Miami-Dade County Public School information on online learning plan for Fall 2020

<http://news.dadeschools.net/cmnc/new/30618>

**[Handling your Kid’s Disappointment When Everything is Cancelled](https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html)**, New York Times

Video helping younger children understand the importance of wearing masks <https://www.youtube.com/watch?v=aQ9NVOU_tqM>

**[Coping with Fear in the Face of the Pandemic:  Aha Parenting](https://mailchi.mp/ahaparenting.com/coping-with-fear-in-the-face-of-the-pandemic?e=cd01ecc249)**

Managing your family’s home life in a pandemic for working parents

<https://www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19/>

Tips for managing children at home (Autism\*[)https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19](https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19)

UMiami Health article with general advice for parenting through a pandemic

<https://news.umiamihealth.org/en/parenting-through-a-pandemic/>

[**Talking to kids about COVID-19**](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) Parent resource in multiple languages. National Association of School Psychologists.

 **[Helping Children Cope With Coronavirus and Uncertainty](https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty)**from Harvard’s Making Caring Common Child Traumatic Stress Network

[**Managing Our Own Anxiety, talking to our kids and being smart**](http://practicesanfrancisco.com/coronavirus-managing-your-anxiety-and-talking-to-your-kids/)

**Activities without technology**

Take a “hike” in your neighborhood, even if it’s only a walk. Have the kids create a map of your neighborhood including landmarks like a friend’s house, favorite shop, dog park, big trees, etc.

Collect sticks from a garden or even along sidewalks in your neighborhood. Have your child collect 100 sticks of various sizes. Back home, have your child spell out their entire name in sticks. Take a photo of your child next to their name!

Collect rocks in your yard or neighborhood and challenge your child to stack as many as possible. As they get better, challenge them to create an arch!

Challenge your child to make a life size robot from empty carboard boxes and masking tape. This is a great way to encourage three dimensional design thinking.

Challenge children to refashion old T-shirts into “costumes” without sewing! A T-Shirt can become a skirt, cape or head dress. Suggest the children create a super hero’s or historical figure’s costume.

To make watercolor paintings more fun, press bunched up plastic wrap into wet paint-which changes the image- then press the plastic wrap onto clean white paper to create a “print”, repeat.

[How to Draw a Mandala](https://www.art-is-fun.com/how-to-draw-a-mandala)

[Downloadable Mandalas to color](https://mondaymandala.com/m)

61 Ways To Boost Your Wellbeing

[https://kidsactivitiesblog.com/HERE’S THE ENTIRE LIST OF EDUCATION COMPANIES OFFERING FREE SUBSCRIPTIONS DUE TO SCHOOL CLOSINGS](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR0OwLTT8cZBXOyK6EX5gEEJ1XLMxZBGJf8tVDfrMBTwADwZUW9RsL1pUZY)

**Apps/online programs and SEL curriculum (**\* if offered for free)

* **Common Sense**
* **Media**’s recommendations
* [list](https://www.commonsense.org/education/top-picks/emotional-intelligence-apps-and-games)
* Mindful Poetry Moments:
* <https://www.thewell.world/mindful-music/mindful-poetry-moments>
* **\*Respectful**
* **Ways** SEL Curriculum
* (*granting*
* *FREE ACCESS to up to 3 SEL modules for any school or program closed due to Coronavirus, code*
* ***Corona-free3****)*:
* <https://respectfulways.com/free-SEL-access-coronavirus/>
* \*[Smiling](https://www.smilingmind.com.au/smiling-mind-app)
* [Mind](https://www.smilingmind.com.au/smiling-mind-app) - Free online mindfulness program
* \*[**Calm**](http://email.c.kajabimail.net/c/eJwVjsFuwyAQRL_GXCIhWDCBA4e2pFLP-QBrveCYBofIRrX693GkuYz05mmi7_sYR5Y9CBBCSSfPoHvDJdfBBnWxInx9ahO06LQgfsdfHPOCufBHamz2Fsk6NGTGM0Xj3DGelJVRT4CjkokVP7f23Dr10cH3kX3fOWFZONXlqBvNtZaNpbdziKnkv7T-Dzl6CVqBkgA9W_2CK2UcqBZ8tOPJG6t43yZe1xtr_ppbOv2EDpQBZ-ULOCNBXw)
* **is free for Educators**
* \*[Headspace](https://www.headspace.com/meditation/kids)
* has free meditations for kids
* [Insight](http://email.c.kajabimail.net/c/eJwVjssKwjAQRb-m2QghmSRts8hCjYJrP6BMk1RH-5A0CP69LZzV4XC50RkTY8_IgQAhlLSyAW1qLrn2rVeXVvjzSddei0qLwN_4wp4mpJHPqbCnU722aCQ2AL1NUDc4hAAmgkrWBtRsdM9SPmuljhVcN2he6bEpmlLmYZk2xdI-2MU00jflX0fRSdAKlAQwLLsJcyDswjLiXLYbe7bgex34kh-suDuVdLj5ClQNtpV_aMpAPQ)
* [Timer](http://email.c.kajabimail.net/c/eJwVjssKwjAQRb-m2QghmSRts8hCjYJrP6BMk1RH-5A0CP69LZzV4XC50RkTY8_IgQAhlLSyAW1qLrn2rVeXVvjzSddei0qLwN_4wp4mpJHPqbCnU722aCQ2AL1NUDc4hAAmgkrWBtRsdM9SPmuljhVcN2he6bEpmlLmYZk2xdI-2MU00jflX0fRSdAKlAQwLLsJcyDswjLiXLYbe7bgex34kh-suDuVdLj5ClQNtpV_aMpAPQ) is free for All!
* The world's largest aquarium, based in Atlanta, is closed last but people may [stream live webcams of their exhibits](https://www.georgiaaquarium.org/webcam/ocean-voyager/), including their piranhas, sea lions, beluga whales, penguins, and jellyfish.
* Monterey Bay Aquarium live
* animal cams! 
* Daily read alouds from the
* Brooklyn Public Library: <https://www.bklynlibrary.org/calendar/list/Virtual%20Programming>
* Mindful Schools offering
* free 30 min. mindfulness classes for kids starting 3/19/20! <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm_source=Mindful+Schools+Newsletter&utm_campaign=7968a81a59-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_18_NONREG&utm_medium=email&utm_term=0_024a46d2a1-7968a81a59-20922091>
* BrainPop videos (free access)
* [link](https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/?utm_source=organic&utm_medium=social&utm_campaign=coronavirus&utm_content=free-access)

Take a virtual visit to any of the National Parks <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

* [Karma](http://www.karmatube.org/)
* [Tube](http://www.karmatube.org/)
* [**KarmaTube**](http://www.karmatube.org/)
* is dedicated to bringing inspirational stories to light, using the power of video and the internet to multiply acts of kindness, beauty, and generosity.  Having kids look up an inspiring story and sharing it with their families. It can spark discussions on
* what makes a strong community.
* [Story](https://storycorps.org/)
* [Corps](https://storycorps.org/) -
* StoryCorps’ mission is to preserve and share humanity’s stories in order to build connections between
* people and create a more just and compassionate world. They record interviews between people and have great examples on their website.   Recording interviews with loved ones - parents, grandparents, neighbors, partners and friends could be a great source of
* connection. They even have sample questions here:
* [Link](https://storycorps.org/participate/great-questions/)
* [to Great Questions](https://storycorps.org/participate/great-questions/)
* [National](https://email.nationalgeographic.com/H/2/v400000170de7f7cedb119886e96c65220/0ca418a5-026a-40ad-9bbf-c870cdec6596/HTML)
* [Geographic Article: THE BIG QUESTION: HOW DO YOU GET YOUR NATURALLY SOCIAL KIDS TO PRACTICE SOCIAL DISTANCING?](https://email.nationalgeographic.com/H/2/v400000170de7f7cedb119886e96c65220/0ca418a5-026a-40ad-9bbf-c870cdec6596/HTML)
* (ideas about what to stay)
* Article from The Atlantic:
* [Therapist’s Guide to Staying Sane During a Pandemic: You can let anxiety consume you, or you can feel the fear and also find joy in ordinary life, even now.](https://www.theatlantic.com/family/archive/2020/03/a-therapists-guide-to-emotional-health-in-a-pandemic/608161/)
* - Great resource for parents, teachers and caregivers.  This link provide
* free resources, meditations, podcasts, blog posts, and talks to practical, actionable of coping with stress associated with the Covid19.