



The School District of Philadelphia
South Philadelphia High School
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Dear South Philadelphia High School Students and Families,

The STEP team would like you to know that we are still available to support our South Philadelphia students and families during the school closure. STEP provides mental health support and connection to community resources for the SPHS community. You can send an email to the STEP team requesting non-urgent individual support or additional resources and we will get back to you within 48-72 hours, Monday-Friday. If you would like to schedule a phone call with one of us, please send us an email with your contact information and brief description of your need and we will contact you to schedule a phone call.

Clinical Coordinator, Julia Brown: jabrown@philasd.org
School Behavioral Consultant, Joe Gaines: jgaines@philasd.org
Case Manager, Karon Hicks:, khicks@philasd.org
Family Peer, Cheryl Dials: cdials@philasd.org

In the meantime, we recognize that life continues for all of us and that situations such as this can have a way of creating more stress and complications. The information below includes a variety of resources available to you and your family. Please contact us if you are looking for a resource that is not included and we will do our best to find it.

We understand that information is subject to change. Please also look for the most updated information on philasd.org/coronavirus/ and phila.gov/COVID-19. You can receive text alerts from the City of Philadelphia regarding the COVID-19 coronavirus by texting COVIDPHL to 888777.

Thank you and stay safe!

The SPHS STEP Team

Mental Health

Crisis Information

Please call 911 if you have immediate and serious concerns about your own or another's safety.

Philadelphia Suicide Crisis & Intervention Line: 267-687-4381

Philadelphia residents can call if they (or someone they know):

- Are suffering from depression
- Have feelings or thoughts of wanting to harm themselves or others
- Have feelings of hopelessness
- Are having difficulty dealing with life stresses
- Suffer from intense anger or other emotional or substance abuse crises
- Compassionate, trained professionals are available 24-hours a day, 7 days a week. Callers will receive counseling, guidance and direction for receiving prompt evaluative and treatment services.

En español:

Red Nacional de Prevención del Suicidio: 1-888-628-9454

Philadelphia Children's Crisis Response Center:

<https://www.philachildremscsrc.com/> 855-548-7332

Philadelphia Children's Crisis Response Center (PCCRC) is designed to help young people who are experiencing overwhelming and immediate mental or behavioral healthcare struggles.

Crisis Text Line (crisistextline.org)

If in emotional crisis, any child, adolescent or adult can text HOME to 741741 to receive live support via text from a trained Crisis Counselor.

CBH Members:

Community Behavioral Health (CBH) members can contact Member Services at 888-545-2600.

Please find update information regarding behavioral health services, including Telehealth services at [Coronavirus \(COVID-19\) Information](#).

- For mental health and addiction services, contact the Community Behavioral Health 24/7 hotline at 888-545-2600
- For mental health crises, call the crisis hotline 24/7 at 215-685-6440
- For individuals in need of immediate opioid treatment support, contact the NET Access Point at 844-533-8200 or 215-408-4987. Or visit **Net Community Care**.
- For free, 24/7 online behavioral health screening and resources, visit **Healthy Minds Philly**
- For intellectual disability services, call 215-685-5900.

Additional Helplines:

Philadelphia Warm-line: 1-855-507-9276

**Available Monday through Friday, 4PM to 7PM*

Feeling lonely or isolated? Now you can talk with trained Certified Peer Specialists, caring and friendly peers who are sincere and non-judgmental. Sometimes it helps to talk to a person who understands first-hand what you are going through.

Philadelphia Domestic Violence Hotline: 1-866-723-3014

**Available 24/7*

If you, a friend, a family member or someone you know is the survivor of domestic violence or sexual violence. Resources include assistance with emergency housing and shelter programs.

If you believe you or a loved one is in immediate danger, please contact the police at 911

The National Domestic Violence Hotline: 1-800-799-SAFE (7233)

**Available 24/7*

Provides lifesaving tools and immediate support to enable victims to find safety. Callers can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages.

National Teen Dating Violence Hotline: 1-866-331-9474 or text "LOVEIS" to 22522

Pennsylvania Mental Health Support Line: 1-855-284-2494

**Available 24/7*

Crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

Family Resource Network: 215-599-5176

If a family member or someone you know is experiencing a behavioral health challenge, you can call or visit www.frnfamilies.org

National Parent Helpline: 1-855-4A PARENT - 1-855-427-2736

**Available Monday - Friday 10:00 am PST to 7:00 PM PST (1:00pm EST to 10:00 PM EST)*

This is a stressful time for all of us and can make it more difficult to regulate our own emotions. This is a national helpline for parents to receive emotional support from a trained advocate.

<https://www.nationalparenthelpline.org/>

Translife: 1-877-565-8860

**Available 24/7*

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

<https://www.translifeline.org/>

United Way Assistance

2-1-1 SEPA is part of the national 2-1-1 Call Centers initiative that seeks to provide an easy-to-remember telephone number, chat, text, and a web resource for funding health and human services— for everyday needs and in crisis situations.

2-1-1 SEPA is brought to you by United Way of Greater Philadelphia and Southern New Jersey in collaboration with the United Way of Southwestern Pennsylvania and the United Ways of Bucks County, Chester County, and Southern Chester County. These United Ways, together with local county government and provider agencies, work to ensure important local program information is accessible through our helpline when it is most needed.

Every day, highly trained 2-1-1 call specialists provide referrals to:

- Basic Human Needs Resources: food banks, shelters, rent and utility payment assistance
- Physical and Mental Health Resources: crisis intervention services, support groups, counseling
- Employment Support: nancial assistance, job training, education programs
- Support for Older Adults and Persons with Disabilities: home-delivered meals, transportation, health care
- Youth and Child Care Programs: after school programs, summer camps, mentoring, protection services
- Regional Disaster Preparation

With one phone number, callers gain free, confidential access to thousands of programs and services that can help improve the quality of their lives. Help is available 24 hours a day, seven days a week by calling 2-1-1 (or 1-866-964- 7922). TTY and language services are available in more than 170 languages and dialects.

For more information about us or our partners or 2-1-1 SEPA, please email us directly at info@211sepa.org.

FOOD BANKS

District schools open Mondays and Thursdays, 9 a.m. – noon.

Families will receive six meals per student—3 breakfasts and 3 lunches

Baldi Middle School

8801 Verree Rd (19115)

Barry, John Elementary School

5900 Race St (19139)

Barton School

4600 Rosehill St (19120)

Bartram, John High School

2401 S 67th St (19142)

Bethune, Mary McLeod School	3301 Old York Rd (19140)
CAPA (Philadelphia H.S. for Creative and Performing Arts) 901 S Broad St (19147)	
Clemente, Roberto Middle School	122 W Erie Ave (19140)
Comegys, Benjamin B. School	5100 Greenway Ave (19143)
Conwell, Russell Middle School	1849 E Clearfield St (19134)
Cooke, Jay Elementary School	1300 W Loudon St (19141)
Cramp, William School	3449 N Mascher St (19140)
De Burgos, J. Elementary School	401 W Lehigh Ave (19133)
Decatur, Stephen School	3500 Academy Rd (19154)
Duckrey, Tanner School	1501 W Diamond St (19121)
Edison, Thomas A. High School	151 W Luzerne St (19140)
Fels, Samuel High School	5500 Langdon St (19124)
Finletter, Thomas K. School	6100 N Front St (19120)
Fitzpatrick, A. L. School	11061 Knights Rd (19154)
Frankford High School	5000 Oxford Ave (19124)
Franklin Learning Center	616 N 15th St (19130)
Franklin, Benjamin School	5737 Rising Sun Ave (19120)
Furness, Horace High School	1900 S 3rd St (19148)
Hackett, Horatio B. School	2161 E York St (19125)
Harding, Warren G. Middle School	2000 Wakeling St (19124)
Hunter, William H. School	2400 N Front St (19133)
Juniata Park Academy	801 E Hunting Park Ave (19124)
Kelly, John B. School	5116 Pulaski Ave (19144)
Kensington CAPA	1901 N Front St (19122)
King, Martin Luther High School	6100 Stenton Ave (19138)
Lawton, Henry W. School	6101 Jackson St (19135)
Lincoln, Abraham High School	3201 Ryan Ave (19136)
Loesche, William H. School	595 Tomlinson Rd (19116)
Marshall, Thurgood School	5120 N 6th St (19120)
Mayfair School	3001 Princeton Ave (19149)
Muñoz Marín, Hon Luis School	3300 N 3rd St (19140)
Northeast High School	1601 Cottman Ave (19111)
One Bright Ray Mansion	3133 Ridge Ave (19132)
Overbrook Educational Center	6722 Lansdowne Ave (19151)
Philadelphia Learning Academy–South	4300 Westminster Ave (19104)
Rhodes Elementary School	2900 W Clearfield St (19132)
Roosevelt Elementary School	430 E Washington Ln (19144)
Roxborough High School	6498 Ridge Ave (19128)
Sayre, William L. High School	5800 Walnut St (19139)
South Philadelphia High School	2101 S Broad St (19148)
Wagner, Gen. Louis Middle School	1701 Cheltenham Ave (19126)
Washington, Grover Jr. Middle School	201 E Olney Ave (19120)
Webster, John H. School	3400 Frankford Ave (19134)

West Philadelphia High School
Ziegler, William H. School

4901 Chestnut St (19139)
5935 Saul St (19149)

Charter School locations open on varying days from 9 a.m. to noon. (contact schools or visit their websites for exact days)

Aspira Charter – Stetson	3200 B St (19134)
Aspira Olney Charter High	100 W Duncannon Ave (19120)
Lindley Academy Charter – Birney	900 Lindley Ave (19141)
Mariana Bracetti Academy	1840 Torresdale Ave (19124)
Mastery Charter – Cleveland	3701 N 19th St (19140)
Mastery Charter – Clymer	1201 W Rush St (19133)
Mastery Charter – Gratz High	1798 W Hunting Park Ave (19140)
Mastery Charter – Hardy Williams	5400 Warrington Ave (19143)
Mastery Charter – Harrity	5601 Christian St (19143)
Mastery Charter – Lenfest Campus	35 S 4th St (19106)
Mastery Charter – Mann	5376 W Berks St (19131)
Mastery Charter – Pastorius	5650 Sprague St (19138)
Mastery Charter – Pickett	5700 Wayne Ave (19144)
Mastery Charter – Shoemaker	5301 Media St (19131)
Mastery Charter – Smedley	1790 Bridge St (19124)
Mastery Charter – Thomas Campus	927 Johnston St (19148)
Mastery Charter – Wister	67 E Bringhurst St (19144)
Mastery Prep Elementary Charter	1801 W Pike St (19140)
Philadelphia Montessori Charter	2227 Island Ave (19142)
Richard Allen Prep	2601 S 58th St (19143)
Universal Audenried Charter	3301 Tasker St (19145)
Universal Charter – Bluford	5720 Media St (19131)
Universal Charter – Daroff	5630 Vine St (19139)
Universal Creighton Charter	5401 Tabor Ave (19120)
Universal Vare Charter	2100 S 24th St (19145)

The Philadelphia Housing Authority has six community centers open for “grab-and-go” meals for breakfast and lunch from Monday through Friday, 9 a.m. to noon beginning on March 23.

Abbottsford Homes	3226 McMichael Street (19129)
Bartram Village	5404 Gibson Drive (19143)
John F Street Center	1100 Poplar Street (19123)
Raymond Rosen Homes	2301 W. Edgley Street (19121)
Westpark Apartments	300 N. Busti Street (19104)
Wilson Park	2500 Jackson Street (19145)

Please note that the last day for meal distribution at recreation centers was Friday, March 20. All Parks & Rec buildings, playgrounds, and athletic courts are closed until further notice.

The City of Philadelphia will be giving out free food to families and individuals:

<https://www.phila.gov/2020-03-28-where-to-find-free-nutritious-food-during-covid-19/>

Please follow these people on facebook, instagram and twitter to find announcements about food giveaways and other things going on in the South Philadelphia neighborhood:

Councilman Kenyatta Johnson (2nd district):

[facebook](#)

[instagram](#)

[twitter](#)

Local Churches and Mosques are also giving out food.

To get updates from the City of Philadelphia about COVID-19, text COVIDPHL to 888-777.

COVID-19 SUPPORT

EDUCATIONAL RESOURCES

RESOURCES FOR STUDENTS WITH SPECIAL NEEDS AND ENGLISH LEARNERS:

https://www.philasd.org/curriculum/home/supplemental-resources/sped_el/

LEARNING FROM HOME

Wide Open School

Free collection of the best online learning experiences for kids by the editors at Common Sense. A group of more than 25 organizations came together to make learning from home an experience that inspires kids, supports teachers, relieves families, and restores community.

<https://wideopenschool.org/>

EDUCATIONAL APPS

Duolingo

Duolingo is a free communications app that teaches you how to learn the language of your choice. Featuring language lessons for Spanish, French, German, Italian, Portuguese, Dutch, Japanese, Arabic, Czech, Welsh, Danish, Greek, and more, Duolingo offers immediate grading on language challenges and rewards like virtual coins and an increase in your personalized fluency score.

Zoom

Zoom is a virtual conferencing app and platform that many offices are transitioning to during these work-from-home days. But Zoom can help students, too. In fact, Zoom CEO Erin Yuan is now offering

students and teachers unlimited meeting minutes so they can fully transition to digital lesson plans. Both students and teachers can fill out an online form with their school email address. Zoom will verify, then set up accounts associated with that school's domain for unlimited minutes.

RELAXATION APPS

(If you're experiencing greater than normal stress or anxiety, please contact a physician).

Stop Breathe and Think (free on iOS and Android with subscription content). This was one of the first and continues to be one of the most popular mindfulness and meditation apps available. It's available on iTunes and Google Play. The app works in several ways that could benefit people looking for some stress relief, whether it's COVID-19 related or not. It features a daily check-in to get a gauge on your stress level and how you're feeling physically. Or you can go straight to selecting a variety of exercises whether its ambient music or guided.

Stop, Breathe and Think Kids (free on iOS with subscription content). This app is much like Stop, Breathe and Think except it's focused on children, with less time juggling the interface and the daily check-in is less complicated. There's little instruction involved and simplicity is a plus. The app is more tailored to current emotional states, according to the website psyberguide.org website than other apps and it's easy to operate by kids. The app has a subscription component for \$11.99 a month, but it has an abundance of free exercises. There's not much in the way of explanation, it gets to down to business with the exercises.

Calm App (free or 7-day trial on iOS and Android with subscription content). The Calm App and the Stop, Breathe and Think app are the two most used apps for dealing with anxiety or stress. It has far fewer free options than the Stop, Breathe and Think app, but it also has additional options if you pay the subscription. There are guided mindfulness and meditation exercises as well as 'sleep stories' from celebrities like LeBron James, Eva Green and Matthew McConaughey it also has a more focused approach on dealing with anxiety in the moment. Both apps use many of the same meditation and mindfulness techniques. The app also works with the Apple Watch and is more visually appealing than Stop, Breathe and Think.

Headspace (free with subscriptions available iOS and Android): Headspace has free specific sessions for moments of panic, anxiety and stress. There are also quick 2-3 minute meditation sessions and special animations that teach skills and answer questions about mindfulness.

Breathe2Relax (Free for iOS and Android): To quote MakeUseOf.com, "Breathing from our diaphragm has shown to reduce anxiety and stress while helping you stay calm." And there's an app for that – Breathe2Relax – which focuses on breathing rather than meditation or mindfulness training. The app guides users through breathing exercises and it offers support for the Apple Watch Health app.

Colorfly (free for iOS and Android with subscriptions and in-app purchases). Some adults have taken in the recent trend of grown-up coloring books to relax. Now those are available on Colorfly and other apps. Colorfly features 1,000 different pictures to color, is capable of use offline and you can share your coloring expertise on social media through the app.

Smiling Mind (free on iOS and Android): Smiling Mind is free – no subscriptions, no in-app purchases – and is built specifically for children and adults seeking to deal with daily stress. The app is based on mindfulness courses that train people to deal with stress in the classroom or workplace.

Solitaire (free on iOS, Android and Windows) – Solitaire, the ubiquitous game app that's accompanied PC computers for three decades, is considered a stress-buster by man. If you aren't into mindfulness, ambient noises or meditation, Solitaire is a go-to for people wanting a few minutes away from whatever it is that has them stressed.

Some Cost

Ambi Pro (\$1.99 for iOS). Ambi Pro specializes in ambient music, using algorithms to change tracks instead of recordings that are looped. The app also blends tracks together so one doesn't end abruptly. For those who relax with music or the sound of nature, this is considered a top app.

Buddhify (\$4.99 on iOS and \$2.99 on Android): Buddhify gets past the barriers of trying to figure out what's free and what's paid by requiring payment upfront. But with it comes 80 guided meditations in mindfulness training that can help you deal with occurring or re-occurring stress.

Insight Timer (Free on iOS and Android with subscriptions available). Meditation app which includes thousands of guided meditations, music tracks, and ambient sounds to calm the mind, focus, sleep better, and relax. Topics include: Sleep deeply, dealing with anxiety and reducing stress, getting through recovery and addictions, self-love and compassion, focus and concentration, leadership, better relationships, and more.

HIGH SCHOOL STUDENT RESOURCES

Philly Work Ready program

How to apply through [Urban Affair Coalition](#):

1. The first step is to apply online. Please click [here](#) to access the online application. Use one of the following the referral codes: S125 for Work Experience, P97 for Internships, or S117 for Service Learning.

2. Complete Enrollment paperwork by coming to the UAC WorkReady office during our office hours. Please [click here](#) for more information about how to prepare for enrollment. You should also receive an email with this information. Please note that due to state legislation, youth participating in the program may be required to complete a background check screening. There will be no cost for the background check and youth will receive instructions to complete the process during enrollment.

3. After your enrollment is completed, you will receive an email if you are approved to work and your worksite assignment.

4. You will be notified via email with information regarding your orientation date, time, and location.

Positions may be assigned to applicants on a random basis and completion of the application or enrollment process does not guarantee program acceptance.

High School Summer Enrichment Programs

- **Jefferson University Nursing STEP-UP**

The Nursing Summer Training and Enrichment Program (Nursing STEP-UP) is an on campus enrichment program that offers rising high school juniors and seniors an introduction to the field of nursing and its various disciplines; college application preparation including personal statement writing, resume development and comprehensive SAT workshops delivered by a name-brand company; classroom and clinical observation experiences; time management and study skills training; field trips; and faculty and student mentoring.

More information: [Jefferson University Nursing Step-Up](#)

- [Pennsylvania Free Enterprise Week \(PFEW\)](#)- Pennsylvania Free Enterprise Week (PFEW) is a one-of-a-kind summer program that offers incoming high school juniors and seniors a unique and challenging opportunity to see what it is like to run their own business.
- **Temple University – College Credit Courses for High School Students** Get ahead of your college career by enrolling in college courses early! High School students may register for any undergraduate classes that do not have prerequisites.
- [Temple University – Summer Academy](#) This three-week program will give you a challenging academic college experience. Earn academic credit from a nationally and internationally recognized university and participate in workshops and non-credit courses that provide unique experiences, insights, and instruction that enhances summer learning.
- [Temple University – Boyer College of Music and Dance Summer Programs](#) From piano to percussion, ballet to modern dance, spend your summer unlocking your creativity in a city well known for its vibrant music scene and cultural flair.
- [Temple University – Tyler School of Art Summer Programs](#) For more than 25 years, Tyler School of Art has offered non-credit studio workshops designed to meet the needs of beginning, intermediate, and advanced level high school students. Discover a wide spectrum of hands-on studio workshops and camps this summer.

- [Temple University – College of Engineering Summer Programs](#) The College of Engineering is actively engaged in nurturing science, technology, engineering and math (STEM) studies in our community and with our region's youth. Find out more about our STEM department and available programs.
- [Temple University – College of Science & Technology Summer Programs](#) Work in a lab, in the field, or in a classroom during our exciting summer programs. Get hands-on with real-world science, robotics, forensic science and more!
- [Temple University – EducationUSA Academy at Temple University](#) Temple University in partnership with EducationUSA is proud to offer this fun-filled program to International high school students who are 15 to 17 years old.
- [MITE2S – Minority Introduction to Engineering, Entrepreneurship, and Science](#) This program is a six-week residential program at MIT for rising high school juniors. The students take classes at MIT and interact with their faculty and students. The program is free; the only costs are transportation to and from MIT. Visit the website to see other summer programs, internships, scholarships and engineering societies.
- [SAMS Summer Academy of Mathematics and Science](#) This is a six-week residential program at Carnegie Mellon University in Pittsburgh, PA. This is open to rising junior and rising senior students. This program has a challenging curriculum with programs that build academic and personal skills. The students are responsible for books, supplies, transportation, and recreational expenses. The average cost of these expenses is around \$300. Carnegie Mellon also has other summer programs that have tuition expenses, however, applicants to SAMS may be recommended for these programs at the cost of the SAMS program.
- [Quest Scholars Program](#) A five-week long summer program for high school students at Stanford University. The larger program associated with the Quest Scholars works to support the students throughout their college years. The students in this program are low- income and interested in science. The program is free.
- [High School Summer Research Internship Program at Drexel University](#) A paid research internship through Drexel College of Medicine. The students work on a unique project related to the research goals of that particular laboratory under the direction of the laboratory manager. This is an eight-week program that is not residential. At the end of the summer, the students develop a presentation about their research.
- [Monell Science Apprenticeship Program](#) Seven-week paid summer research experience for Philadelphia-area high school and undergraduate students interested in biomedical science. Participants often return for multiple summers throughout high school and college.
- [The Wistar Institute Summer Fellowship Program in Biomedical Research](#) 8 week paid summer research experience for School District of Philadelphia high school students.
- [LEAD Leadership, Education, and Development](#) 3-4 week residential summer programs in business, engineering and computer science at universities around the country, including UPenn and Villanova
- [Pre-Engineering Summer Camps from the Engineering Education Service Center](#) This website is a list of summer programs that target female and minority students. The programs are listed with a brief summary of the program and the link to the website for the program. Some of the programs listed have a cost associated with them, however many times there is financial assistance associated with the programs to reduce the cost for qualifying students. The information on this website is updated often.

- [West Point Summer Leaders Experience](#) SLE gives high school juniors a week to experience life as a cadet to inform their college selection decision. SLE is a fast-paced program of academic classes, military training, physical fitness training, and intramural athletics conducted during the month of June each year. You must have standardized test scores to be considered for SLE.
- [STEM Summer Programs at Penn](#) The University of Pennsylvania is looking for talented and motivated Philadelphia public school students to attend STEM programs this summer. Scholarships are available based on need in most cases. Please use the information assembled in this link to encourage potential participants to apply, and use websites mentioned for details on individual opportunities.

RESOURCES FOR FAMILIES

Jobs

During this time, we recognize that some families may be looking for employment in order to sustain their families. Please go to this careerlink site in order to see an updated list of those companies that are actively hiring: [job opening list by careerlink](#)

Other jobs hiring:

Rite Aid
Walmart
Aldi
Target
Amazon
Whole foods

Information about CHIP

The CHIP program does not have a contract period, it can be used as stop gap coverage between employment. Here is the link to CHIP information.

Eligibility:

https://www.ibx.com/pdfs/individuals/find_plan/low_income/chip/chip-coverage.pdf

https://www.ibx.com/pdfs/individuals/find_plan/low_income/chip/chip-income-requirements.pdf

Link to apply to CHIP program

www.ibx.com/CHIP - download a CHIP application.

www.compass.state.pa.us - for additional state benefits and CHIP.

You can call the Independence member help team to do an application over the phone, 1-800-464-5437.

Immigrant Families

- [Covid19 resources for undocumented communities](#)
- [National Immigration Law Center – Update on Access to Health Care for Immigrants and Their Families](#)
- [Protecting Immigrant Families – Factsheet: Know Your Rights, Protect Your Health](#)
- [Protecting Immigrant Families – Talking Points: Coronavirus](#)

Communities with Special Needs

- [For adults on the spectrum](#) – how to cope with disrupted personal routines, working from home and more.
- [Medicare Provider Enrollment Relief FAQs](#)
- [Promoting Financial Health and Resiliency for People with Disabilities and Their Families](#) by the National Disability Institute; plus [key takeaways](#) from its listening sessions.
- [Public COVID-19 Resources for the Deaf Community](#) – crowd sourced resource guide.
- [Considerations for People Living with HIV and LGBTQIA+ People](#) from the Fenway Institute.
- [Lucile Packard Foundation for Children’s Health](#) has resources for children with special health care needs.

Younger children

We also recognize that some families may have younger children at home. Please look below for some things to do with your younger kids and as a family.

1. “52 RESPONSES TO I’M BORED”

<https://loveandmarriageblog.com/52-responses-im-bored/>

2. “HOW TO TALK TO OUR CHILDREN ABOUT THE CORONAVIRUS”

<https://www.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html?0p19G=7900>

3. “MINDFULNESS FOR CHILDREN”

<https://www.nytimes.com/guides/well/mindfulness-for-children>

4. www.storylineonline.com

The SAG-AFTRA Foundation’s award-winning children’s literacy website, Storyline Online, streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations.

5. Action for Happiness app for iPhone and Android

www.actionforhappiness.org

Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others.

6. THE FRED ROGERS CENTER

<https://www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response>

<https://www.fredrogerscenter.org>

7. KEEPING KIDS BUSY WHILE SOCIAL DISTANCING

<https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home>

ELEMENTARY AGED APPS

Math Games

With more than 21 math-related, interactive games, Math Games makes the impossible possible—AKA makes math fun! Kids also have the option to practice their math by grade: from Pre-K up to eighth grade. Alternatively, students can also practice by skill—from addition and estimation to mixed equations and money.

GoNoodle

GoNoodle offers movement and mindfulness videos that are the perfect substitute for your child's regularly scheduled school gym class. The app aims to provide children with physical, academic, and social-emotional tools and overall wellness. GoNoodle has videos for children of all abilities.

Bamboo

In this day and age, Bamboo is one of the most tech-savvy educational tools there is. After all, it is compatible with Alexa. If you have an Amazon Alexa in your home, all you have to do is say, "Alexa, enable BambooLearning." Bamboo offers book services that help kids practice active listening and listening comprehension, Luminaries, an engaging social studies trivia game, math, which helps children practice mental math and offers number problems and thousands of word problems, music, which introduces kids to basic music theory and music games like "Recognize the Instrument," as well as Highlights Storybooks, co-developed with Highlights magazine to offer stories and exercises that teach kids from levels kindergarten to third grade about active listening and improving listening comprehension.

Funbrain Jr

If you're looking for interactive math games, reading puzzles, and printable worksheets and games you can do at home together, Funbrain Jr is an excellent, educational resource. Kids also have

incentive to learn with Funbrain Jr, as the more games they complete, the more digital stickers they earn. Funbrain also has a Stories section where kids and parents can access digital versions of picture books.

New American History

For grades 4 and up, New American History is a completely customizable way to homeschool your student in social studies. Once you log on, you can choose an individual subtopic of history, the reading level, grade level, learning strategy, and more.

HippoCampus

With over 3,000 free videos in 13 different subjects, HippoCampus is brought to you by the Monterey Institute for Technology and Education. You can find classes on arithmetic, algebra and geometry, natural science, chemistry, social science, history and government, English, religion, and more.

123 Homeschool 4 Me

123 Homeschool 4 Me is a free homeschooling resource that provides downloadable worksheets and resources for parents who are new to homeschooling. Aside from worksheets, you can download everything from Alphabet Playdough Mats to Sandwich Book Report forms.

Beanstalk

Free during the COVID-19 outbreak, Beanstalk provides interactive classes for kids ages 1.5- 6. Some classes are live, others are on-demand, but all classes are taught by experienced teachers. You'll find everything from "Create Your Imagination Station" to "How Rainbows Work." Each class designates the age group it's designed for.

Accessibyte

Also free during COVID-19 isolation, Accessibyte is making its apps free for 45 days. Accessibyte has several different apps: Typio, Arcade, Quick Cards, Pro Pack, and Teacher Dashboard, all of which have various capabilities. On each of the apps, students learn remotely with the help of typing tutors, educational arcade games, flash-cards, and tests that challenge what they've learned in the app.

Belouga

Made for students from kindergarten to 12th grade, Belouga gives kids access to a collection of educational resources. You'll find everything from social science videos to math problems to real-time communication with peers around the world.

BrainPOP

Access for schools and students is free during coronavirus shut-downs. BrainPOP curriculums are designed for students K-12, but there's also BrainPOP Jr., which is ideal for kids 0-3. Both feature lesson plans and activities for science, reading and writing, math, social studies, and health.

ScratchJr

Is your kid interested in coding? ScratchJr offers free online courses for kids ages 5-7. ScratchJr available on iOS, Amazon, Google Play, and the Chrome Web Store.

Classroom Cereal

Need help teaching your child grammar? Classroom Cereal helps your young learner with grammatical exercises through free downloadable stories that you can print, then go through together.

DuckDuckMoose

Designed for preschoolers and kindergarteners, DuckDuckMoose is an app featuring puzzles, maps, and interactive music games.

Bedtime Math

Bedtime Math is a free app made for kids 2 and up; the app, which features engaging math activities, is available in both English and Spanish.

Poptropica

Poptropica is a story-based game that has kids create their own characters and complete educational quests. When a quest is accomplished, kids get a prize!

Free Online Events and Activities for Kids at Home

Scheduled -Virtual Storytimes

- 2:00 p.m. -- Stay at Home Story Time, a ~20 min. picture book read-aloud with Oliver Jeffers (Lost and Found author) (Instagram Live @oliverjeffers, uploaded to YouTube after)
- 2:00 p.m. -- Brightly Storytime, a 5–10 min. picture book read-aloud (YouTube @ Brightly Storytime)
- 3:00 p.m. -- Mac Barnett (Triangle) reads one of his picture books (Instagram Live @MacBarnett)
- ~3:00 p.m. -- Jeff Norton reads a chapter (5–10 min.) of his sci-fi adventure novel Alienated (YouTube @Jeff Norton)
- ~6:00–9:00 p.m (pacific time). -- Josh Gad (voice of Olaf from Frozen) will virtually read a picture book as a bedtime story(Twitter @JoshGad)

Virtual Drawing Lessons

- 11:30 a.m.(T/Th) -- Drawing with Toddlers, a short drawing lesson from E. B. Goodale (Under the Lilacs) (Instagram Live @ebgoodale)
- 1:00 p.m. -- Lunchtime Doodles, a ~30 min. art lesson with Mo Willems (Don't Let the Pigeon Drive the Bus) (YouTube @The Kennedy Center)
- 1:00 p.m. -- Drawing lessons with Wendy Macnaughton (NYT bestselling illustrator) (Instagram Live @wendymac)

- 2:00 p.m. -- Draw Every Day with JJK, a ~20 min. drawing lesson with Jarrett J. Krosoczka (Lunch Lady graphic novel series) (YouTube @ Jarrett J. Krosoczka—author & illustrator)

Music Classes & Performances

- 9:00 a.m. -- Music classes from Jam with Jamie (also uploaded for later viewing)
- 11:00 a.m. -- Daily music, movement, yoga classes, and more for pre-K/young kids from Union City Play in New York City
- 2:00 p.m. and 8 p.m. -- Stars in the House, a 60 min. performance and chat by various Broadway actors and other performers to raise money for out-of-work entertainers (YouTube @The Actors Fund)
- 7:30 p.m. -- Every night a new recording from The Metropolitan Opera is available to stream
- Various -- A full list of live concerts streaming, varying from pop stars to operas (curated by NPR)

Educational Activities & Lesson Plans

- Scholastic Learn at Home: 20 days of education activities, broken up into four grade levels
- Amazing Educational Resources, a HUGE spreadsheet of tools/programs/services that usually cost money but are being offered for free, with info on subject and grade level (crowdsourced)
- Encantos Learning Hub (pre-K-1 resources available in English and Spanish)
- Learn@Home, educational YouTube channels curated by age group (YouTube)
- Sesame Street has videos, games, and activities for younger kids) (sesamo.com in Spanish)
- Tinkergarten has a week's worth of outdoor education DIY activities (sign up for the email newsletter on Tinkergarten's website)
- Newsicle, a daily news trivia game put on by the folks behind XYZA: News for Kids
- News-o-Matic suspends fees for daily news stories for kids K-8 (News-o-Matic app)
- Complexly, a series of video series on educational topics ranging from literature to biochemistry (YouTube)
- Story Pirates University, writing video lessons from the Story Pirates podcast team (YouTube)

Arts, Film, and Music Lessons & Resources

- Rebel Girls providing 90+ writing/drawing/DIY prompts (sign up via email)
- Digital curriculum and lessons available to go along with The Representation Project's films (lessons are free; films are available to rent or buy on streaming platforms)
- Keep Kids Smart with ART, art lesson plans run through the Boca Raton Museum
- CircleTime classes for age 0-6 including yoga, storytime, cooking, and music (registration required)
- Daily cartooning lessons from MazeToon's Joe Wos (YouTube @HowtoToon)
- A downloadable coloring book from illustrator Liz Climo (PDF)
- Kanopy, a movie streaming service available with a library card

- Interactive pretend play challenges and activity sheets from the Bay Area Children's Theater Creativity Corner (YouTube)
- Quarantine Art Club, a daily drawing challenge from illustrator Carson Ellis (Du Iz Tak?) (Instagram @carsonellis)
- Stop Motion Kids Camp enrollment from artist Trisha Zemp is being offered for free (redeem enrollment code by sharing one of Zemp's posts on Instagram @trishazemp)
- Drawing and comic-creating prompts from Jarrett Lerner (Enginerds)
- Printable coloring pages from Latinx artists from Veoleo (donations encouraged)
- Printable coloring pages featuring Latinx trailblazers from Con Todo Press

Audiobooks & Virtual Storytime

- Audible Stories, an extensive streaming library of children's and young adult audiobooks (Amazon Audible)
- Authors read their books aloud (curated on Kate Messner's website) (YouTube)
- #OperationStorytime, a partnership with picture book authors and Romper to read their stories aloud (posted and curated on Twitter @romper, updated regularly)
- Virtual Tours
- Virtual tour of American National Parks (Google Arts & Culture)
- Virtual tour of the deYoung Art Museum in San Francisco (Google Arts & Culture)
- Virtual museums, classes, and exhibits in San Francisco (curated by Red Tricycle)
- Virtual museums, classes, and exhibits in Seattle (curated by Red Tricycle)
- Virtual museums, classes, and exhibits in San Diego (curated by Red Tricycle)
- Virtual museums, classes, and exhibits in Chicago (curated by Red Tricycle)
- Virtual tour of the Smithsonian National Museum of Natural History
- Virtual tour of the Louvre museum in Paris, France
- Virtual tour of the Metropolitan Museum of Art in New York
- Virtual tour of the Boston Children's Museum (Google Earth)
- Virtual tour of the Great Wall of China
- Virtual tour of Mars from pictures from NASA's Curiosity rover (Google)
- Virtual "field trips" to zoos, dairies, symphonies, and operas (curated by Red Tricycle)

Fun & Games

- Family Time Machine, ideas for activities for the whole family, available in Spanish
- Virtual rides on Disney attractions (YouTube, curated on PopSugar)
- Virtual "Dungeons & Dragons" trial adventure from Wizards of the Coast (Roll20)
- Mobile and console games, including Alto's Adventure and The Sims 4, available for free or on sale (curated by The Verge)
- Amazon's original kids' series will be available for free (with or without a Prime account) (Amazon Video)