Hello Wagner Family:

The STEP team would like you to know that we are doing what we can to ensure that our Penrose families are safe, during this trying time. Our ability to provide support has been limited to phone, mail and email contact. Therefore, if you do have an email that you would like to share, we would greatly appreciate you sharing it with us, so that we may be able to contact each other. Please feel free to send the information to the following emails:

**Cdavis@philasd.org**

**Agooden@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 that we would like. Therefore, we want to ensure that you are aware of resources available to you and your family, which focus on maintaining both physical and emotional stability for all. Please contact us if you require a resource that is not included. Thank you and stay safe.

**Mental Health Crisis Information**

1. **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.

1. **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 espanol:**

|  |  |
| --- | --- |
|  Red Nacional de Prevención del Suicidio |   |
|  |  |

1. **Philadelphia Children’s Crisis Response Center** [**https://www.philachildrenscrc.com/**](https://www.philachildrenscrc.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.

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

**United Way Assistance**

**Welcome to 2‐1‐1 SEPA**

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.  *2‐1‐1 SEPA is also made possible in part by generous support from Philadelphia Energy Solutions.*  |
|  |

**FOOD BANKS**

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

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

|  |  |
| --- | --- |
| **School** | **Address (Zip)** |
| 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 Louden 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 Chelten Ave (19126) |
| Washington, Grover Jr. Middle School | 201 E Olney Ave (19120) |
| Webster, John H. School | 3400 Frankford Ave (19134) |
| West Philadelphia High School | 4901 Chestnut St (19139) |
| Ziegler, William H. School | 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)

|  |  |
| --- | --- |
| **School** | **Address (Zip)** |
| 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.

|  |  |
| --- | --- |
| **PHA Community Center** | **Address (Zip)** |
| 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.

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

**COVID-19 SUPPORT**

Cap4Kids Community, friends, advocates for children and our City, please stay safe, practice social distancing, reach out to neighbors, friends, loved ones and educate yourselves and share accurate info on COVID-19, and how we can help each other by going to new section on [**www.cap4kids.org/philadelphia**](https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cap4kids.org%2Fphiladelphia&data=02%7C01%7C%7Ceccbb00c932d49fc647208d7cc107602%7C3664e6fa47bd45a696708c4f080f8ca6%7C0%7C0%7C637202243393024247&sdata=7MDABKTWCFgkF98H7RA7AZiXOD5cz8B82utPtHNdoFI%3D&reserved=0)**,**

**COVID-19 section here**[**https://cap4kids.org/philadelphia/parent-handouts/physical-health-resources/covid-19-info/**](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcap4kids.org%2Fphiladelphia%2Fparent-handouts%2Fphysical-health-resources%2Fcovid-19-info%2F&data=02%7C01%7C%7Ceccbb00c932d49fc647208d7cc107602%7C3664e6fa47bd45a696708c4f080f8ca6%7C0%7C0%7C637202243393034241&sdata=KkguxM2KlUgCS6USlC4qjIU%2BD2dTVTdz5UKcRWakbNs%3D&reserved=0)**.**

Here you will find the:

1. Philly COVID Helpline at 1-800-722-7112 and Philly specific info

2. PA Dept Health Info 3. Info for those out of work due to COVID and benefits

3. Handouts for families, clients, staff in English and Spanish

4. Where to find free meals and play spaces while school is out

5. Info on how to talk to your kids about COVID

Be smart, be safe.

To sign up for Cap4Kids updates click here [**https://cap4kids.org/philadelphia/mailing-list/**](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcap4kids.org%2Fphiladelphia%2Fmailing-list%2F&data=02%7C01%7C%7Ceccbb00c932d49fc647208d7cc107602%7C3664e6fa47bd45a696708c4f080f8ca6%7C0%7C0%7C637202243393034241&sdata=TRYHvsmMWM5wodIQ3iMMveuKNK%2FdaygcZkptYJZzPN4%3D&reserved=0)

**EDUCATIONAL RESOURCES**

**28 Free Learning Apps**

**1.**[**ABCmouse Early Learning Academy**](https://www.abcmouse.com/abt/subscription?8a08850bc2=T1175662376.1584653879.1912)

ABCmouse is offering the first month of online learning [free](https://www.abcmouse.com/abt/subscription?8a08850bc2=T1175662376.1584653879.1912). After the first month, subscriptions start at $9.95/mo. On ABCmouse, your child can play educational games and puzzles and partake in a curriculum of reading, math, art, music, and science for ages 2-8.

**2.** [**Duolingo**](https://www.duolingo.com/)

Duolingo is a[**free communications app**](https://www.duolingo.com/) 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.

**3.** [Zoom](https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307)

Zoom is a[**virtual conferencing app**](https://parade.com/1010792/stephanieosmanski/how-to-use-zoom/) 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 on line form with their school email address. Zoom will verify, then set up accounts associated with that school’s domain for unlimited minutes.

**4.** [**Math Games**](https://www.mathgames.com/)

With more than 21 math-related, interactive games, [Math Games](https://www.mathgames.com/) 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.

**5.** [**GoNoodle**](https://www.gonoodle.com/)

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](https://www.gonoodle.com/) for children of all abilities.

**6.** [**Bamboo**](https://bamboolearning.com/bamboo-blog-001)

In this day and age, [Bamboo](https://bamboolearning.com/bamboo-blog-001) is one of the most tech-savy 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.

**7.** [**Funbrain Jr**](http://www.funbrainjr.com/)

If you’re looking for interactive math games, reading puzzles, and printable worksheets and games you can do at home together, [Funbrain Jr](http://www.funbrainjr.com/) 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.

**8.** [**New American History**](https://learn.newamericanhistory.org/)

For grades 4 and up, [New American History](https://learn.newamericanhistory.org/) 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.

**9.** [**HippoCampus**](https://hippocampus.org/HippoCampus/)

With over 3,000 free videos in 13 different subjects, [HippoCampus](https://hippocampus.org/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.

**10.** [**123 Homeschool 4 Me**](https://www.123homeschool4me.com/home-school-free-printables/)

[123 Homeschool 4 Me](https://www.123homeschool4me.com/home-school-free-printables/) 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](https://www.123homeschool4me.com/free-alphabet-playdough-mats_6/) to [Sandwich Book Report](https://www.123homeschool4me.com/sandwich-book-report-free-printable/) forms.

**11.** [**Beanstalk**](https://beanstalk.co/)

Free during the COVID-19 outbreak, [Beanstalk](https://beanstalk.co/) 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](https://beanstalk.co/collections/classes) from “Create Your Imagination Station” to “How Rainbows Work.” Each class designates the age group it’s designed for.

**12.** [**Accessibyte**](https://www.accessibyte.com/stay-safe)

Also free during COVID-19 isolation, [Accessibyte](https://www.accessibyte.com/stay-safe) 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.

**13.** [**Belouga**](https://belouga.org/)

Made for students from kindergarten to 12th grade, [Belouga](https://belouga.org/) gives kids access to a collection of educational resources. You’ll find everything from social sience videos to math problems to real-time communication with peers around the world.

**14.** [**BrainPOP**](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)

Access for schools and students is free during coronavirus shut-downs. [BrainPOP](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) curriculums are designed for students K-12, but there’s also [BrainPOP Jr](https://jr.brainpop.com/)., which is ideal for kids 0-3. Both feature lesson plans and activities for science, reading and writing, math, social studies, and health.

**15.** [**ScratchJr**](https://www.scratchjr.org/)

Is your kid interested in coding? ScratchJr offers free online courses for kids ages 5-7. [ScratchJr](https://www.scratchjr.org/) available on iOS, Amazon, Google Play, and the Chrome Web Store.

**16.** [**Classroom Cereal**](https://www.classroomcereal.com/)

Need help teaching your child grammar? [Classroom Cereal](https://www.classroomcereal.com/) helps your young learner with grammatical exercises through free downloadable stories that you can print, then go through together.

**Related:** [**50 Best Family Board Games**](https://parade.com/1011096/marynliles/best-board-games/#1-124)

**17.** [**DuckDuckMoose**](http://www.duckduckmoose.com/)

Designed for preschoolers and kindergarteners, [DuckDuckMoose](http://www.duckduckmoose.com/) is an app featuring puzzles, maps, and interactive music games.

**18.** [**Bedtime Math**](http://bedtimemath.org/fun-math-at-home/)

[Bedtime Math](http://bedtimemath.org/fun-math-at-home/) is a free app made for kids 2 and up; the app, which features engaging math activities, is available in both English and Spanish.

**19.** [**Poptropica**](https://www.poptropica.com/apps/poptropica.html)

[Poptropica](https://www.poptropica.com/apps/poptropica.html) 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!

**20.** [**Fish School**](https://apps.apple.com/us/app/fish-school-123-abc-for-kids/id367567922)

From the creators of DuckDuckMoose, [Fish School](https://apps.apple.com/us/app/fish-school-123-abc-for-kids/id367567922) is made with kids 2 and up in mind. It teaches young learners about colors, letters, numbers, and shapes through matching games. Your little one’s finger controls the schools of fish, which can form into letters, shapes, and the numbers 1 through 20.

**Related:**[**9 Freezer Staples That Will Help With #KitchenQuarantine Meals**](https://parade.com/1009824/kelli_acciardo/best-frozen-food-staples/)

**21.** [**Phonics Ninja**](https://apps.apple.com/us/app/phonics-ninja/id1156244787)

Think FruitNinja, but with some educational value! [Phonics Ninja](https://apps.apple.com/us/app/phonics-ninja/id1156244787) lets kids karate-chop their way through digraphs, letter sounds, and blends, teaching your child important phonics skills. There are three different levels of difficulty, and parents can even get involved by recording their own audio clues to help.

**22.** [**Science360**](https://www.commonsensemedia.org/app-reviews/science360-for-ipad)

It may be only compatible with tablets, but [Science360](https://www.commonsensemedia.org/app-reviews/science360-for-ipad) from the National Science Foundation exposes your child to the latest science and engineering news, photos, and videos. Content comes straight from the National Science Foundation, so you know you’re getting the best-vetted information. The app’s main feature is a 360-degree view that offers exploration of every angle.

**23.** [**Vocabulary Spelling City**](https://www.spellingcity.com/app.html)

[Vocabulary Spelling City](https://www.spellingcity.com/app.html) aims to make spelling tests fun with games like Word Unscramble and HangMouse. Play any of the app’s nine different games or input your child’s own personalized vocabulary list to practice specific words.

**24.** [**Awesome Eats**](https://www.educationalappstore.com/app/awesome-eats)

From the Whole Foods Foundation, Awesome Eats teachings kids about healthy eating, pattern recognition, and sorting, making it perfect for children ages 5-10. Kids must sort fruits and veggies into baskets before the produce falls off the conveyor belt and onto the floor, spoiled. After each level is defeated, the app flashes facts about how to eat right.

**25.** [**Toca Kitchen Monsters**](https://apps.apple.com/us/app/toca-kitchen-monsters/id510301841)

For kids ages 3 and up, [Toca Kichen Monsters](https://apps.apple.com/us/app/toca-kitchen-monsters/id510301841) challenges children to cook food for two hangry monsters using eight different ingredients. It’s a fun game, for sure, but it’s also educational! Kids have to follow directions, listen to ingredient combinations, and season the food the appropriate amount or else the monsters have a habit of spitting.

**26.** [**Samsung Kids+**](https://www.samsung.com/us/support/owners/app/samsung-kids)

Samsung Kids+, an app-based platform for kids ages 3-12, is offering a 30-day free trial. The digital library has hundreds of apps, games, TV shows, movies, and books featuring your child’s favorite characters and brands like Peppa Pig, Toca Boca, and LEGO. Parents can set time limits, as well as track their child’s progress. After the 30 days, Samsung Kids+ is offering a second month for just $0.49. Or, purchase a Samsung Kids tablet and get a 90-day subscription free.

**27.** [**TIME for Kids’**](https://time.com/tfk-free/)

TIME for Kids’ digital library is now free for the rest of the year. With turnkey teaching tools and tips on how to discuss the news with children, TIME is offering four grade-specific digital editions of the magazine. Register [here](https://time.com/tfk-free/).

**28. PJ Masks and Peppa Pig: Happy Mrs. Chicken**

Premium apps PJ Masks: Super City Run (usually $2.99) and Peppa Pig: Happy Mrs. Chicken (also usually $2.99) are now free worldwide on iOSand Google Play from March 25 to March 31.

**Free Online Events and Activities for Kids at Home**

Thanks to the spread of COVID-19, the disease caused by [the 2019 coronavirus](https://www.commonsensemedia.org/coronavirus), it feels like everything is getting canceled. Schools are closed, sports and performing arts are postponed, and field trips are out of the question. And for many parents who are practicing social distancing with their kids at home, finding ways to break up the day and [give kids a sense of routine](https://www.commonsensemedia.org/blog/how-to-keep-kids-learning-when-theyre-stuck-at-home) has been a real challenge. One of the silver linings is that authors, artists, musicians, and creators of educational tools are stepping up to offer free lessons, tours, and concerts that you can check out from the safety of your home.

Whether you want easy lesson plans from Scholastic, a living room concert from [John Legend](https://www.commonsensemedia.org/search/John%20Legend), or a drawing lesson from [Mo Willems](https://www.commonsensemedia.org/search/Mo%20Willems), there's no shortage of fun things to do online. We even have tools to help you find free or reduced-cost internet in your area. So check out this list of resources and events (we'll be updating it as new things are announced).

**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)](https://www.oliverjeffers.com/books#/abookaday/) (Instagram Live @oliverjeffers, uploaded to YouTube after)
* 2:00 p.m. -- [Brightly Storytime, a 5–10 min. picture book read-aloud](https://www.youtube.com/channel/UCvQagFNHMrGgQpYunk4rHXg) (YouTube @ Brightly Storytime)
* 3:00 p.m. -- [Mac Barnett (*Triangle*) reads one of his picture books](https://www.instagram.com/p/B9ueK7AnSO6/) (Instagram Live @MacBarnett)
* ~3:00 p.m. -- [Jeff Norton reads a chapter (5–10 min.) of his sci-fi adventure novel *Alienated*](http://jeffnorton.com/reading-alienated-the-whole-book/) (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](https://offspring.lifehacker.com/actor-josh-gad-will-read-to-your-kids-every-night-1842398287)(Twitter @JoshGad)

Virtual Drawing Lessons

* 11:30 a.m.(T/Th) -- [Drawing with Toddlers, a short drawing lesson from E. B. Goodale](https://www.instagram.com/ebgoodale/) (*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*)](https://www.kennedy-center.org/education/mo-willems/) (YouTube @The Kennedy Center)
* 1:00 p.m. -- [Drawing lessons with Wendy Macnaughton (NYT bestselling illustrator)](https://www.instagram.com/wendymac/) (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)](https://www.youtube.com/channel/UCObbZ-lkhRQ203mtX9ZmgtA) (YouTube @ Jarrett J. Krosoczka—author & illustrator)

Music Classes & Performances

* 9:00 a.m. -- [Music classes from Jam with Jamie (also uploaded for later viewing)](https://jamwithjamie.com/virtual-jam-sessions/)
* 11:00 a.m. -- [Daily music, movement, yoga classes, and more for pre-K/young kids from Union City Play in New York City](https://unionsquareplay.com/)
* 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](https://actorsfund.org/about-us/news/stars-house) (YouTube @The Actors Fund)
* 7:30 p.m. -- [Every night a new recording from The Metropolitan Opera is available to stream](https://www.broadwayworld.com/article/Met-Opes-To-Launch-Free-Nightly-Streams-During-Coronavirus-Closure-20200313)
* Various -- [A full list of live concerts streaming, varying from pop stars to operas](https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown) (curated by NPR)

**Anytime**

Getting Online

* [Find free and low-cost internet and computers in your area](https://www.everyoneon.org/find-offers) (Everyone On, PCs for People)

Educational Activities & Lesson Plans

* [Scholastic Learn at Home: 20 days of education activities, broken up into four grade levels](https://classroommagazines.scholastic.com/support/learnathome.html)
* [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](http://www.amazingeducationalresources.com/) (crowdsourced)
* [Encantos Learning Hub](http://www.encantosbrands.com/learning) (pre–K-1 resources available in English and Spanish)
* [Learn@Home, educational YouTube channels curated by age group](https://learnathome.withyoutube.com/) (YouTube)
* [Sesame Street has videos, games, and activities for younger kids)](https://www.sesamestreet.org/) (sesamo.com in Spanish)
* [Tinkergarten has a week's worth of outdoor education DIY activities](https://www.tinkergarten.com/) (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](https://www.newsicle.co/)
* [News-o-Matic suspends fees for daily news stories for kids K–8](https://apps.apple.com/us/app/news-o-matic-reading-for-kids/id578023255) (News-o-Matic app)
* [Complexly, a series of video series on educational topics ranging from literature to biochemistry](https://complexly.com/) (YouTube)
* [Story Pirates University, writing video lessons from the Story Pirates podcast team](https://www.storypirates.com/storypiratesuniversity)  (YouTube)

Arts, Film, and Music Lessons & Resources

* [Rebel Girls providing 90+ writing/drawing/DIY prompts](https://www.rebelgirls.com/collections/rebel-girls-at-home) (sign up via email)
* [Digital curriculum and lessons available to go along with The Representation Project's films](http://therepresentationproject.org/parent-caregiver/) (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](https://www.bocamuseum.org/programs-events/schools-educators/lesson-plans)
* [CircleTime classes for age 0–6 including yoga, storytime, cooking, and music](https://circletimefun.com/) (registration required)
* [Daily cartooning lessons from MazeToon's Joe Wos](https://www.youtube.com/channel/UC0thYMtZj_O2jV6nS-RY7Fw/featured) (YouTube @HowtoToon)
* [A downloadable coloring book from illustrator Liz Climo](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:bf0b6012-0884-4f73-bc3b-7966d0d8d86c) (PDF)
* [Kanopy, a movie streaming service available with a library card](https://www.kanopy.com/)
* [Interactive pretend play challenges and activity sheets from the Bay Area Children's Theater Creativity Corner](https://www.creativitycorner.org/) (YouTube)
* [Quarantine Art Club, a daily drawing challenge from illustrator Carson Ellis (*Du Iz Tak?*)](https://www.carsonellis.com/blog/2020/3/16/qac-assignment-1-self-portrait) (Instagram @carsonellis)
* [Stop Motion Kids Camp enrollment from artist Trisha Zemp is being offered for free](https://stopmotion.school/p/stop-motion-kids-camp) (redeem enrollment code by [sharing one of Zemp's posts](https://www.instagram.com/p/B9xbeO9DYWu/) on Instagram @trishazemp)
* [Drawing and comic-creating prompts from Jarrett Lerner](https://jarrettlerner.com/activities/) (*Enginerds*)
* [Printable coloring pages from Latinx artists from Veoleo (donations encouraged)](https://veoleo.co/coloring-sheets)
* [Printable coloring pages featuring Latinx trailblazers from Con Todo Press](https://www.contodopress.com/free-downloads)

Audiobooks & Virtual Storytime

* [Audible Stories, an extensive streaming library of children's and young adult audiobooks](https://stories.audible.com/start-listen) (Amazon Audible)
* [Authors read their books aloud (curated on Kate Messner's website)](https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/) (YouTube)
* [#OperationStorytime, a partnership with picture book authors and Romper to read their stories aloud](https://twitter.com/i/events/1239585327255191558) (posted and curated on Twitter @romper, updated regularly)

Virtual Tours

* [Virtual tour of American National Parks](https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome) (Google Arts & Culture)
* [Virtual tour of the deYoung Art Museum in San Francisco](https://artsandculture.google.com/partner/de-young-museum?hl=en) (Google Arts & Culture)
* [Virtual museums, classes, and exhibits in San Francisco](https://redtri.com/san-francisco/virtual-tours-online-classes-for-kids-san-francisco/) (curated by Red Tricycle)
* [Virtual museums, classes, and exhibits in Seattle](https://redtri.com/seattle/museums-and-attractions-with-virtual-programs-in-seattle) (curated by Red Tricycle)
* [Virtual museums, classes, and exhibits in San Diego](https://redtri.com/socal/live-camera-virtual-san-diego-experiences) (curated by Red Tricycle)
* [Virtual museums, classes, and exhibits in Chicago](https://redtri.com/chicago/social-distance-as-a-family) (curated by Red Tricycle)
* [Virtual tour of the Smithsonian National Museum of Natural History](https://naturalhistory.si.edu/visit/virtual-tour)
* [Virtual tour of the Louvre museum in Paris, France](https://www.louvre.fr/en/visites-en-ligne)
* [Virtual tour of the Metropolitan Museum of Art in New York](https://www.metmuseum.org/art/online-features/met-360-project)
* [Virtual tour of the Boston Children's Museum](https://www.bostonchildrensmuseum.org/museum-virtual-tour) (Google Earth)
* [Virtual tour of the Great Wall of China](https://www.thechinaguide.com/destination/great-wall-of-china)
* [Virtual tour of Mars from pictures from NASA's Curiosity rover](https://accessmars.withgoogle.com/) (Google)
* [Virtual "field trips" to zoos, dairies, symphonies, and operas](https://redtri.com/virtual-field-trips/) (curated by Red Tricycle)

Fun & Games

* [Family Time Machine, ideas for activities for the whole family, available in Spanish](http://www.familytimemachine.com/)
* [Virtual rides on Disney attractions](https://www.popsugar.com/family/videos-virtual-disney-rides-47314693) (YouTube, curated on PopSugar)
* [Virtual "Dungeons & Dragons" trial adventure from Wizards of the Coast](https://lifehacker.com/beat-the-coronavirus-blues-with-a-free-dungeons-drago-1842397668) (Roll20)
* [Mobile and console games, including Alto's Adventure and The Sims 4, available for free or on sale](https://www.theverge.com/2020/3/17/21184104/cheap-free-games-ps4-xbox-one-pc-switch-ios-android) (curated by The Verge)
* [Amazon's original kids' series will be available for free (with or without a Prime account)](https://www.amazon.com/gp/video/storefront/ref%3Datv_hm_hom_1_c_ZWyNDQ_fMHI51_1_1?contentId=freeforall&merchId=freeforall) (Amazon Video)

**RELAXATION APPS**

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

**Free**

1. **Stop Breathe and Think (**[**free on iOS**](https://apps.apple.com/us/app/stop-breathe-think/id778848692)**and**[**Android**](https://play.google.com/store/apps/details?id=org.stopbreathethink.app&hl=en_US)**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.
2. **Stop, Breathe and Think Kids (free on**[**iOS**](https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068)**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](https://psyberguide.org/expert-review/stop-breathe-think-an-expert-review/), according to the website [psyberguide.org](http://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.
3. **Calm App (**[**free or 7-day trial on iOS**](https://apps.apple.com/us/app/calm/id571800810)**and**[**Android**](https://play.google.com/store/apps/details?id=com.calm.android&hl=en_US)**with subscription content)**. The Calm App and the Stop, Breathe and Think app are the two most used amps 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](https://wa-health.kaiserpermanente.org/best-meditation-apps/). 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.
4. **Headspace (free with subscriptions available**[**iOS**](https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008)**and**[**Android**](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en_US)): 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.
5. **Breathe2Relax** **(Free for**[**iOS**](https://apps.apple.com/us/app/breathe2relax/id425720246)**and**[**Android**](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US)): To quote MakeUseOf.com, “[Breathing from our diaphragm has shown to reduce anxiety and stress while helping you stay calm](https://www.makeuseof.com/tag/10-calming-apps-destress-clear-mind/).” 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.
6. **Colorfly (free for**[**iOS**](https://apps.apple.com/us/app/colorfly-coloring-book/id1020187921)**and**[**Android**](https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_US)**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](https://www.makeuseof.com/tag/de-stress-go-iphone-coloring-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.
7. **Smiling Mind (free on**[**iOS**](https://apps.apple.com/us/app/smiling-mind/id560442518)**and**[**Android**](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_US)): 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](https://www.makeuseof.com/tag/10-calming-apps-destress-clear-mind/) that train people to deal with stress in the classroom or workplace.
8. **Solitaire (free on**[**iOS**](https://apps.apple.com/us/app/solitaire/id359917414)**,**[**Android**](https://play.google.com/store/apps/details?id=com.cardgame.solitaire&hl=en_US)**and**[**Windows**](https://www.microsoft.com/en-us/p/classic-solitaire-free/9wzdncrfj2sm)**)** – 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](https://www.theglobeandmail.com/life/facts-and-arguments/with-constant-mind-games-solitaire-is-my-relief/article24569152/).

**Some Cost**

1. **Ambi Pro ($1.99 for**[**iOS**](https://apps.apple.com/us/app/ambi-pro/id975133853)**)**. 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.
2. **Buddhify ($4.99 on**[**iOS**](https://apps.apple.com/us/app/buddhify-meditation-on-the-go/id687421118)**and $2.99 on**[**Android**](https://play.google.com/store/apps/details?id=com.lvlup.buddhify&hl=en_US)**)**: 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](https://psyberguide.org/expert-review/buddify-expert-review/) that can help you deal with occurring or re-occurring stress.