pi1joxWNFH_49b-1bHfbKLCrQ_kYHOsPFTN-mmaD5Gc</a> | We believe that stressful times like these are precisely when people need wellness practices the most, and we are committed to doing our part to help out.<br><br>So that anyone who wants to practice at home can do so, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until April 1st.  |
| Dana Alexa Hip Hop Dance (Older Teens/Adults) | <a href="https://www.youtube.com/playlist?list=PL7AwAxL0dFh4Uppg6b_i8K5xCHODsxM12">https://www.youtube.com/playlist?list=PL7AwAxL0dFh4Uppg6b_i8K5xCHODsxM12</a>   | Free tutorials on YouTube for some of Dana's choreography. High energy hip-hop from an amazing teacher  |
| Core40 Movement Class                         | <a href="https://www.youtube.com/watch?v=FCwHwclCH6I">https://www.youtube.com/watch?v=FCwHwclCH6I</a>   | Pilates class taught by Core40 instructor.  |