

# COVID-19: Activities for Supporting At-Home Children

The COVID-19 pandemic has created challenges for families across the country. As more and more schools close, requiring school-age children to remain at home in an effort to promote self-distancing, parents are looking for ways to maintain their responsibilities while supporting the educational needs and development of those in their care. Many schools have provided distance-learning programs and resources to help students continue their education while at home. Parents are encouraged to check the information provided by local school districts to determine what steps should be taken to stay on top of their children's education.

For those parents who are looking for extra information, activities, programs, and social-emotional learning (SEL) resources, we have prepared a list of programs and courses available from online sources. Some of these recommendations are paid programs for those parents looking to invest in more long-term support. This list will be continually updated during the COVID-19 health crisis, providing an opportunity for new resources to be featured to expand on the resources previously made available.

## READING, LEARNING & ENGAGEMENT ACTIVITIES

[NEW - Creative Activities for Kids](#): Discover free online activities hosted by authors, illustrators, and publishers, including readings, art prompts, and a writing workshop (compiled by The Kennedy Center)

[Edutopia's 20 Classic Books for High Schoolers](#): Use this time to catch up on your reading list

[Smithsonian Science and Education Center's Game Center](#): Free educational games and brain-tickling challenges for K-12 students

[Space Station Explorers](#): Videos from astronauts aboard the International Space Station, offering fun and insightful space facts about living and working far from the Earth

[NASA's Space Place](#): Take a trip to the moon and beyond by visiting NASA's online learning portal for science activities and space-related education

[Energy Kids](#): Educational games and activities for younger learners from the U.S. Energy Information Administration

[NCES Kid's Zone](#): The Department of Education's National Center for Education Statistics online activity space, where students can learn valuable skills, play games, and test their knowledge

[Harper At Home](#): Free activities for young readers, parents filling in for teachers, and educators looking for learning-related programs (provided by HarperCollins Publishers)

[StorylineOnline](#): A collection of free videos, featuring your favorite celebrities reading stories for

younger listeners (provided by the SAG-AFTRA Foundation)

[PBS KIDS Daily](#): Sign up for a free daily newsletter of activities to help children stay active and keep on learning at home

[Little Brown Young Readers Activities for Kids](#): A free resource portal of books, interactive downloads and storytime videos for younger children (Use the arrow buttons to scroll through the available books and videos)

[Scholastic Learn At Home Program](#): An activity portal of free daily courses for children

### **AT-HOME EDUCATION SUPPORT PROGRAMS**

[NEW - Khan Academy Lessons for K-12](#): Free lessons for students to work through at their own pace, including math, grammar, science, history, and more

[Explore NASA STEM](#): Free science-related activities and unique educational programs for K-12 students

[Library of Congress Presentations and Activities](#): Take your at-home learners on a journey through American history with these ready-made programs

[Energy.Gov Online Learning](#): The Department of Energy's official site for STEM learning resources for K-12 students

[Brainfuse Online Tutoring and More](#): Free learning support resources for K-12 learners (provided by the New York Public Library)

[Outschool](#): Between March 10 and June 1, 2020, enroll your public school students for free online classes

[Science News for Students](#): A free collection of science-focused resources and experiments to turn your home into a fun and educational laboratory space

[Mystery Science](#): Free Science lessons for students in Kindergarten to 5th Grade

[Hippocampus.org](#): 7,000 free videos across 13 subject areas

[TED Talks](#): Educational discussions organized by topic of interest

### **ENTERTAINMENT & PHYSICAL ACTIVITY RESOURCES**

[NEW - Boy Scouts of America at Home](#): Resources for Scouts and families, including ideas for activities

and projects to do at home

[NEW - Girl Scouts at Home™](#): An online platform for all girls (including non-members) and their family to foster connectivity and learning through various activities organized by topic and grade level

[NEW - Free Digital Cooking Classes for Kids](#): Tune in to daily cooking classes for kids, hosted by Delish

[Cosmic Kids Yoga YouTube Channel](#): Incorporate healthy screen time into the day with kids yoga (3+) that emphasizes mindfulness and relaxation techniques through story-telling

[Fitness Blender Free Workout Videos](#): Great at-home physical education for teens with videos of varying levels, including kickboxing, strength training, and more

[MyPlate Kids' Place](#): Various games, activities, videos, and songs to help kids learn about food groups and making healthy choices (provided by the U.S. Department of Agriculture)

[Lunch Doodles with Mo Willems](#): Make time for creativity every day with this video series, hosted by the Kennedy Center Education Artist-in-Residence

[Hogwarts Digital Escape Room](#): For fans of the Harry Potter book series, Peters Township Public Library has created a free, online escape room for an afternoon of magical adventure

[Audible Audiobooks](#): A free selection of streaming audiobooks for children of all ages (available in six languages)

[GoNoodle](#): Movement and mindfulness videos created by child development experts

[Free Art Lessons](#): YouTube-based art classes starting 3/16

## **ONLINE FIELD TRIPS**

[NEW - Tours of the Vatican](#): Travel all the way to Italy and experience the magnificent artwork of the Vatican, including the Sistine Chapel and Raphael's Rooms

[NEW - National Park Tours with a Park Ranger](#): Explore national parks throughout the country with narrated videos and experience the wonders of volcanoes, glaciers, canyons, and more

[NEW - The Vienna Opera](#): Experience live stream operas and ballets from the comfort of your home (check schedule for performances)

[NEW - Virtual Dives with the National Marine Sanctuaries](#): If you're interested in scuba diving, dive in to experience various marine sanctuaries, courtesy of the National Oceanic and Atmospheric Administration

[NEW - Self-Guided Tours of National Parks](#): Choose among 113 national parks and monuments to

explore with Google street view

[NEW - Live Cams at San Diego Zoo](#): Take a trip to the zoo and see live cams of elephants, tigers, koalas, and more

[NEW - Live Cams at Monterey Bay Aquarium](#): With ten live cams, check out the animals in action, from sharks to penguins and even the calming view and sounds of the Bay

[Smithsonian National Museum of Natural History Virtual Tours](#): Navigate some of the very best exhibits the museum has to offer without stepping outside with this impressive virtual experience

[Smithsonian 3D](#): Free 3D exhibits and virtual collections of selected artifacts from throughout history and around the globe

[Meet the Animals](#): Discover the wild world of animals, reptiles, birds, and fish featured by the Smithsonian's National Zoo & Conservation Biology Institute

[Online Museum Tours](#): Free virtual trips to famous artworks and artifacts from around the globe

[Virtual Field Trips](#): Free videos and cams of animal habitats, famous locations, and unique areas

## **EMOTIONAL SUPPORT RESOURCES**

[Mindfulness Resources for Teens](#): Techniques for developing the skills to be present and aware every day

[15 Mindfulness and Relaxation Apps for Kids with Anxiety](#): Technological solutions that support addressing and overcoming stress and anxiety

[Emotional ABCs](#): Social-emotional learning resources and programs

[30 Emotional Health Activities](#): A month-long calendar of daily activities that's free to download and use