**Resources to Help Parents Survive “Safer at Home”**

**How to Talk to Your Kids About Coronavirus**

• PBS provides a sample conversation to have with young children about the virus, as well as some additional resources (including some videos) from **Daniel Tiger’s Neighborhood, Sesame Street, Curious George** and **Super Why.**

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR1IKUXdQK40dHhy9ayOMBjq49g_VwO6C7lfEUkhpn1rNY7JA3cdfCZMtJA>

• Kids worry more when they’re kept in the dark. This article from the **Child-Mind Institute** provides 8 suggestions about how you can reassure your child through dialogue and routine.

[**https://childmind.org/article/talking-to-kids-about-the-coronavirus/**](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

• The conversations we have about Coronavirus modulate depending on our children’s age and grade level. This article from **Psychology Today** offers specific conversation content suggestions and approaches for Early Childhood, Pre school, Elementary School, Middle School, and High School kids.

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

**Routines are Good!**

• Children thrive on routine and sometimes have difficulty managing themselves when those routines are disrupted. The **Kahn Academy** has long been utilized by teachers and parents as a learning resource. They have stepped up to the current challenges we face by offering some daily schedule templates, along with grade-appropriate academic content links. The schedules are broken into 4 levels: Preschool, K, 1st & 2nd; 3rd – 5th; 6th – 9th; 10th – 12th. For additional at-home learning opportunities, see the end of this resource guide.

[**https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\_-P-WmksHAzbsrk9d/pub**](https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)

**How You and Your Kids Can De-Stress During Corona Virus**

• Ideas for activities to help manage parent and child stress.

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

**Strategies for Families to Survive “Safer-at-Home”**

• A family lockdown guide, this article provides 8 different survival strategies: Begin on the same page; Be truthful; Set-up structure; Keep moving; Get things done; Give each other space; Stay in touch; and Learn from the experience.

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>

**Here Comes the Fun!**

**• Go Noodle** is a great resource to get your kids moving and work out some pent-up energy. Many teachers use this site as a classroom resource and it will become one of your favorite at-home resources, too.

[https://www.gonoodle.com](https://www.gonoodle.com/)

• Who doesn’t love a fieldtrip? Here are links to 20 different virtual field trips from **Adventures in Familyhood** that combine fun and learning at museums and zoos.

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR0_dg-ROybzVn6UPcgprvhYcP-2oClXAtXOvjekE8alVmp6Sn1sOCq6CA0>

• **Cosmic Kids Yoga** integrates yoga into stories to create a fun, relaxing and energizing workout for kids of all ages.

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

**More Learning Options**

• The website **LA SCHOOL REPORT** offers links to 11 learning sites, including the aforementioned Kahn Academy, Scholastic, Prodigy, National Geographic and others. Subjects addressed include reading and writing, math, science, social studies, art, music and health.

<http://laschoolreport.com/need-help-sorting-through-the-avalanche-of-online-resources-for-kids-who-are-now-learning-at-home-11-sites-for-parents-to-look-at/>

