

## COVID-19 Family Resources

### Services

Link	Description
<a href="https://www.ameren.com/illinois">https://www.ameren.com/illinois</a>	Ameren Illinois will suspend service disconnections and forgive late payment fees for non-payment through at least May 1.
<a href="https://corporate.comcast.com/covid-19">https://corporate.comcast.com/covid-19</a>	Free Xfinity WiFi, 60 days of unlimited data, no disconnects or late fees, 60 days of complimentary Internet Essentials service for new customers, and news, information, and educational content on X1. Visit link for descriptions and help.
<a href="https://www.unitedway.org/#">https://www.unitedway.org/#</a>	Check the website to find and connect with a volunteer near you 24/7 who can help connect you with hundreds of programs that assist with rent/utility assistance, food pantries, shelter, and so much more.
<a href="https://shorturl.at/yzJM8">shorturl.at/yzJM8</a>	Unemployment benefits

### Academics & Activities

Link	Description
<a href="https://shorturl.at/oqQS1">shorturl.at/oqQS1</a>	*****BEST LINK ON HERE!!!!***** Extensive list of education companies offering free resources during school closures
<a href="http://www.gonoodle.com">www.gonoodle.com</a>	Awesome exercises and indoor activities to burn off energy or practice calm moments
<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	Fun visual yoga adventures
<a href="https://shorturl.at/hIVZ4">shorturl.at/hIVZ4</a>	A whole document full of all the virtual tours and field trips being offered!
<a href="http://www.education.com">www.education.com</a>	Worksheets and games
<a href="https://shorturl.at/bqyIS">shorturl.at/bqyIS</a>	Art, science, and tinkering blog list with lots of ideas for activities from home!
<a href="https://shorturl.at/bqANY">shorturl.at/bqANY</a>	Math resources for caregivers to be able to support their children's mathematic learning! Great resource!
<a href="https://www.facebook.com/Indiana-WILD-124745117580115/">https://www.facebook.com/Indiana-WILD-124745117580115/</a>	Virtual lessons and experiences centering around wildlife! Check out their page for info on when they will be live. First show will be Monday, 1 p.m. Illinois time.
<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>	Books read aloud with activities following each one! K-5.
<a href="https://www.facebook.com/McHarperManor/">https://www.facebook.com/McHarperManor/</a>	"Beginning next week, our studio will be going live daily Monday through Friday at 1pm Eastern Time, with free art & craft tutorials to create at home with your kids! We'll have shopping lists (with links to the supplies you can order from Amazon) so you can have supplies on-hand to complete the projects with us!"
<a href="https://www.youtube.com/sciencemom">www.youtube.com/sciencemom</a>	Daily 2 hour show. Each show will feature a science lesson, math activities, interactive games, and stories. It will be streamed live on their Facebook page, or you can replay them using the link!
<a href="https://shorturl.at/emA47">shorturl.at/emA47</a>	List of 150+ educational videos on Netflix!

<a href="https://mymodernmet.com/color-our-collections-2019/shorturl.at/tGU29">https://mymodernmet.com/color-our-collections-2019/shorturl.at/tGU29</a>	113 coloring pages from museums around the world. Sight word and emergent reader activities.
<a href="https://www.kiwico.com/diy">https://www.kiwico.com/diy</a>	DIY STEAM at-home activities.
<a href="http://bit.ly/freemakerstations">bit.ly/freemakerstations</a>	3 weeks of Maker Stations with simple instructions using materials around the house!
<a href="https://www.facebook.com/BalletNovaCenterForDance/">https://www.facebook.com/BalletNovaCenterForDance/</a>	Free live-streamed ballet and dance classes.
<a href="https://shorturl.at/mzVW8">shorturl.at/mzVW8</a>	Read alouds, story times, sing alongs, and tutorials to read from home.

Information

Link	Description
<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html">https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html</a>	Compiled resources, information, and answers regarding COVID-19.
<a href="https://shorturl.at/oqVYZ">shorturl.at/oqVYZ</a>	Comic for kids to talk about the virus.

## Graphics containing extra ideas!

**all-star scavenger hunt**



*Each item you find can only count toward one (1) category.*

<input type="checkbox"/> Something GREEN	<input type="checkbox"/> Something with the number "2"
<input type="checkbox"/> Something BROWN	<input type="checkbox"/> Something with an arrow on it
<input type="checkbox"/> A rectangle	<input type="checkbox"/> Something you can wear around your neck
<input type="checkbox"/> A star	<input type="checkbox"/> Something used to play games
<input type="checkbox"/> Something that can hold water	<input type="checkbox"/> Something that rolls
<input type="checkbox"/> Something that can open and close	<input type="checkbox"/> A tissue
<input type="checkbox"/> Something sparkly	<input type="checkbox"/> Something used to measure
<input type="checkbox"/> Something clear	<input type="checkbox"/> 3 things that can be stacked
<input type="checkbox"/> Something that stretches	<input type="checkbox"/> Something that was a gift
<input type="checkbox"/> Something with the letter "H"	<input type="checkbox"/> Something you can read (or can be read to you)

30 At-Home Brain Breaks		
5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

# FUN AND FREE WAYS TO LEARN FROM HOME

## MATH:

Prodigy  
[play.prodigygame.com](http://play.prodigygame.com)



Khan Academy  
[www.khanacademy.org](http://www.khanacademy.org)



## READING:

Squiggle Park  
[www.squigglepark.com](http://www.squigglepark.com)



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



## SCIENCE:

Mystery Doug  
[mysterydoug.com](http://mysterydoug.com)



National Geographic  
[kids.nationalgeographic.com](http://kids.nationalgeographic.com)



## WRITING:

Typing Club  
[www.typingclub.com](http://www.typingclub.com)



## SOCIAL STUDIES:

History for Kids  
[www.historyforkids.net](http://www.historyforkids.net)



THAT FUN TEACHER

# FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

- |                          |                          |
|--------------------------|--------------------------|
| PBS Kids                 | Youngzine                |
| Make Me Genius           | Fuel the Brain           |
| Starfall                 | Mr. Nussbaum             |
| The Magic School Bus     | Exploratorium            |
| Cool Math                | Turtle Diary             |
| Highlights Kids          | e-Learning for Kids      |
| ABCya                    | Sesame Street            |
| National Geographic Kids | Fun Fonix                |
| The KIDZ Page            | Seussville               |
| Funbrain                 | Tvokids                  |
| NGAkids Art Zone         | The Story Starter        |
| BBC History for Kids     | NASA Kids' Club          |
| Storyline Online         | Crypto Club              |
| Steve Spangler Science   | Earthquakes for Kids     |
| Mission US               | Smithsonian Learning Lab |
| The Happy Scientist      | Study Jams               |
| Khan Academy             | Grid Club                |
| Cells Alive              | Magic Tree House         |
| KidsReads                | DOGO News                |
| Google Earth             | Science Bob              |

# Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Pobble

25 ideas!

- How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!
- Thank a community hero.** Think of someone that helps you in some way and write a short letter to thank them.
- Get building!** You could build a Lego model, a tower of playing cards or something else!
- Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- Start a nature diary.** Look out of the window each day and keep note of what you see: Birds, flowers, changes in the weather, what else?
- Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!
- Use an old sock to create a puppet.** Can you put on a puppet show for someone?
- Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?
- Design and make a homemade board game** and play it with your family.
- Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?
- Can you create a story bag?** Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.
- List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.
- Design and make an obstacle course at home or in the garden.** How fast can you complete it?
- Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.
- Keep moving!** Make up a dance routine to your favourite song.
- Write a play script.** Can you act it out to other people?
- Read out loud to someone.** Remember to read with expression.
- Write a song or rap about your favourite subject.**
- Get sketching!** Find a photograph or picture of a person, place or object and sketch it.
- Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
- Draw a map of your local area** and highlight interesting landmarks.
- Write a postcard to your teacher.** Can you tell them what you like most about their class?
- Draw a view.** Look out of your window and draw what you see.
- Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com - More writing. More progress.

## Daily Home Schedule

- |       |                       |  |
|-------|-----------------------|--|
| 7:00  | BREAKFAST             |  |
| 7:30  | FREE PLAY             |  |
| 8:30  | LEARNING ACTIVITIES   |  |
| 10:00 | SNACK                 |  |
| 10:30 | CRAFTS                |  |
| 11:00 | MOVEMENT ACTIVITIES   |  |
| 11:30 | STORY TIME            |  |
| 12:00 | LUNCH                 |  |
| 12:30 | OUTDOOR PLAY          |  |
| 1:30  | LEARNING ACTIVITIES   |  |
| 3:00  | COOKING & SNACK       |  |
| 4:00  | GAMES & PUZZLES       |  |
| 4:30  | FREE PLAY             |  |
| 5:30  | DINNER                |  |
| 6:00  | FREE PLAY & TECH TIME |  |
| 7:30  | BEDTIME ROUTINE       |  |

## Activity Ideas

### LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING



### CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

### MOVEMENT

- DANCE PARTY
- GONOOBLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

### FREE PLAY

- LEGO/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

### COOKING

- HOMEMADE PIZZA
- POPCICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/DOBLECK
- APPLESAUCE
- JELLO/PUDDING
- FRUIT SALAD

### STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

### GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- I SPY

### OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

For more information visit [biasbehavioral.com](http://biasbehavioral.com)

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