*Mary Ann McCabe, Ph.D., ABPP*

Associate Clinical Professor of Pediatrics

George Washington University School of Medicine

**Resources for Coping with COVID-19 and Staying Home**

**General**

**Uplifting**

<https://www.facebook.com/CBSMinnesota/videos/518983372365524/>

Free WiFi

\*\*If you know of anyone, family or student, who needs free Wi Fi to stay connected, please share this link with them <https://www.fox13now.com/comcast-offers-free-xfinity-wifi-nationwide-amid-covid-19-pandemic>

 Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

<https://www.cmhnetwork.org/wp-content/uploads/2020/03/mental-health-considerations-WHO.pdf>

Washington Post – the arithmetic of how pandemics work

<https://www.washingtonpost.com/opinions/2020/03/10/coronavirus-what-matters-isnt-what-you-can-see-what-you-cant/?utm_campaign=wp_week_in_ideas&utm_medium=email&utm_source=newsletter&wpisrc=nl_ideas>

**Helping Parents, Families during Social Distancing**

National Public Radio piece – Dr. Mary Alvord

<https://thekojonnamdishow.org/shows/2020-03-24/maintaining-your-mental-health-during-coronavirus>

Washington Post

<https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html>

American Psychological Association

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

<https://www.apa.org/helpcenter/pandemics>

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

Related research from APA

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

Consortium for Science-based Information about Children, Youth and Families (CSICYF)

 (This is an evidence-based web resource center developed by 7 APA divisions – 7, 15, 16, 37, 43, 53, 54.)

<https://infoaboutkids.org/blog/parents-and-covid-19-helping-your-children/>

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=teenagers%20and%20young%20adults&utm_campaign=Weekly-03-03-20>

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20>

Child Trends

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Dr. Rosenthal (psychologist), New York City

<https://manhattanpsychologygroup.com/4-key-ways-to-cope-with-the-social-impact-of-coronavirus/>

American Academy of Pediatrics

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Center on the Developing Child

<https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

Positive Coaching Alliance, regarding youth athletes

<https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?utm_source=pcaemail&utm_campaign=devzone&utm_content=button>

National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

National Traumatic Stress Network

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

Early Learning Nation:

<http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>

Harvard Graduate School of Education:

<https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>

Harvard School of Public Health

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

Zero to Three

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Give an Hour

<https://giveanhour.org/wp-content/uploads/PDF-Talking-with-your-kids.pdf>

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Authentic Connections (Dr. Luthar, psychologist)



One of the most popular authors, Brene Brown, has a new podcast called Unlocking Us- check it out at her website: [https://brenebrown.com/unlockingus/](https://urldefense.com/v3/__https%3A/brenebrown.com/unlockingus/__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrxXccTXc$)

Tiny Desk Concerts From NPR -  the ones featured in the link are supposed to help with *calm*, which we could also use a little of right now: [https://www.npr.org/2020/03/19/818079150/5-tiny-desk-concerts-to-calm-your-mind](https://urldefense.com/v3/__https%3A/www.npr.org/2020/03/19/818079150/5-tiny-desk-concerts-to-calm-your-mind__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyr1qVVWTQ$)

Psychology Today

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

New York Times regarding parents’ questions

<https://www.nytimes.com/2020/03/09/parenting/coronavirus-parents-need-to-know.html?type=roundup&link=intro&te=1&nl=nyt-parenting&emc=edit_ptg_20200314&campaign_id=118&instance_id=16740&segment_id=22213&user_id=c58475d9ebf48157b1f982ef0d7982a1&regi_id=72475170dit_ptg_20200314>

Helping Teens

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

**For Kids**

Video Gaming (for teens) related to spreading outbreaks

<https://www.ndemiccreations.com/en/22-plague-inc>

UNICEF, for teens

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

ABSOLUTE EHS: Environmental, Health and Safety Consulting and Support Services

<https://www.youtube.com/watch?v=dggEBYJNEQ0>

National Public Radio

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://www.npr.org/2020/03/13/815715527/the-buzz-on-bee-barf-sticky-science-behind-bumblebee-vomit>

PBS

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

**Exercise**

Exercise - adults:

Peloton (most of you know how much of a fan I am of their outdoor runs, strength, yoga, meditation, and of course bike and treadmill – you don’t have to have theirs)

[https://www.onepeloton.com/app?utm\_source=twitter&utm\_medium=organic\_social&sf119201153=1](https://urldefense.com/v3/__https%3A/www.onepeloton.com/app?utm_source=twitter&utm_medium=organic_social&sf119201153=1__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyr4Qwk6Mg$)

 Pure Barre On Demand is offering a 60 day free trial. Promo code: EXTENDEDTRIAL.
Go to [https://ondemand.purebarre.com/](https://urldefense.com/v3/__https%3A/ondemand.purebarre.com/?fbclid=IwAR0gp8LMEDxBTtb81u3IL-o7AGZTkGRoRPeM7499T7J7tz4UBTf56-FmoIQ__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyr3wm31oY$)
click the 30 day trial, start, and put in code - it extends from 30 to 60 days and puts fee to $0

Exercise – kids:

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Go Noodle

<https://www.gonoodle.com/>

**Activities for Adults and for Kids**

Yale University is offering a free course online, [The Science of Well-Being](https://click.linksynergy.com/deeplink?id=EHFxW6yx8Uo&mid=40328&murl=https%3A%2F%2Fwww.coursera.org%2Flearn%2Fthe-science-of-well-being&u1=1584785672393aae8jsfvp%7Cxid:fr1584785676036hgf), that teaches you how to be happier.

Professor Laurie Santos taught a class called Psychology and the Good Life first in spring 2018 in response to concerning levels of student depression, anxiety, and stress. It became the most popular class in Yale's history and garnered national and international media attention.

To share the class' contents with a wider audience, Santos created a Coursera course. [You can audit it entirely for free](https://click.linksynergy.com/deeplink?id=EHFxW6yx8Uo&mid=40328&murl=https%3A%2F%2Fwww.coursera.org%2Flearn%2Fthe-science-of-well-being&u1=1584785672393aafe5ycyu%7Cxid:fr1584785676036fij) or opt for a $49 certificate of completion.

USA Today – 100 Things to Do

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>

The Mighty compiled ideas about board games online:

[**Imaginiff**](https://www.amazon.com/Buffalo-Games-175-iMAgiNiff-Game/dp/B00000JKWY/ref%3Dpd_sbs_21_t_0/136-0175408-3888815?_encoding=UTF8&pd_rd_i=B00000JKWY&pd_rd_r=3cc151ba-b50a-4050-9a0a-f60a43a440ce&pd_rd_w=vkGFx&pd_rd_wg=5Xugm&pf_rd_p=5cfcfe89-300f-47d2-b1ad-a4e27203a02a&pf_rd_r=F8FVYW9C85SMMB7E5DJR&psc=1&refRID=F8FVYW9C85SMMB7E5DJR) is a good group game that only one person has to have, same with Scattegories or trivia, which could accommodate two or more players. Utilizing an online platform like [**Board Game Arena**](https://en.boardgamearena.com/) is another idea as well.

Good Gardening Videos

<https://goodgardeningvideos.org/>

Zoo

<http://cincinnatizoo.org/home-safari-resources/>

Virtual Field Trips

[https://docs.google.com/document/u/0/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9\_mMnYWHTobmrfbVhi\_-k0Mq4](https://urldefense.com/v3/__https%3A/docs.google.com/document/u/0/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9_mMnYWHTobmrfbVhi_-k0Mq4__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrdKG6DjA$)

Audio listening

[https://stories.audible.com/start-listen](https://urldefense.com/v3/__https%3A/stories.audible.com/start-listen__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyr6lL3A0w$)

Libby app – the way to access e-books and audiobooks from the libraries that are now closed

<https://www.overdrive.com/apps/libby/>

Celebrities reading stories

<https://www.storylineonline.net/>

<https://www.youtube.com/results?search_query=%23OperationStoryTime>

Language:

[https://rosettastone.com/freeforstudents/](https://urldefense.com/v3/__https%3A/rosettastone.com/freeforstudents/__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrI4EvCcE$)

 Arts:

[https://www.clevelandinnercityballet.org/single-post/2020/03/14/Cleveland-Inner-City-Ballet-to-launch-Virtual-Online-Ballet-Instruction-Program?fbclid=IwAR2DMb8IurQP6LW4yPa95-UMJArl28\_L7zB40yOwPdltwsmd5Rqr2W0b23c](https://urldefense.com/v3/__https%3A/www.clevelandinnercityballet.org/single-post/2020/03/14/Cleveland-Inner-City-Ballet-to-launch-Virtual-Online-Ballet-Instruction-Program?fbclid=IwAR2DMb8IurQP6LW4yPa95-UMJArl28_L7zB40yOwPdltwsmd5Rqr2W0b23c__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrp99V1sw$)

[https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2bCZlcBVYUvu\_ChxYzgrPEd3z3ZI3K-BhxC2s6uX0Z6AitZTKBDi3Vi-I](https://urldefense.com/v3/__https%3A/www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2bCZlcBVYUvu_ChxYzgrPEd3z3ZI3K-BhxC2s6uX0Z6AitZTKBDi3Vi-I__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyr_RUWTV0$)

[https://www.wkyc.com/article/entertainment/museumsofferingvirtualtours/103-3b3be900-2956-4ac3-88e3-43ec2880fc2b](https://urldefense.com/v3/__https%3A/www.wkyc.com/article/entertainment/museumsofferingvirtualtours/103-3b3be900-2956-4ac3-88e3-43ec2880fc2b__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrCXIPisc$)

Mo Willems - [https://www.kennedy-center.org/education/mo-willems/](https://urldefense.com/v3/__https%3A/www.kennedy-center.org/education/mo-willems/__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrkFMhhTE$)

**Educational Activities**

[https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g\_w9UThq54lo-6kPKQsq\_ltODtc1zXhN-HKU](https://urldefense.com/v3/__https%3A/kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g_w9UThq54lo-6kPKQsq_ltODtc1zXhN-HKU__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrWp3k180$)

 Science: [https://www.facebook.com/TheScienceMom/posts/2555301844707352?hc\_location=ufi](https://urldefense.com/v3/__https%3A/www.facebook.com/TheScienceMom/posts/2555301844707352?hc_location=ufi__;!!ODYTt7Uqo6LDP14!2pr7NmyF5IYQALXlLlK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHyrp9jk95U$)

 Math: <https://www.weareteachers.com/best-math-websites/?fbclid=IwAR31ycYhzbbVpQhalduTteXUFfTa43Iqropiq-5Z82jofVpr8k-dkyYj6SY#.XnAV7rkdwWw.facebook>

Educational shows

Netflix: Brainchild, The Who Was? Show, Julie’s Greenroom (about the arts), Ask the StoryBots, The Magic School Bus

Disney +: Brain Games, National Geographic

PBS: Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg + Cat

Amazon Prime: Horrible Histories (for slightly older kids in late elementary, middle school)

Educational apps

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| from Originator Kids: Endless Alphabet, Endless Reader and Endless Numbers; Raz-Kids and Kiddopia.Compiled by Michelle Simmons, HealthySteps Specialist 3/17/2020(All ages pre-K-12) |

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Facebook pages:

Make – Daily art class videos to follow along with at home Born Yoga – Daily family-friendly yoga workouts

DadLab – Science experiments for young kids

McHarper Manor – Free art tutorials daily

Cincinnati Zoo and Botanical Gardens - daily live videos highlighting one of the breeds at the zoo.

Georgia Aquarium - daily live videos talking about the sea creatures and a live webcam of the tank.

YouTube: JAMaROO Kids – over 300 videos of cooking, art, music, dance and exercise classes for young children.

Websites:

Free unlimited access to videos with math and literacy activities <https://fluencyandfitness.com/register/school-closures/>

Watch, listen and play games to learn all about amazing animals [www.switcheroozoo.com](http://www.switcheroozoo.com)

Free access to all of NASA’s space images <https://images.nasa.gov>

Play games while practicing reading and math skills [www.funbrain.com](http://www.funbrain.com)

Hang out with your favorite characters all while learning [www.pbs.org](http://www.pbs.org)

Go “into the book” to play games that practice reading strategies [www.reading.ecb.org](http://www.reading.ecb.org)

Practice your phonics skills with these read-along stories [www.starfall.com](http://www.starfall.com)

Read, play games, and hang out with Dr. Seuss and his friends [www.seussville.com](http://www.seussville.com)

Practice math and reading skills all while playing fun games [www.abcya.com](http://www.abcya.com)

 Read, play games, and conduct cool science experiments www.highlightskids.com <https://www.brainpop.com/?fbclid=IwAR3yZTlEr_2UUTtv23ssot_QmIxLzqwz_FqXOorey3lz0xYfiG62edPTYeg>

The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>

Tour Yellowstone National Park! https://www.nps.gov/…/lea…/photosmultimedia/virtualtours.htm

Explore the surface of Mars on the Curiosity Rover. <https://accessmars.withgoogle.com/>

This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs. <https://www.farmfood360.ca/>

Indoor Activities for busy toddlers [https://busytoddler.com/2020/03/indoor-activities/…](https://busytoddler.com/2020/03/indoor-activities/%E2%80%A6)

Play games and learn all about animals <https://switchzoo.com/>

Play with fave show characters and learn too <https://pbskids.org/>

Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip. <https://www.louvre.fr/en/visites-en-ligne>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life. [https://www.thechinaguide.com/destinati…/great-wall-of-china](https://www.thechinaguide.com/destinati%E2%80%A6/great-wall-of-china)

Math and Reading games https://www.funbrain.com/ Phonics skills <https://www.starfall.com/h/>

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. <https://britishmuseum.withgoogle.com/>

Read, play games, and hang out with Dr. Seuss <https://www.seussville.com/>

300,000+ FREE printable worksheets from toddlers to teens [https://www.123homeschool4me.com/home-school-freeprintabl…/](https://www.123homeschool4me.com/home-school-freeprintabl%E2%80%A6/)

Geography and animals <https://kids.nationalgeographic.com/>

Math practice from counting to algebra and geometry <http://www.mathscore.com/>

Fave kids books read by famous people <https://www.storylineonline.net/>

Crafts, activities, mazes, dot to dot, etc, <https://www.allkidsnetwork.com/>

High school chemistry topics <https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters/articlesby-topic.html?fbclid=IwAR0Tuo7MTtRk83ekCiksUxkWNvDhZ7ACdYLN_FfJ8nZswCKoPFU4SRV4MpY>

Math and reading games <https://www.abcya.com/>

Math and language games <https://www.arcademics.com/>

Hands on Elem science videos <https://www.backpacksciences.com/science-simplified>

Voice based learning... learn through Alexa <https://bamboolearning.com/resources>

Fun games, recipes, crafts, activities <https://www.highlightskids.com/>

ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn. <https://clickschooling.com/>

Math as a fun part of your daily family routine http://bedtimemath.org/ Games to get "into the book" https://reading.ecb.org/

Online history classes for all ages preteen through adults <https://school.bighistoryproject.com/bhplive>

Biology https://www.biologysimulations.com/ Elem Math through 6th grade <https://boddlelearning.com/>

Educational games K-12 https://www.breakoutedu.com/funathome Digital archive of history <https://www.bunkhistory.org/>

Test Prep for SAT, ACT, etc. <https://www.bwseducationconsulting.com/handouts.php>

Geometry <https://www.canfigureit.com/>

 Resources for Spanish practice <https://www.difusion.com/campus/>

Chinese learning activities <https://chalkacademy.com/>

Music is for everyone <https://musiclab.chromeexperiments.com/>

Experiments Science, Math, Social Studies <https://www.ck12.org/student/>

Grammar practice for middle grades <https://www.classroomcereal.com/>

Daily free science or cooking experiment to do at [home.http://www.clubscikidzmd.com/blog/](http://home.http://www.clubscikidzmd.com/blog/)

Chemistry <https://www.playmadagames.com/>

Reading passages for grades 3-12, with reading comprehension and discussion questions. <https://www.commonlit.org/>

Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin. <https://conjuguemos.com/>

35,000 pages of online content on the cultures and countries of the world. <https://www.countryreports.org/>

 K-5th Science lessons <https://mysteryscience.com/>

Tons of free classes from leading universities and companies <https://www.coursera.org/>

Free printable K-8 Reading and Math activity packs (available in English and Spanish) <https://www.curriculumassociates.com/supporting-students-away-fromschool?fbclid=IwAR3znJQR2EwplUI7yUIXBByr_X8iMglMBHeW1UbmHZoPNQkHX1GSZe7Kr_A>

Digital learning content for preschool through high school <https://www.curriki.org/>

A wide range of math content from middle school through AP Calculus. <https://deltamath.com/overview>