

Academic Resources for Parents	
<a href="#">Providence Public Schools Department</a>	Distance learning resources page including locations for "Grab & Go Lunches" in Providence.
<a href="#">RI Distance Learning Hotline</a>	Struggling with distance learning? The Highlander Institute in partnership with RIDE is offering online coaching from local teachers. Submit a request via link or email <a href="mailto:fuse@highlanderinstitute.org">fuse@highlanderinstitute.org</a>
<a href="#">RIDE COVID-19 Resources</a>	Stay in the know with the RI Department of Education's updates, tips for families and links to resources for distance learning for all ages and grades.
<a href="#">Resources for Families During the Coronavirus Pandemic</a>	Includes information on understanding and explaining COVID-19 to children; Learning at home and homework help; stress management activities and apps to help with multiple subjects.
<a href="#">Action For Healthy Kids</a>	Comprehensive list of physical play and learning activities as well as links to transitioning to online/homeschool learning, food and nutrition access and more.
<a href="#">USA Today: 18 Totally Free Educational Resources for Kids Stuck at Home</a>	Reviewed and organized by USA Today, this site includes links to activities, lesson plans, music playlists, virtual story time and virtual arts and dance classes.
<a href="#">Resources &amp; Tips for Parents, Children &amp; Others</a>	PreventChildAbuse.org shares a lengthy list of ways to stay socially connected despite social isolation with friends, family and yourself. Scroll through for additional links to articles and age-appropriate videos.
Podcasts	<p><b>For Kids</b></p> <p><a href="#">Goodnight Stories for Rebel Girls</a> fairy tale podcast for kids about extraordinary women from all over the world.</p> <p><a href="#">DuoLingo Spanish Podcasts</a> True stories for English speakers learning Spanish.</p> <p><a href="#">Spanish Children's Stories</a> Well-known children's stories translated into Spanish and spoken by a native Spanish speaker. Great for kids... and adults too! Read along in Spanish or English.</p>

	<p><a href="#">Storynory.com</a> choose from fairy tales, myths and legends, educational and more.</p> <p>New York Times, <a href="#">Big List of Podcasts for Little Kids</a> (ages 2-6)</p> <p><b>For Adults</b></p> <p><a href="#">How to Subscribe to a Podcast</a> (IOS, Mac, iTunes)  <a href="#">40 Best Educational Podcasts in 2020</a></p>
Educational Platforms Tutorials/Help	<p><a href="#">EdModo</a> Distance Learning Webinars: schedules, assignment workflows, screencasts, etc.</p> <p><a href="#">Clever: What is it &amp; How to Use it</a> An easy way for your student to access all of the learning applications they use at school with a single username and password, or by using a Clever Badge, an easier way for younger students to login without a username and password.</p> <p><a href="#">Eureka Math support</a> (multilingual) in the form of tips and lessons by grade levels.</p> <p><a href="#">Google Classroom in 2020</a>: Learn how to navigate Google Classroom with this 4-minute video tutorial.</p> <p><a href="#">Khan Academy</a> Parent Quick Start Guide</p> <p><a href="#">NE Basecamp Summit</a>: Long distance learning resources</p> <p><a href="#">Zearn Math</a> set-up at home. Quick-start instructions for setting up Zearn Math, including logging in, creating accounts if needed, and orienting your child to using Zearn Math. Register for live webinar with Q&amp;A (Eastern Time):  <a href="#">Tue 3/24 12pm</a>   <a href="#">Wed 3/25 2pm</a>   <a href="#">Thu 3/26 2pm</a>   <a href="#">Fri 3/27 2pm</a></p> <p><a href="#">Zoom for Kids</a>: How to Set Up the Zoom App for Students and Parents</p>
<a href="#">Scholastic Books—Learn at Home</a>	<p>Keep the learning going with these special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers.</p>

<a href="#"><u>Smithsonian Institute's Fun Stuff for Kids</u></a>	Learn with Smithsonian! Explore some of the Smithsonian's most treasured objects, discover fun facts, and play fun games to learn about science.
<a href="#"><u>Teaching Tolerance</u></a>	<p><a href="#"><u>34 Do Something</u></a> tasks ask students to demonstrate their anti-bias awareness and civic competency by applying their literacy and social justice knowledge in an authentic real-world context.</p> <p><a href="#"><u>Speaking Up Against Racism Around Coronavirus</u></a> article on how to discuss the historical context and address what students are hearing.</p> <p><a href="#"><u>Teaching Strategies for all grade levels</u></a> (K-12)</p>
Arts & Crafts Enrichment Activities	<p>Free printable coloring pages and craft ideas. Crayola offers numerous coloring pages and craft ideas, while the Smithsonian Institute's Expedition Insects coloring pages feature butterflies, beetles, and more.</p> <p><a href="#"><u>Crayola Featured Coloring Pages</u></a></p> <p><a href="#"><u>Crayola at Home Craft Projects</u></a></p> <p><a href="#"><u>Smithsonian Institute's Expedition Insects Coloring Pages</u></a></p>
<a href="#"><u>Kennedy Center Education Artist-in-Residence at Home</u></a>	Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. If you post your art to social media, be sure to hashtag it with #MoLunchDoodles!
STEM Enrichment Activities	<p><a href="#"><u>30 Day Lego Challenge</u></a>: Take part in a 30 day Lego challenge! Build hotels, robots, and ships. But most importantly, use your imagination and have fun!</p> <p><a href="#"><u>National Geographic Science Lab for Kids</u></a>: Simple science experiments, videos, articles, and more for all ages. Try experiments like testing your sense of taste; or using items you probably have around the house, you and your family</p>

	<p>can make your very own lava lamp and learn a bit of science while doing it!</p> <p><a href="#"><u>Seed Starting with Kids</u></a>: Herb gardening can be a great adventure for kids; promoting lots of fun discoveries, tasting new foods and opening doors to many new projects.</p> <p>Keep your brain sharp with Brown's Carney Institute for Brain Science <a href="#"><u>Brain Facts</u></a> page.</p>
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## Social Emotional/Mental Health Resources for Parents

<a href="#"><u>Tips by Text for parents and informal caregivers</u></a>	Brown University's Tips-by-Text is a text-messaging program designed for family, friends, and others who take care of children under the age of 5 years.  <i>Texts are FREE, and available in English, Spanish, Chinese, and Vietnamese.</i>
<a href="#"><u>Virtual Mindfulness Classes</u></a>	The Mindfulness Center at Brown University has expanded its community offerings to once a day. All sessions are live-online, free and open to the public.
<a href="#"><u>Supporting Parents During COVID-19</u></a>	Childmind.org provides clinical and supportive resources including brief daily videos centered on topics such as managing screen time, anxiety, etc.
<a href="#"><u>Mental Health apps</u></a>	Browse apps by ages (5-7, 10-12, 13+) that focus specifically on coping with anxiety, depression, and specific difficult circumstances via meditation, connection, and other techniques.
<a href="#"><u>Helping Kids Make Sense of Their Worry</u></a>	Suggestions for how to use ordinary, everyday things to help manage your child's concern & stress.
<a href="#"><u>Building Resilience in Stressed Kids Using Mindfulness Techniques</u></a>	Brief article with 15 tips for simple things to do at home to promote understanding & control of emotions.
<a href="#"><u>Parent Toolkit</u></a>	NBC News Learn one-stop website and mobile app that provides tips and advice to support children's development w/searchable resources by age/grade level & interest.
National Child Traumatic Stress Network	<a href="#"><u>Parent/Caregiver Guide to Helping Families Cope With the Coronavirus</u></a>

	<a href="#">Talking to Children About COVID-19</a>
<b>Physical Wellbeing for Kids</b>	
<a href="#">COSMIC KIDS Yoga and Mindfulness</a>	COSMIC KIDS Yoga offers yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.
<a href="#">Daily PE videos for kids</a>	Joe Wick, Known as The Body Coach, will become 'the nation's P.E. teacher' by giving daily online P.E. classes for kids starting 3/23 on his <a href="#">YouTube channel</a> , and he will be doing them every weekday at 9am during school closures. Workouts are designed to be kid friendly, will last half an hour, and won't need much space so they can be done indoors if you're self-isolating.
<b>Virtual Field Trips</b>	
<i>Museums &amp; Art Galleries</i>	<a href="#">American Museum of Natural History</a> <a href="#">Art Institute of Chicago</a> <a href="#">High Museum of Art (Civil Rights exhibit)</a> <a href="#">Hockey Hall of Fame 3D Tour</a> <a href="#">The Louvre</a> <a href="#">Metropolitan Museum of Art</a> <a href="#">Michigan Science Center</a> <a href="#">RISD Museum</a> <a href="#">Smithsonian Natural Museum of American History</a> <a href="#">National WWII Museum</a>
<i>Aquariums, Zoos &amp; Gardens</i>	<a href="#">Atlanta Zoo Panda cam</a> <a href="#">The Cincinnati Zoo</a> <a href="#">Georgia Aquarium</a> Beluga whale cam (and others!) <a href="#">Houston Zoo</a> (safari animal cams galore) <a href="#">Monterey Bay Aquarium</a> (10 animal cams) <a href="#">San Diego Zoo</a>
<i>International Landmarks</i>	<a href="#">Australia's Great Barrier Reef</a> <a href="#">Buckingham Palace</a> <a href="#">Great Wall of China</a> <a href="#">National Parks</a> (visit 113 from home)

*Performances & the Arts*

[Melbourne Symphony Orchestra](#) livestreaming performances on Youtube. Shows will then be saved to the Youtube channel for later viewing.

[The Met Opera](#) Every night at 7:30 EST, New York City's Metropolitan Opera will be streaming a *Live in HD* viewing of an opera performance, which will then be viewable for 20 hours.

[US Army Field Band daily performances](#) via YouTube

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