

# Resources for Parents During COVID

Updated 3/23/20

*As we all adjust to our new realities and attempt to establish new routines and structures, the School and Child Care Search Service wants to share some resources to support you. This list is a collection of resources that we have found or that have been sent to us from various sources. These are not recommendations. We encourage you to explore the sites to determine which ones might be appropriate for your child. We will continue to add to it as we gather more information.*

*In our care and concern for parents, we recognize that at the moment anything and everything can feel overwhelming—including our list of resources! We encourage you to take your time and move ahead at a pace that works for you.*

## Academic Support – All Ages

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

[Academic Earth](#)

[Duolingo](#)

[Help Kids Stay Focused](#)

[Khan Academy](#)

[NYC Department of Education Learn at Home Activities for Students](#)

[Open Culture Free Educational Resources](#)

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

[The Louvre Virtual Tour](#)

[The National Gallery Virtual Tour](#)

[Top Time-Management Apps](#)

[Virtual Field Trips](#)

Zoos and Aquariums

[Cincinnati Zoo](#)

[Dallas Zoo](#)

[Jenkinson's Aquarium](#)

[Monterey Bay Aquarium](#)

[Omaha Zoo](#)

[San Diego Zoo](#)

[Shedd Aquarium](#)

[Smithsonian National Zoo](#)

## Academic Support – Early Childhood

[ABCmouse.com](#)

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

[Fun Brain](#)

[Lunch Doodles with Mo Willems](#)

[National Geographic](#)

[NYC Department of Education Learn at Home Activities for Early Childhood](#)

[PBS Kids](#)

[Scholastic Learn at Home: Pre-K](#)

[Starfall – Pre-K](#)

[Storyline Online](#)

[The LivBits Interactive Read Aloud](#)

## Academic Support – K-5

[ABCmouse.com](#)

[Big History Project](#)

[BrainPOP](#)

[ClickSchooling](#)

[Curriculum Associates](#)

[FarFaria](#)

[Fun Brain](#)

[GoNoodle](#)

[Lunch Doodles with Mo Willems](#)

[National Geographic](#)

[NYC Department of Education Learn at Home Activities for K-5](#)

[Scholastic Learn at Home: Grades 1-2](#)

[Scholastic Learn at Home: Grades 3-5](#)

[Scholastic Learn at Home: Kindergarten](#)

[Starfall Grades K-3](#)

[Storyline Online](#)

[Tynker - Coding for Kids](#)

## Academic Support – 6-8

[Big History Project](#)

[Chegg Math Solver – Math Help](#)

[ClickSchooling](#)

[Course Hero – Homework Help](#)

[Fun Brain](#)

[MathPapa – Algebra Calculator](#)

[New York Times Daily Writing Prompt](#)

[NYC Department of Education Learn at Home Activities for Middle School](#)

[Scholastic Learn at Home: Grades 6+](#)

## Academic Support – Special Education

[NYC Department of Education Learn at Home Activities for Special Instruction and Student Supports](#)

[Vizzle](#)

## Emotional Support for Kids

[Calm Kids](#)

[Child Mind Institute](#)

[Children’s Hospital Colorado physicians answer a child’s questions about COVID-19](#)

[Coping Skills for Kids](#)

[Daily Advice About Supporting Kids During COVID-19 Crisis](#)

[Overcoming Obstacles Parent/Child Snapshots](#)

[Teaching Kids Media Smarts During Breaking News](#)

[Twice Daily Facebook Live Video Chats Featuring Experts Clinicians](#)

## Emotional Support for Parents

[6 Ways to Take Care of Yourself in Quarantine](#)

[Breathe2Relax](#)

[Calm – Take A Deep Breath](#)

[Guided Mindfulness Meditation Audio](#)

[Mindfulness Hamilton](#)

[Morningside Area Alliance](#)

[NASA Astronaut's Tips for Isolation](#)

[NY Metro Parents Daily Dose Newsletter](#)

[Poetry Center Online](#)

[Stress and Coping](#)

[Supporting Families During COVID-19](#)

[Taking Care of Your Emotional Health](#)

## Educational YouTube Channels

[Crash Course Kids](#)

[Discovery Education](#)

[Free School](#)

[Geek Gurl Diaries](#)

[GEOgraphy Focus](#)

[Kids Learning Tube](#)

[Mike Likes Science](#)

[Science Channel](#)

[Science Max](#)

[SciShow](#)

[SciShow Kids](#)

[The Brain Scoop](#)

# Fun Activities

[50 Ideas for At-Home Fun](#)

[500+ Kids Arts and Crafts Activities](#)

[Art at Home](#)

[Baby's Musical Hands](#)

[Best Documentaries](#)

[Best Family Movies](#)

[Broadway Songwriters' Hand Washing Songs](#)

[Cincinnati Zoo Daily Live Video at 3:00pm](#)

[Common Sense Movie and TV Selections](#)

[Device-Free Dinner](#)

[Duckie Deck Homemade Orchestra](#)

[Free Wi-Fi During Coronavirus](#)

[Giant List of Ideas for Being Home with Kids](#)

[Help from Authors for Young Readers](#)

[Live Theatre and Music Performances from You Home](#)

[New Kids' TV Shows 2020](#)

[New Victory Arts Break](#)

[PBS Kids](#)

[Sibling Watch-Together TV](#)

[Spatulatta](#)

[Switch Zoo](#)

[Virtual Disney World Rides](#)

# Exercises

[305 Fitness](#)

[92Y Kid Friendly Exercises](#)

[Barry's Boot Camp Workout Studio](#)

[Breathe, Think, Do with Sesame Street](#)

[CorePower Yoga](#)

[Fitness Blender](#)

[FitOn](#)

[Land Yoga Live Stream Classes](#)

[Nike Training Club App](#)

[P.volve](#)

[Super Stretch Yoga](#)

[Yoga with Adrienne](#)