

# EDUCATION

## General Courses

- Practice [math and reading skills](#) all while playing fun games
- [Visit this animated education site](#) for Science, Social Studies, English, Math, Arts & Music, Health, and Technology
- [Online Learning with Scholastic Courses - Free](#)
- List of [free education courses](#)
- [Free Ivy League Courses Online](#)
- [Free Online College Classes](#)

## Books/Reading

- The big list of children's authors doing [Online Read-Alouds & Activities](#)
- Miss Meyer, a local teacher, [will be reading a book a day](#)
- Visit [Into the Book](#) to play games that practice reading strategies
- Practice your phonics skills with [these read-along stories](#)
- Have some of your favorite [stories read to you by movie stars](#)
- [Check out Dreamscape](#) for fun reading games

## Writing

- Free calligraphy worksheets: [A Master List](#)

## Science

- [Read, play games, and conduct cool science experiments](#)
- See what's happening on Mars on the [Mars webcam](#)
- Tour the [US Space & Rocket Center](#)
- *Time for Kids* launched a [free digital library](#)

## Animals

- Watch, listen, and play games to [learn all about animals](#)
- Learn all about [geography and fascinating animals](#)
- [San Diego Zoo webcams](#)
- [Monterey Bay Aquarium webcams](#)
- [Atlanta Zoo Panda Cam](#)
- [Houston Zoo webcam](#)
- [Georgia Aquarium Beluga](#) webcam
- [Farm videos of minks, pigs, cows, and orchards](#)
- [Polar bears and the tundra](#)
- [Minnesota Eagle Cam](#)

## Miscellaneous

- Tour of [the Louvre](#) and/or [12 other famous museums](#)
- The National Gallery of Art is offering [free tours](#)
- [Great Wall of China](#) tour
- [Boston Children's Museum](#) tour
- Nikon is offering [free photography classes](#) through April 30th

## Link for Handwashing

- World Health Organization video for [Proper Handwashing techniques](#)
- [PDF of Proper Handwashing](#) from the World Health Organization
- Wash Your Hands Song [Music for Kids](#)
- How Germs Spread [Explaining the Science for Kids](#)

## Coronavirus Social Story

- Website of a [printable social story on COVID 19](#) that staff can read (It has to do with why we are staying home from school, but could be helpful)
- *Green Mountain Self-Advocates* has a pretty neat plain language way to explain COVID-19. It was created by people with disabilities for people with disabilities: [www.gmsavt.org](http://www.gmsavt.org)
- Peekaboo Kidz video on [What is Coronavirus?](#)

## Coronavirus and Quarantine

- Tips from a US Astronaut about [living in isolation](#)
- CNN suggestions of [Coronavirus-proofing your home](#)
- *Morning Brew's* [guide for living your best quarantined life](#)

# Exercise

## Self Led

- Images and PDF's of [at home exercises](#)
- Find your free workout exercise program through [SELF](#)
- **Practice safe social distancing** (leave 6+ feet between you and others) **and go outside** to walk, hike, run, bike, roller blade, scooter, jump rope, play hopscotch, and have fun!

## Workout Videos/Classes

- Free [live stream Planet Fitness](#) classes at home (recorded)
- [Core Power Yoga](#) is offering free classes via online streaming
- Free [live stream Bollywood Dance Classes](#) by SAATH MN (recorded)
- Class Pass is offering all [online classes free](#)
- Search YouTube for the workout/activity you are interested in, there are a lot of options!

# Staying Connected

## Connecting with Community

- Call, text, and video chat with your friends and family:
  - Skype
  - Zoom
  - GoToMeeting
  - Google Hangouts
  - Google Meet
  - Google Duo
  - FaceTime
  - Facebook Messenger
  - WhatsApp Messenger
  - Jitsi Meet
  - Whereby
  - Snapchat
- Help out by [Virtually Volunteering](#)

## Seeking Help

- National Suicide Prevention Lifeline: **1-800-273-8255**
- If you are feeling anxious and need someone to talk to, connect with the [Crisis Text Line](#)
- Talk with someone at [7 Cups](#)

# Fun and Games

## At Home Activities (invite friends and family to join remotely)

- Crafting or following along with [online craft classes](#)
- [Learn home gardening](#)
- Take a [Virtual Vacation](#)
- Talent shows (invite friends and family to join remotely)
- Dress Up/Modeling/Photo Shoot
- Play Bingo with your roommates or virtually with friends and family
- Build a fort
- Camp at home - Setup a tent and have microwave s'mores
- Play tabletop games
- Play card games
- Play remote games with your friends and family while video chatting through [House Party](#)
- Charades
- Trivia (search online for trivia questions)
- 20 Questions
- Find fun [IceBreakers](#) and play with your roommates
- Cheers Governor (this is originally a drinking game, but can be played without the consumption of alcohol)
- Host a cooking show or encourage friends/family to lead a cooking show for you to watch/follow along with