

146th AW COVID-19

YOUTH GUIDE



As part of our continued service during this time of uncertainty, the 146th Resiliency Team has developed this guide of resources and information revolving around COVID-19.

With the publication of each guide, the resources will change to allow new information to be added. You can access past guides or reach out to the 146th Resiliency Team for help in accessing previously shared resources/information.

Any resources, websites, or the appearance of external logos does not constitute official endorsement on behalf of the U.S. Air Force or Department of Defense.

This guide is designed to be a tool to help members and their families positively navigate the challenges posed by the COVID-19 coronavirus outbreak.

If you find a resource is no longer valid please reach out to a member of the 146th Resiliency Team so this guide can be updated.

You can also find additional information by downloading the 146th Airlift Wing App.

Arts and Education Resources

[123 Homeschool Me](#)

Free worksheets 1st – 8th grade

[2Simple](#)

Purple Mash is a website designed for children aged 3-11. It contain creative tools for coding, animation, publishing, art and also applications for math, spelling and grammar.

[AFSA Education Foundation](#)

The entire MoneySKILL course is available for teachers, parents, and other educators for free at all times.

[All Kids Network](#)

Free resources for parents and teachers, crafts, worksheets, coloring pages, printable mazes, dot to dot, hidden pictures and more.

[Boromi](#)

A multi award-winning network of play libraries empowering families to connect, talk and play together at home.

[Chrome Music Lab](#)

Chrome Music Lab is a website that makes learning music more accessible through fun, hands-on experiments.

[Coloring Nature](#)

Our coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy – just for fun.

[Creating a Masterpiece](#)

An award winning fine art training program for students 5 and up. First month of access to our award winning Drawing Program is free with the code: Corona2020

[Black Box Education](#)

Digital and interactive resources for drama, dance and theatre. 6 free resource packs for digital, online schooling.

[Busy Kids Do Piano](#)

Free month of lessons with coupon code PIANOATHOM

[GoNoodle](#)

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free for school and home use.

[HippoCampus](#)

Explore over 7,000 free videos in 13 subject areas. You can create a free account and create customized playlists



Mental Health Resources

[Medscape](#)

Managing Children's Fear, Anxiety in the Age of COVID-19

[Supporting Kids Through the COVID-19 Crisis](#)

Tips for nurturing and protecting children at home.

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

Tips for parents with older children at home.

[Anxiety and Coping With the Coronavirus](#)

Managing worry — your kids' and your own.

[Resources for Families of Children on the Spectrum](#)

From how to talk to kids with autism about the coronavirus to how to teach handwashing and develop schedules.

[Giving Kids With ADHD Support and Structure During the Coronavirus Crisis](#)

Managing attention (yours and theirs) will help kids thrive.

[Anxious Stomach Aches and Headaches](#)

Anxiety in children sometimes manifest physically. Here's what to watch for.

[How to Help Children Manage Fears](#)

Tips for teaching children how to build resilience and learn to calm themselves down, even when things feel scary.

[Tips for Calming Anxious Kids](#)

Go-to techniques for coaxing anxiety-prone children out of their fears from a Mom who's been there.

[How Anxiety Leads to Disruptive Behavior](#)

Kids who are acting out, melting down, or being defiant may actually be seriously anxious.

[What to Do \(and Not Do\) When Children Are Anxious](#)

How to respect their feelings without empowering their fears.

[Panic Attacks and How to Treat Them](#)

Knowing what to look for and how to help children calm down is key.

[The Power of Mindfulness](#)

How a meditation practice can help kids (and parents) feel less anxious and more relaxed.



Military OneSource

Military OneSource has resources for you for the Month of the Military Child, April 2020!

We are also offering a Military Child Appreciation kit. Visit Military OneSource to order your own kit including a drawstring backpack, chill drill, popsocket, frame magnet, and a bookmark!

Additionally, the article “Take Advantage of Online Learning Resources While Schools Are Closed” offers MWR digital library resources for virtual learning opportunities.

Lastly, Dolly Parton’s Imagination Library is hosting weekly “Good Night With Dolly” sessions where Dolly is reading a bedtime story. The first book, “The Little Engine That Could” by Watty Piper is available on YouTube. Visit the website to learn what other books will be read every Thursday for the next nine weeks.

Watch Webinars

*Mo Willems, of “Don’t Let the Pigeon Drive the Bus” and “Elephant and Piggie” fame, is hosting ‘lunchtime doodles’ at 1 p.m. Eastern www.kennedy-center.org/mowillems.

*Jarret J. Krosoczka, author of the “Lunch Lady” graphic novel series and the National Book Award finalist “Hey, Kiddo,” is hosting daily drawing webcasts on YouTube at 2 p.m. Eastern for all ages.

*Khan Academy is a great, free resource for instructional videos on many topics. www.khanacademy.org

*Mystery Science is offering free science lessons during school shutdowns. www.mysteryscience.com

*TED-Ed has video lessons and series by top educators, made into animated videos for kids. www.ed.ted.com

*The Kennedy Space Center is having live presentations on Mondays, Wednesdays and Fridays on Facebook Live at 9:30 a.m. Eastern for younger children, and 1 p.m. for young adults. <https://www.facebook.com/KennedySpaceCenterVisitorComplex/> and <https://www.facebook.com/NASAKennedy/>

*Scholastic Learn at Home: Day-by-day projects to keep kids reading, thinking, and growing. https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed

Military Family/Child & Youth Resources

**FREE MEALS FOR ALL CHILDREN DURING SCHOOL CLOSURES: MEALS ARE AVAILABLE MON-FRI
1030AM-1230PM. LOCATIONS CAN BE FOUND AT: [HTTPS://WWW.VCOE.ORG/MEALS](https://www.vcoe.org/meals)**

- Service Members and families in need of assistance may call the 24/7 Service Member and Family Assistance Helpline at 1-800-449-9662. Email messages may also be sent from the state Family Programs website: <https://calguard.ca.gov/family-programs/> . Not all offices are currently manned, however services remain available.
- Education companies offering FREE subscriptions due to school closings: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Check the School Website:** First see if your teacher or school has learning packets or classes via Google classrooms or Zoom. States and cities that are shutting down schools generally provide some online resources. Check with your child's teacher or principal for guidance for a free homeschool curriculum. NBC Learn's Parent Toolkit has guidelines for what students ought to know by the end of the year. <http://www.parenttoolkit.com/>
- Free Books sent to your home: Did you know you can get books sent to your house for free using the **United Through Reading App**? Service members can video record themselves reading a book and be available on demand for the children in their lives to watch anytime. To request your free book, go to utr.org/app (This is for members who are deployed or have been recently activated).
- Brain Fuse** - <http://main.lacounty.ca.brainfuse.com/authenticate.asp>: If you have a library card for LA County Library or you can sign up for digital one, you can get free homework help and tutoring support from 1-10pm every day



Audio Books and Podcasts

Audible announced a **free** Audible Stories website with audiobooks for children of all ages! Everything on the site is free, with no login or membership required.

- **NPR's WOW in the World**
- **Story Pirates** – This podcast is pure fun. If you are a fan of sketch comedy and musicals, then this podcast brings both together in half-hour episodes that are silly, wacky, filled with music and always surprising. A BIG bonus is that the ideas for each episode are written by kids who submit them to the Story Pirates in the hopes of seeing their stories brought to life by a troupe of professional actors, storytellers and comedians.
- **Brains ON!** – This is a must-listen podcast for curious kids. Every episode delves into why and how things work, where things come from and so much more. The topics are wide-ranging, which makes it great for any kid. They can learn how elevators work, the design ideas behind roller coasters and why some of us feel sick when we're riding them and much more.
- **Hero Hotel** – In this fiction, comedy, adventure podcast, listeners meet Chet Zebrowski, who works at his Grandma Zee's hotel for superheroes. When trash monsters, glam-rock singers and static-electric villains invade the hotel – all while the heroes are on vacation and unwilling to lift a finger – it's up to Chet and his super-power cat Boomer to save the day. This podcast is packed with superheroes, villains who need to be stopped, big laughs, cliff-hangers, talking cats and more.
- **ExtraBlurt** – The whole family joins in as contestants in this audio game show, whose episode themes run the gamut from "Outerspace Invaders" to "You're Gonna Eat That," "Heading to Hogwarts" and "The Pets We Get" and so many more. Listeners are encouraged to shout out answers as hosts Natalie and Ezequiel pose fun-filled challenges and tricky trivia questions designed for ages 8 – 12. If you're looking for topics for younger kids, there's also ExtraBlurt Junior for ages 5 – 8.
- **Grim, Grimmer, Grimmest** with author Adam Gidwitz ("A Tale Dark and Grimm") offers safely thrilling spooky tales.
- **The But Why?** podcast includes an episode to explain what's happening with coronavirus to kids.
- **Animal Safari** – This podcast is chock-full of delightful animal knowledge, along with some weird, wacky and slightly gross facts (the very kind kids will love). Listeners find out all about the luckiest cat in the world, how sloths go from slackers to superstars and what odd noises cute, fluffy koalas make. This podcast also takes listeners around the globe and slips in cool facts about habitats and the geographical locations where each animal lives.
- **Smash, Boom, Best** – This is a debate show for kids and families and in every episode, two cool things get "smashed together" and you decide which one is best. Cats vs. Dogs? Pizza vs. Tacos? You decide along with kids who debate with passion to make their case.
- **Tara Tremendous: The Secret Diaries** – When 11-year-old Tara Callahan accidentally acquires the powers of every superhero in the world, her life goes from ordinary to extraordinary. Filled with mystery, action, adventure and comedy. "Tara Tremendous: The Secret Diaries" is a musically-infused audio serial for the whole family.
- **Don't Break the Rules** – Listeners tune into laughs, burps and the occasional unicorn as four voice actors create new characters for every episode of this comedy-improv game show. This is funny, silly, co-listening fun.
- **The Story Seeds** podcast shows the creative process in real time, with kids and authors collaborating on story ideas.
- **Mother Tongue with Sirine** – This podcast takes listeners around the world to learn new words in new languages in every episode. Listeners will learn about culture, music, food and language and are encouraged to respond to host Sirine's calls to sing, speak and repeat throughout each episode. Languages learned include Italian, Koori, Hindi, Arabic, Samoan and many more. Storytelling, song and music help reinforce the new words learned and expand listeners' understanding of global cultures.

Activities and Stuff to do!

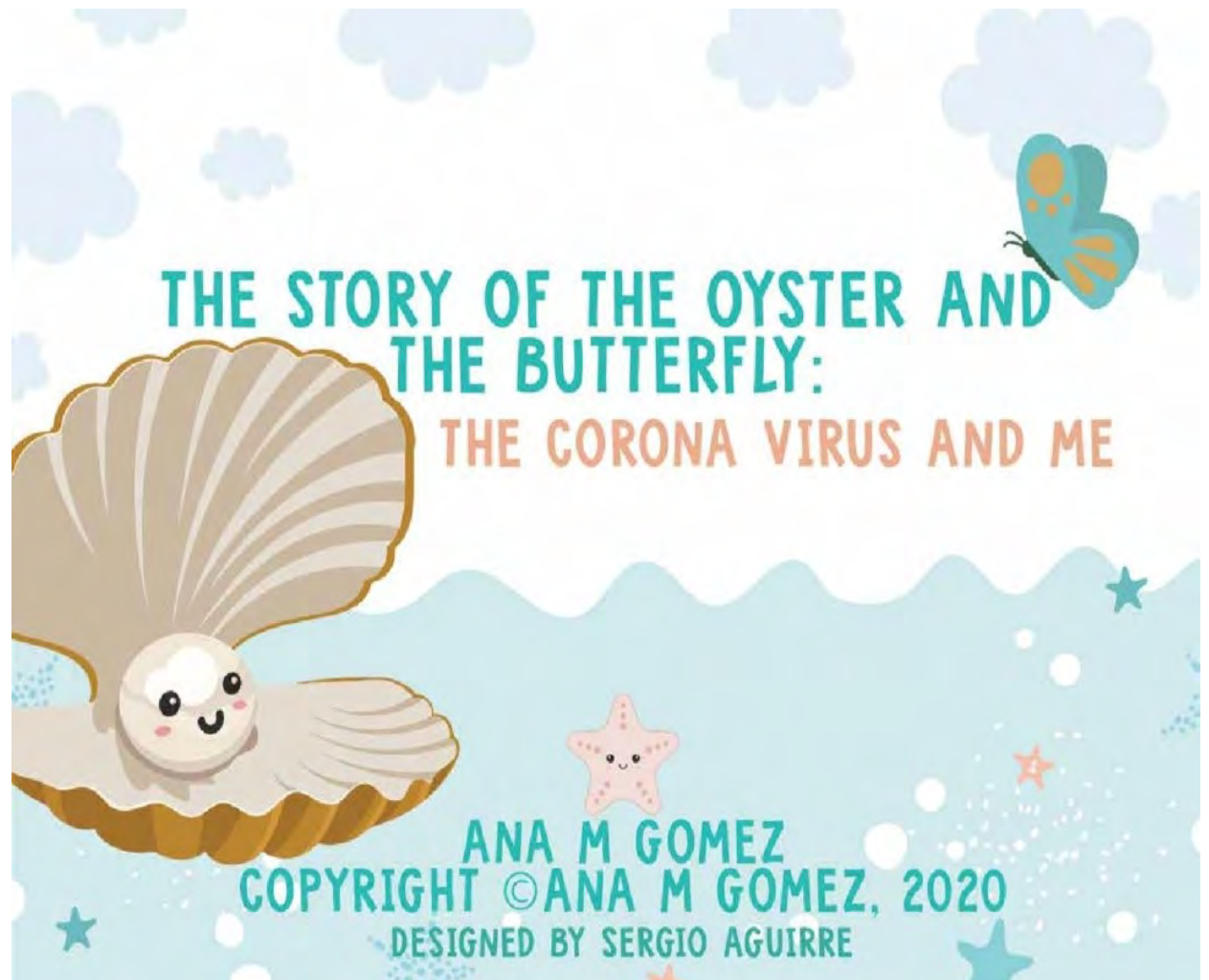
- * Education companies offering [FREE subscriptions](#) due to school closings.
- * These dairies offer [virtual farm tours](#).
- * [20 virtual field trips](#) to take with your kids.
- * 4-H Inspire Kids to Do [Activity Guide](#)
- * Cleveland Inner City Ballet to launch [Virtual Online Ballet Instruction Program](#)
- * [Parent Tool Kit](#) is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults. Our advice also covers important topics for navigating life after high school.
- * [Watch](#) Astronauts reading stories from space.
- * One of the best things America has done was establish [the national parks system, conserving the nation's ecological heritage](#) and pristine wilderness for everyone to enjoy. Arches National Park, Badlands National Park, Black Canyon of the Gunnison National Park, Channel Islands National Park, Denali National Park and Preserve, Glacier National Park, Mesa Verde National Park, Shenandoah National Park, Wind Cave National Park, Yellowstone National Park, Yosemite National Park, and Zion National Park .
- * Actor Josh Gad is [reading books](#) to kids online every night during Coronavirus quarantines.
- * [Virtual Dissections and Labs](#) – save yourself the mess and stress.
- * [The Giant List of Freebies](#), Deals, & Resources for Military Families/ Vets to Use During COVID-19.
- * [\(Stem\) Lesson Plans](#) – Building the next generation of space leaders.
- * [If you're cooped up inside](#) over these coming weeks, maybe drop these cams into the old bookmark bar. Sea otter feeding time, Alaskan brown bears emerging from hibernation, European brown bears lolling about, otherworldly jellyfish, and more. We'll update and add to this periodically.
- * [Imagineering in a Box](#)
- * [Famous museums are offering virtual tours](#).
- * [Paris Museums](#) put 100,000 images online for unrestricted public use.
- * [Stuck at home](#) with the kids for a while? Need some activities to keep them active? Look no further! They can also be viewed on YouTube. For kids aged 4 – 9, they will tour Dutch Hollow Farm. Kids aged 10 – 13, they will tour Will-O-Crest Farm. High school kids can enjoy JoBo Holsteins Farm.
- * [Tigers](#), leopards, wolves, snakes, and also a lot of cutesy animals like pandas and cats and several breeds of dogs, can be recreated in 3D in front of you, letting your kids (or your inner kid, we won't judge) have fun and be creative with different possible snaps and setups.

Read the story of the Oyster and the Butterfly!

[The Story of the Oyster and the Butterfly: the Corona Virus and Me](#)

These unprecedented times can cause anxiety for everyone, including young children. Ana M. Gomez wrote The Story of the Oyster and the Butterfly: the Corona Virus and Me to help children deal with their feelings of worry, fear, and anxiety.

The author shared this story with providers at Stewart Memorial Community Hospital to help the children in our community find ways to recognize their feelings in a healthy way. Please feel free to read the story, print the pages, and talk with your children about coronavirus and what we need to do to stay healthy and protect our friends and family.





EDUCATIONAL/ACADEMIC SUPPORT AND RESOURCES

•**Google Chrome** extensions for struggling students and special needs:

Technology can be a powerful tool to assist students with special needs or any sort of learning challenge. In particular the Chrome web browser allows users to install a wide variety of web extensions that provide tools that can help all learners, regardless of ability level. <https://www.controlatachieve.com/2016/10/special-needs-extensions.html?m=1>

•**NPR FREE National Emergency Library** – there are over 4 million books available through NPR online. <https://archive.org/details/nationalemergencylibrary>

•**Amazing Educational Resources** contains a database of various educational resources and supports available to youth and their families. Each resource listed is designed to help support academic growth at all age levels. NOTE: Some links may require the user set-up a profile and/or provide some personal information – please exercise caution when utilizing each website if you do not wish to have your name, email or other identifying information released to a third party. LINK: <http://amazingeducationalresources.com/>

•**Curriculum Associates** has developed a website in response to many schools closing over concerns of the COVID19 coronavirus. The website provides parents/guardians with printable activity packs for mathematics and reading, starting with Kindergarten and going through eighth grade. LINK: <https://www.curriculumassociates.com/supporting-students-away-from-school>

•**Have Fun Teaching** provides families with access to Coronavirus Relief Packs (by grade level) to foster continuous learning at home. LINK: https://www.havefunteaching.com/resources/relief-packs/?fbclid=IwAR2adiBm3ztnFKaFMPSPgBibEv7UqKpD14VnqkV3Hk_Hxyx3IXGdHGMZSSk

•**Military OneSource** Morale, Welfare and Recreation Digital Library provides free, online resources to Service Members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job. LINK: <https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library?fbclid=IwAR3dNidIFnW7uRPuMsbDUjJG6SycxsbdWl014v90mZNVvKUNvRxBDsoolgm>

•**Scholastic Learn at Home** is offering daily lessons and projects to keep youth engaged in learning at all ages. LINK: <https://classroommagazines.scholastic.com/support/learnathome.html?caching>

•**Starfall.com**® opened in 2012 as a free public service to teach children to read. Since then, it has gone on to include language arts and mathematics for youth in grades PreK through third grade. Starfall's emphasis is on phonemic awareness, systematic sequential phonics

•**Busy Toddler** is a site with more than forty different games and activities for kids under the age of five. Take a moment to explore the different activity ideas. Most of the activities do not require a large amount of materials; many utilize materials you may already have around the house. LINK: https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0AwghzxgnhwOajc4auX6o12_xw

•**Centervention** provides free tools, resources and activities to support social and emotional learning (SEL) in youth. For many youth SEL is not a new concept, as they encounter aspects of it each day at school. Take a moment to explore these free SEL resources made available through Centervention. LINK: <https://www.centervention.com/social-emotional-learning-activities/>

•**Resources for Children with Autism:** www.howtoaba.com, during the current COVID-19 pandemic, parents need to be armed with the right tools to not only manage, but educate their children at home. How to ABA will be creating and collecting an ongoing list of resources of technology sites and apps that parents can use at home with their children.

Boys & Girls Clubs of America Military & Outreach Services

RESOURCES FOR MILITARY FAMILIES DURING
COVID-19 SCHOOL CLOSURES
March 17, 2020



First Steps

Start with a family discussion: what do you think will be the biggest challenges in a remote learning environment? What strengths does each family member have to help children stay focused and organized?



Best Practices

Make the most of children's time at home. A critical component for a good mental state is feeling connected to others. Allow children to share their thoughts and ask questions.



Resources

Maintaining a routine will be important. Identify resources, starting with the list below, that can assist your family during COVID-19 school closures.

Boys & Girls Clubs of America (Military & Outreach Services), is collecting information daily for senior leaders, school liaison officers, youth development professionals and community members to share with our military families to provide tips on scheduling learning activities for military kids who are home for long periods of time. Please know that Boys & Girls Clubs of America will continue to update the military community regularly to keep staff and families informed of additional resources.

BGCA MyFuture.net: MyFuture provides members with a safe, fun digital platform to showcase their work and earn recognition in the form of stars, badges and master badges.

- It's a space where kids can interact with each other — free from the prospect of cyberbullying — and share their accomplishments locally and nationally.
- It's a great way to experience BGCA's digital programming, make friends and build a positive self-image through online achievement and it's free! [Myfuture.net](https://myfuture.net)

Youth Development Toolbox: Parents can download the latest version of BGCA's Youth Development Toolbox app. The YD Toolbox mobile app provides easy, immediate access to activities that give youth a high-quality experience. Features include:

- Quick Tool allow easy access to the elements that make up high-quality youth activities, including community builders, energizers and reflections.
- Content will be updated regularly, so please continue to check back. Download the YD Toolbox app from Google Play or the Apple App Store.

Military OneSource: The Military OneSource Branch of Service portal provides access to service-specific news, resources and social media. [Militaryonesource.mil/](https://militaryonesource.mil/)

Military Child Education Coalition: Military Families Behavioral Health Guides:

- Anxiety in Young Children: A Military Parents' Guide through Transition
- Depression in Youth parent guide
- [Militarychild.org/behavioralhealth](https://militarychild.org/behavioralhealth)

Homeschool.com: Hundreds of printable activities and worksheets for children grades PreK-12

- Sample curriculum, coloring pages, games, worksheets, puzzles and more.
- Browse educational print resources for children by age and subject
- [Homeschool.com/printables](https://homeschool.com/printables)

Sesame Street for Military Families: App and website provide a host of activities that encourage families to talk, listen and connect.

Family support services, youth learning sites and more to help all military youth and their families build skills needed to be resilient.

[Sesamestreetformilitaryfamilies.org](https://sesamestreetformilitaryfamilies.org)

Month of the Military Child – April, 2020



Month of the Military Child is observed to recognize and honor military children for their contributions and support to Airmen and the 146 Airlift Wing. We want to hear from them in our 3rd annual Month of the Military Child Essay Contest!

2020 Theme: Military Kids Can!

Answer the question: What does it mean to you to be a military child?
Tell us for the chance to win prizes!

Who: Any child who has a connection to the 146 AW
(parents/aunts/uncles/grandparents/etc).

There will be 3 Categories (each with subcategories):

1. Color Contest: ages 2-4 & ages 5-6

Rules: Color a picture that shows Military Kids Can! (attached)

2. Short Story: Ages 7-9 & Ages 10-12

Rules: Write a 150 - 250 word essay about how Military Kids Can!
(10-12 should shoot for 250 words)

3. Essay Contest: Ages 13-15 & 16-18

Rules: Write a 500 word essay about how Military Kids Can!

* Short story and essay entries must be typed or neatly written. Be thoughtful in your answer. Tell us what it means to you to be a military child and how you can!

* Entries are judged for content, form, presentation of the main idea and creativity. Prizes are given for the winners of each of the age categories.

* Completed entries must contain: Contestants name, age, and parent contact info.

* Entries will not be accepted without completed entry form.

Email entries to:

julie.d.morency.civ@mail.mil

For questions please call: 805-986-7468

Submissions are due at the end of day

DATE CHANGE TO April 22ND.

Military Kids Can!



146 AW

First Sergeant Council & Key Spouse/Key Volunteers

Month of the Military Child Essay Writing Contest Entry Form

This form must be included with your entry and returned to Julie Morency by 4:00 PM on (NEW DATE):
WEDNESDAY 22 APRIL. They may be delivered to the office or emailed to: julie.d.morency.civ@mail.mil

**Entries received after that time and/or without this form will not be able to be accepted. Participants
MUST be related to a current 146 AW member or SMR assigned to 146 AW
(child/grandchild/sibling/niece/nephew).**

Last Name: _____ First Name: _____

Age: _____ Grade in School: _____

Relation to member of 146 AW (ie: child, sibling, grandchild): _____

146 AW member name that I am related to: _____

Signature of Service Member: _____

Signature of Parent (if different from Service

Member): _____

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Completed entries must contain: Contestants name, age, and parent contact info. Submissions due end of day April 1st (NEW DATE: WEDNESDAY 22 APRIL). Entries will not be accepted without completed entry form.

Winners will be announced on Sunday April 5, 2020. (NEW DATE: Sunday 3 MAY)

Questions may be referred to Julie Morency at julie.d.morency.civ@mail.mil or (805) 986-7678

#*FlowerHunt*

MARCH 19 MARKS THIS YEAR'S EQUINOX, WHICH WILL BRING THE EARLIEST SPRING IN 124 YEARS. NOW, MORE THAN EVER, WE NEED TO FEEL CONNECTED DURING THIS TIME OF DISTANCING AND ISOLATION. FLOWER HUNT IS A WAY FOR US TO CONNECT WITH ONE ANOTHER EVEN WHEN WE MUST PHYSICALLY BE APART.

INSTRUCTIONS:

Print and place these flowers in your window to spread a little joy to neighbors and friends passing by. Share your flower hunt experience! Tag @Healthcorps and use #flowerhunt.



#FlowerHunt

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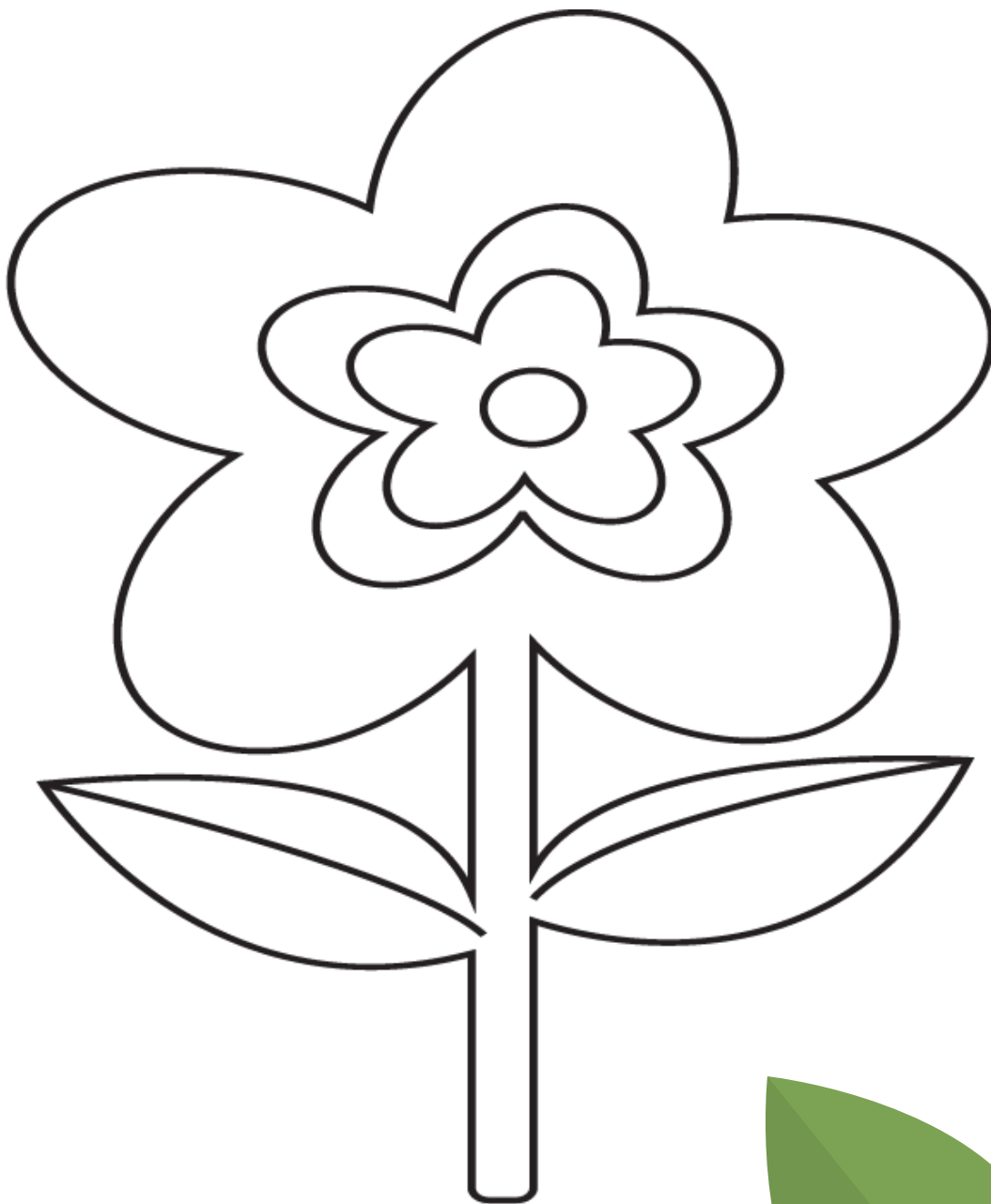


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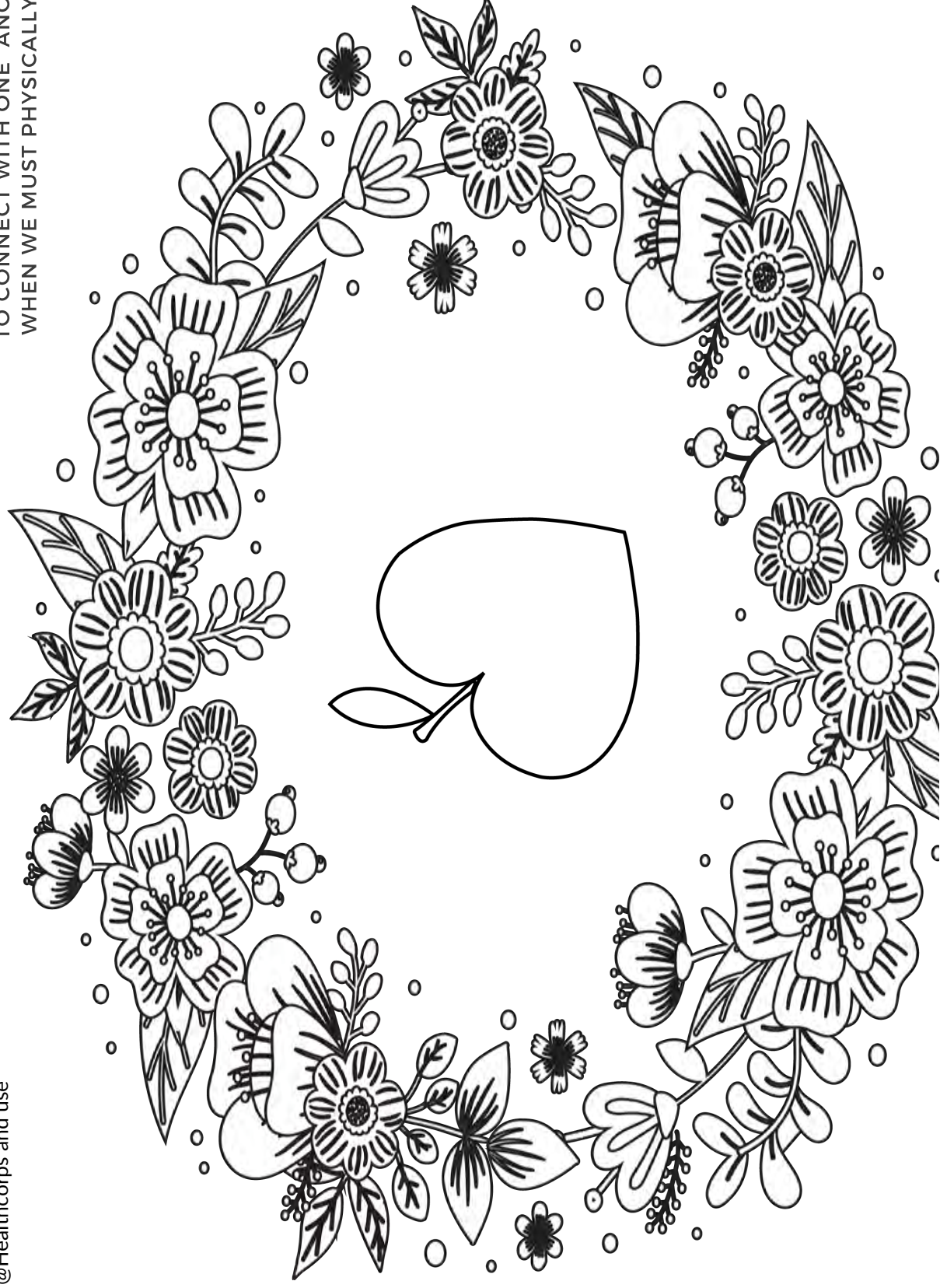


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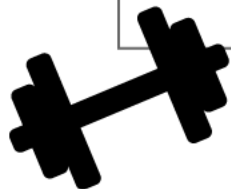
#stayhome BINGO

Staying home doesn't mean you can't have fun,
learn new things, or practice better self-care.

Can you get five in a row this week?



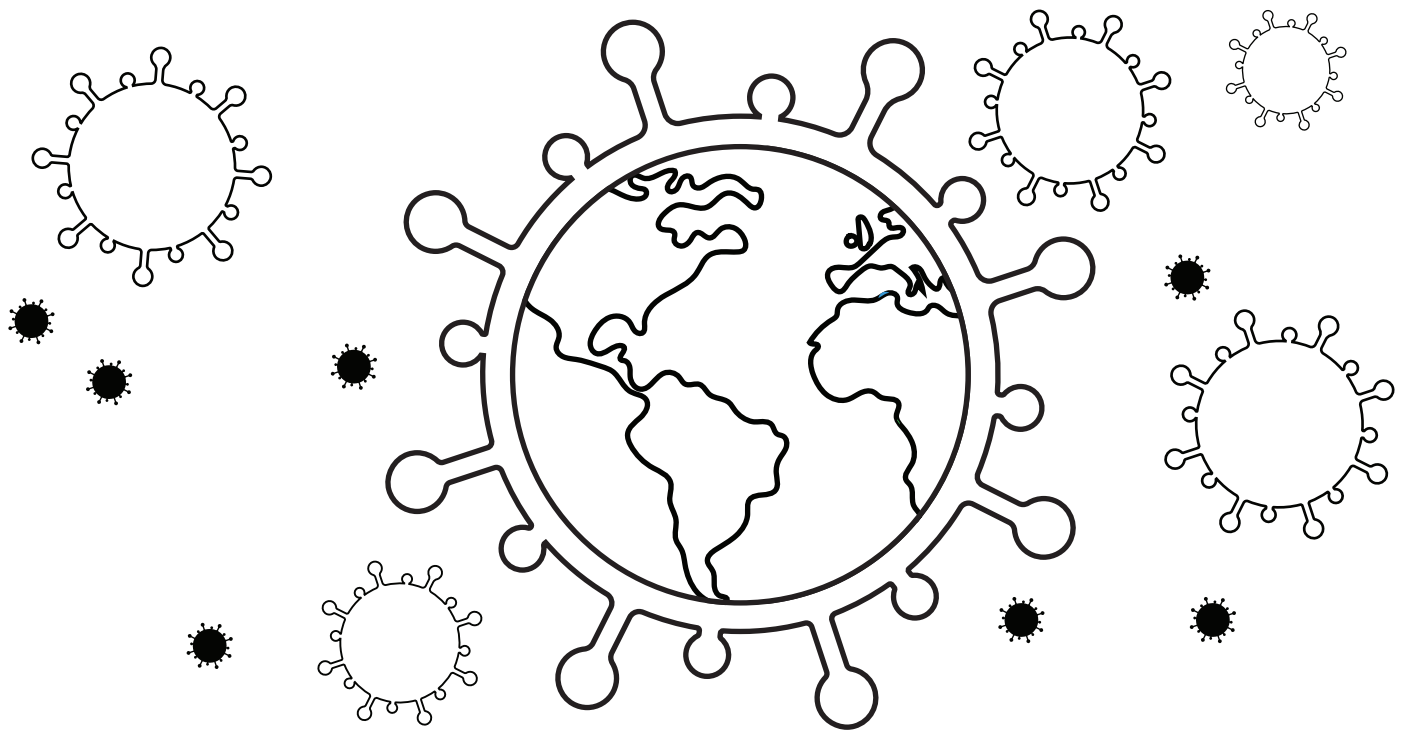
Do 30 jumping jacks	Create a new smoothie and add something green	Hold a 30 second plank	Start your day by saying "today is going to be a good day" x3	Journal the prompt "What 3 things have I learned about myself this week?"
Drink a glass of water at every meal today	Spend 10 minutes in the sun. Vitamin D is free!	Cross something off your To-Do List that's been on there for a while	Do 50 jumping jacks	Tell someone how much you appreciate them
Dance party with your #stayathome fam	Read a book	free	Organize your bedroom... Marie Kondo style	Learn a fun new skill
_____ brings me joy. I did it today!	Do an at-home meditation	Prepare a meal with your #stayathome fam	Five long, deep breaths. In for 6- Hold 4 - Exhale 8	Start your day with a 5 minute full body stretch
Video chat with someone you miss	Post an after workout #sweatselfie and tag @healthcorps	Go to bed one hour earlier than you have been	Go social media free for 24 hours	25 push-ups in a day



@healthcorps



MY 2020 COVID-19 TIME CAPSULE

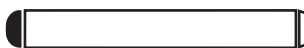


BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

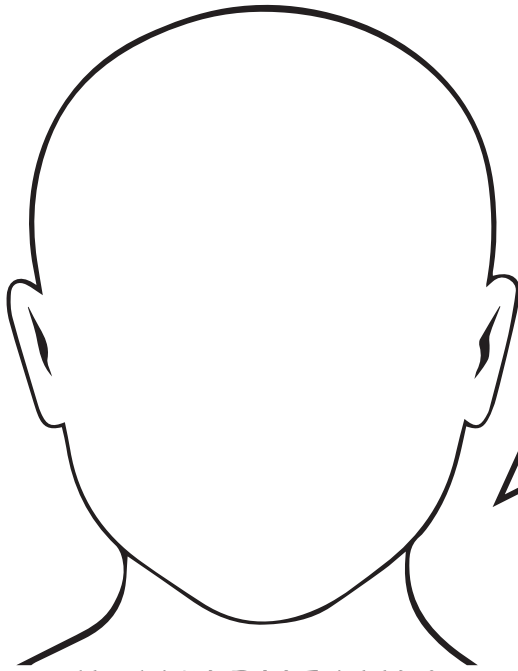
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE:

HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

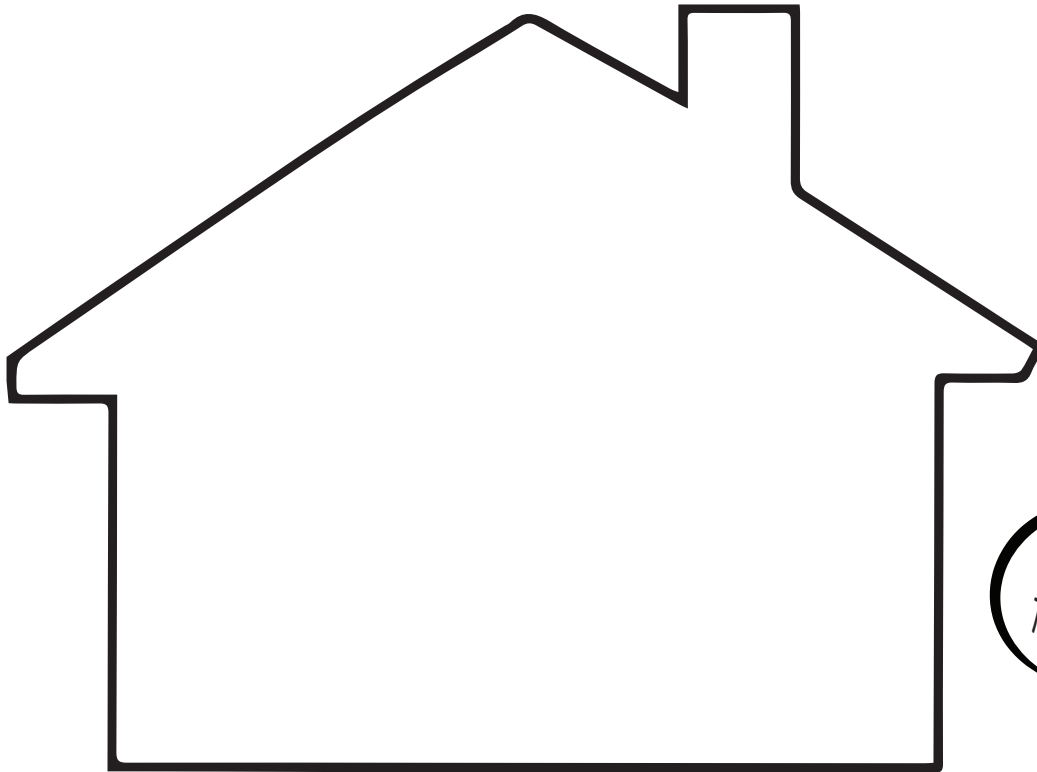
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING
TO KEEP BUSY:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

LETTER TO MYSELF

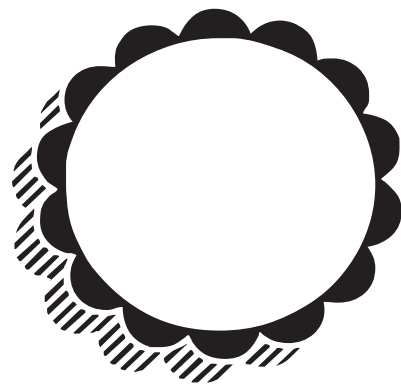
DEAR,

LOVE,

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

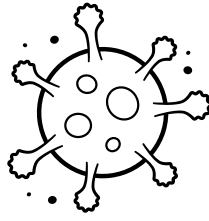
FAVOURITE TIME OF DAY: _____

GOAL/S FOR AFTER THIS:

LETTER FROM YOUR PARENTS

DEAR,

LOVE,



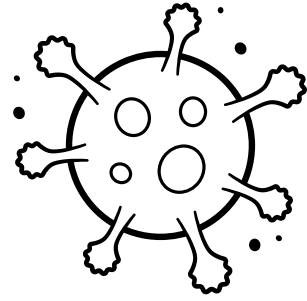
Learn about the
CORONAVIRUS

COLORING BOOK



together.stjude.org

You might have heard lots of people talking about something called the “coronavirus.” Coronavirus is a type of virus that can make you feel sick.

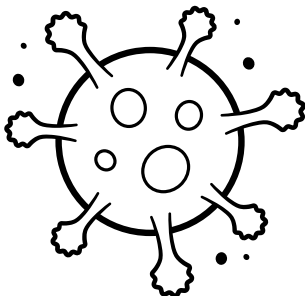
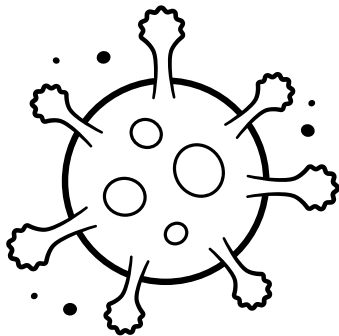
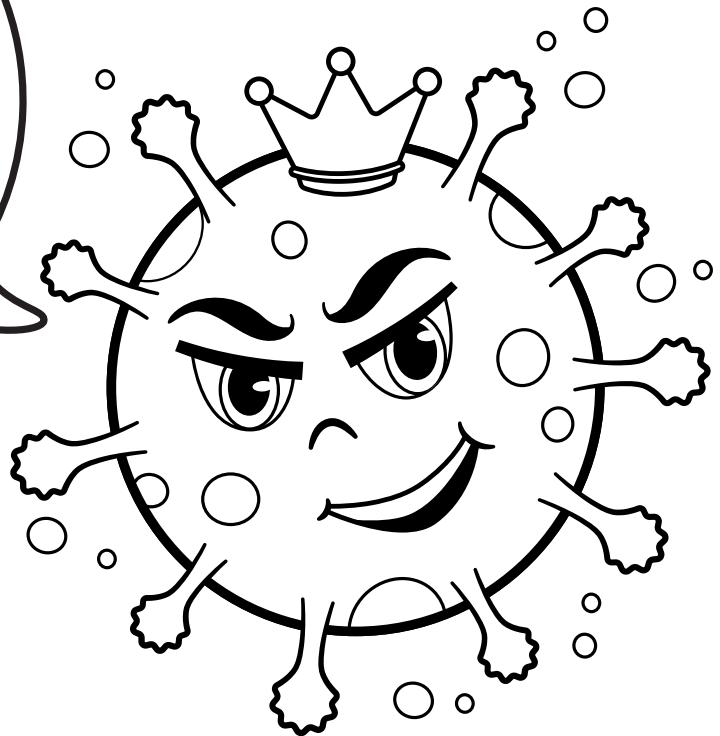


Some people
also call me

COVID-19

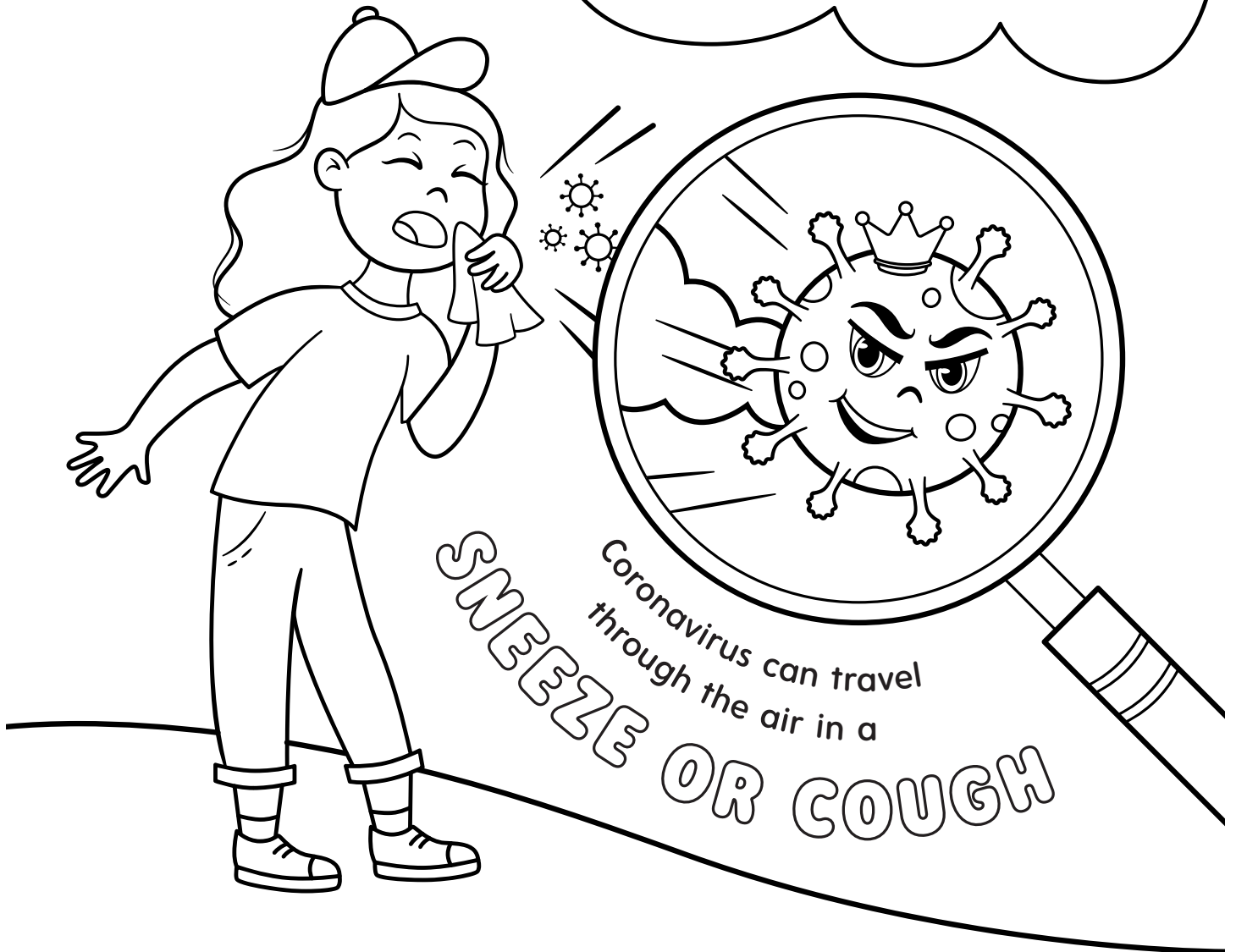
It is the sickness I cause.

COVID is short for
coronavirus disease.



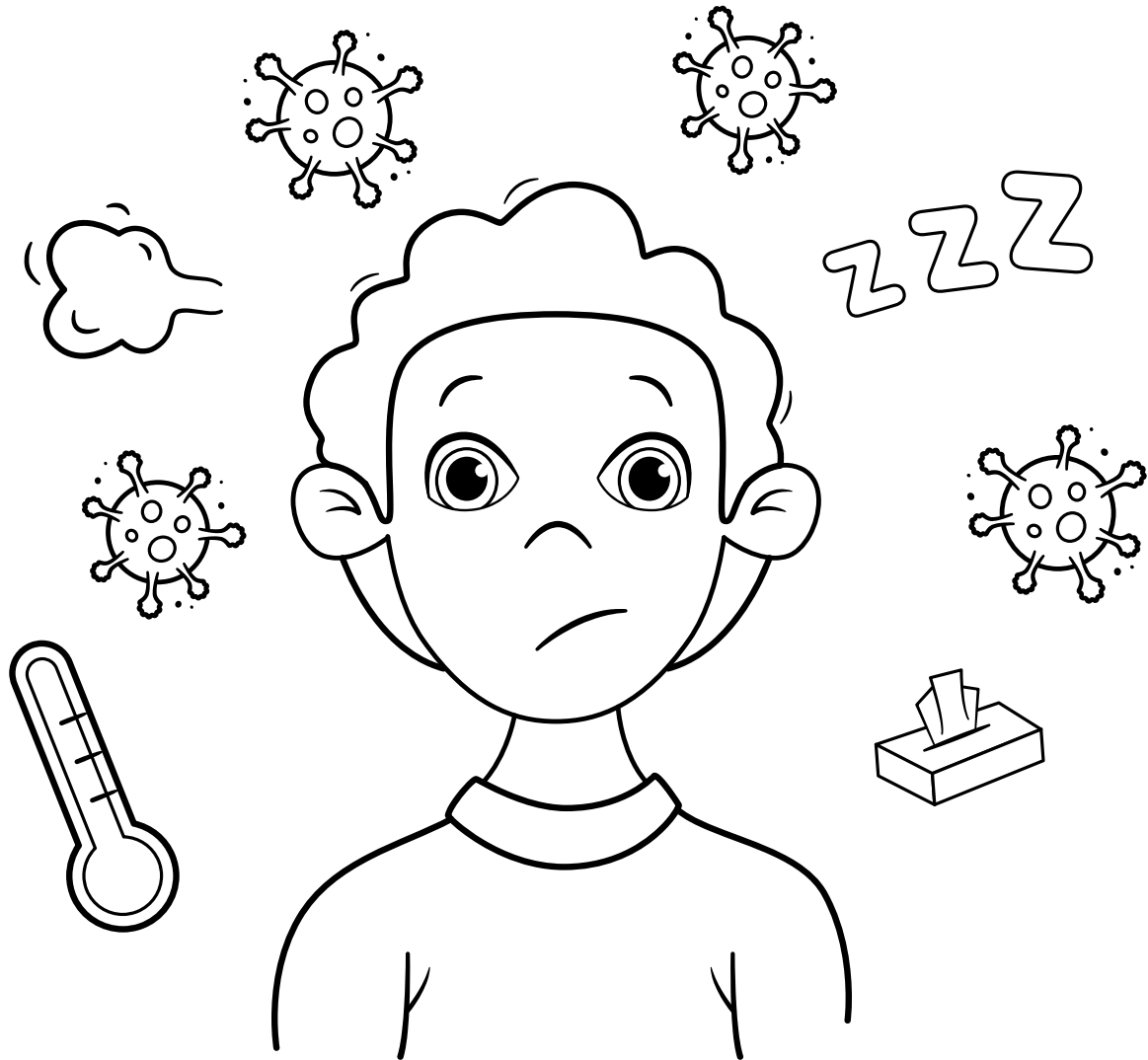
Coronavirus is a big word, but did you know that “corona” means crown? When you look at coronavirus under a microscope, a part of the virus looks like a crown.

People in many parts of the world have gotten sick because coronavirus spreads easily from person to person.

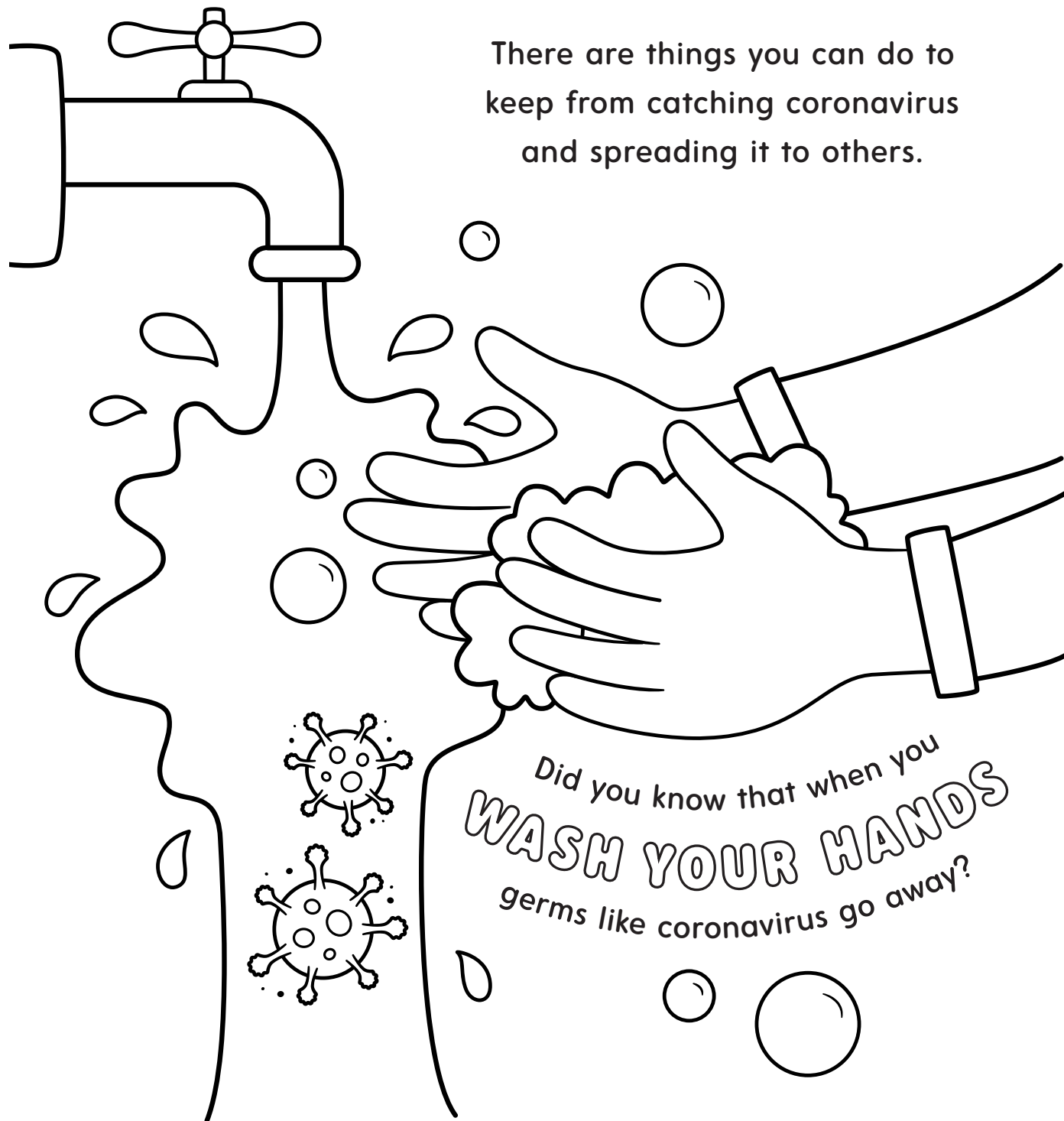


It can also spread when people touch something the virus has been on, like hands or door handles. This is why you might see people wearing masks and gowns.

If people get coronavirus, they may
get a fever, feel tired, cough, or
have a hard time breathing.



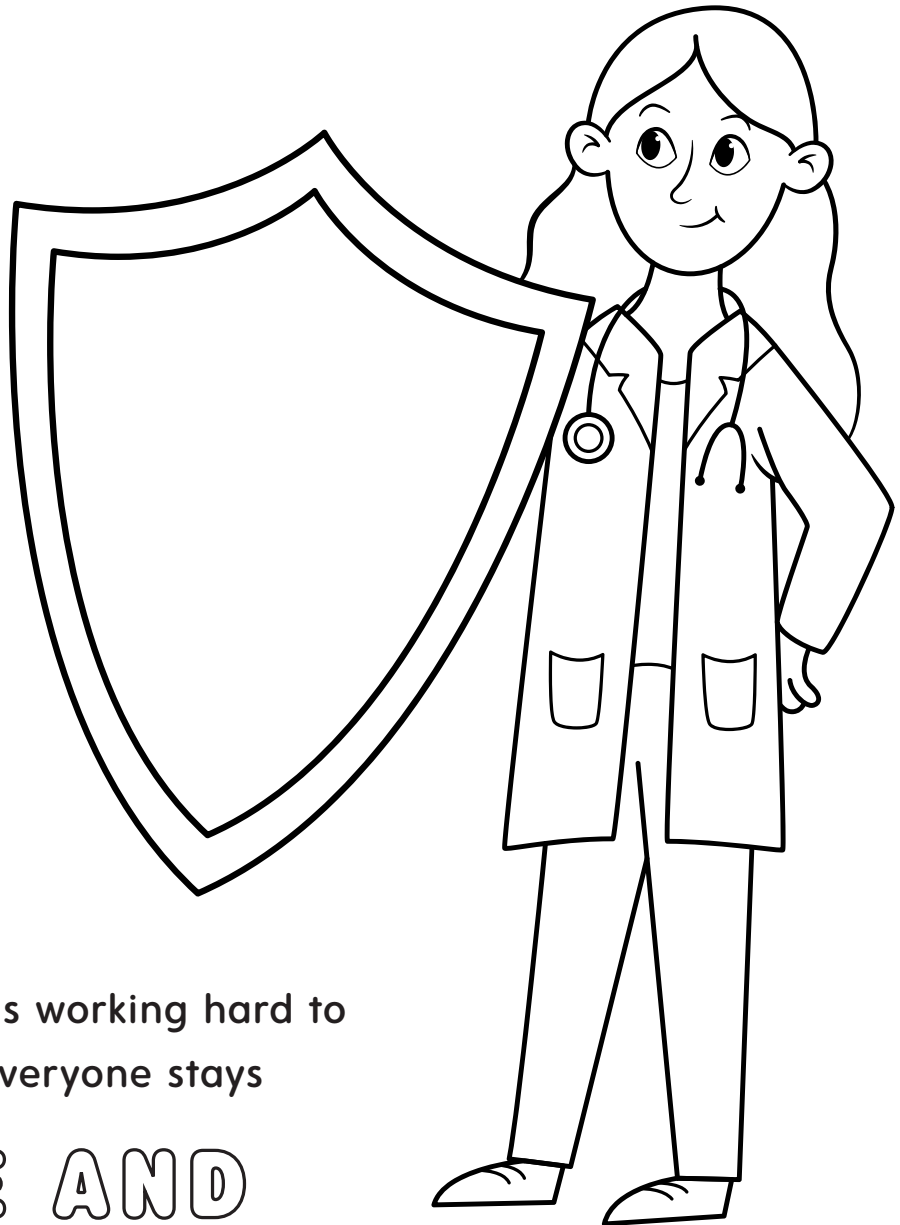
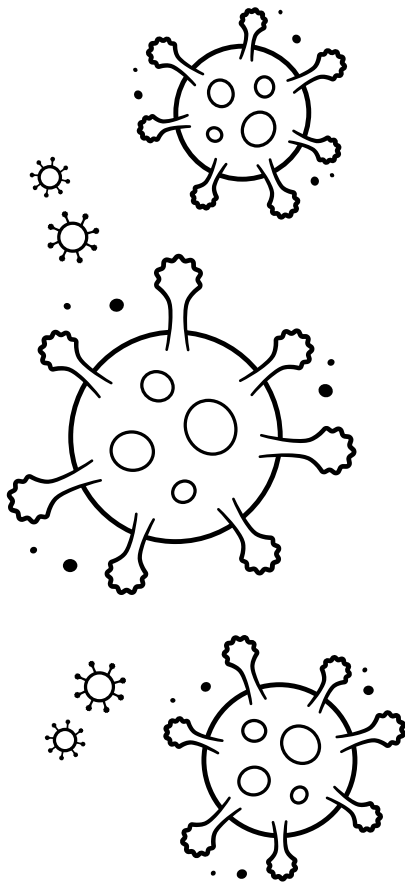
Most people feel only a little bit sick and
GET BETTER QUICKLY
It feels a lot like when you have a cold or the flu.



There are things you can do to keep from catching coronavirus and spreading it to others.

Keep your hands away from your face, eyes, mouth, and nose. To keep others safe, sneeze or cough into a tissue or your elbow.

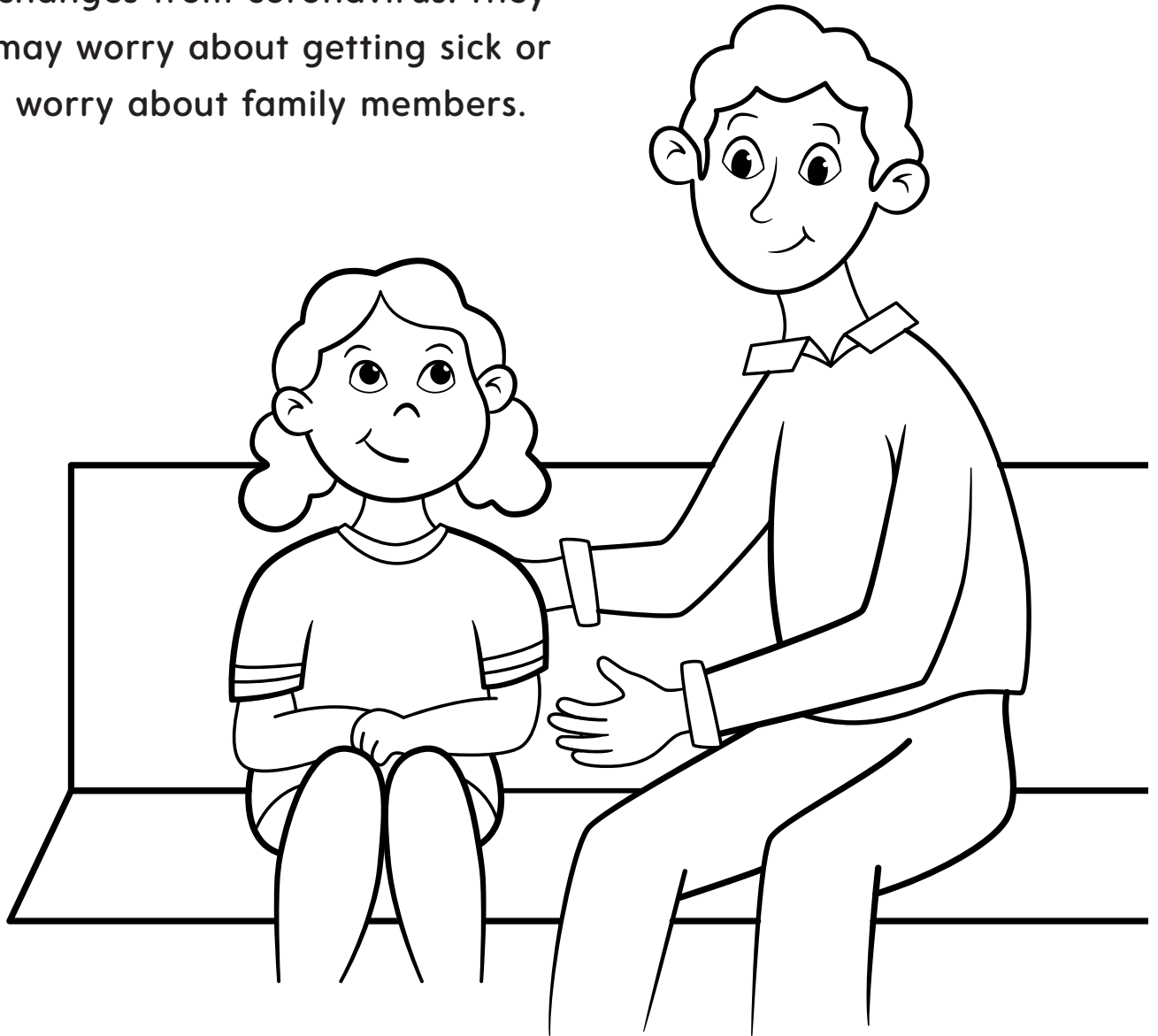
Your hospital is doing things to help you stay safe too.
Nurses might ask if you feel sick or see if you have a fever.
You might notice fewer people are coming to the hospital or
that your favorite activities have been canceled.



Your care team is working hard to
make sure everyone stays

**SAFE AND
HEALTHY**

Some people worry about all the changes from coronavirus. They may worry about getting sick or worry about family members.



A way to not worry as much is to share your feelings and ask for help. If you are worried, don't be afraid to tell someone.

St. Jude complies with health care-related federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث باللغة العربية فيمكنك الاستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



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Simple Activities for Children and Adolescents

Activities for children and adolescents with no screen time:

- ___ Tell stories.
- ___ Tell exaggerated “Stories” of the “old days” to entertain.
- ___ Put on mini plays or skits. Have children act out different characters.
- ___ Play “Story Building.” One person starts the story, and then other family members add to it.
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams.
- ___ Make up different dances or dance to known songs (i.e., the hokie pokie). Have a dance contest.
- ___ Have a karaoke night. Children can sing their favorite songs.
- ___ Play “Name that Tune.” One person hums a tune or says a line from a song and others try to guess the name of the song.
- * ___ Play “Hide and Seek.” Designate an area with clear boundaries. Have everyone gather around a landmark that will be home base. Pick a family member to be IT. Whoever IT is closes his eyes and counts to a designated number while the rest of the family hides. Once the countdown is done, IT says “Ready or not here I come” then goes to look for, and find, the hidden family members. The first player found will be IT for the next round. Repeat.
- * ___ Play “Simon Says.” One player is designated Simon and the other family members do whatever Simon says as long as they say the phrase “Simon says” before the command. If Simon does not say “Simon says” before the command, the family members don’t move. Any player who acts without hearing “Simon says” is out of the game. The winner is the last player left.
- * ___ Play “Mother May I.” One family member stands far away from the others and is the “mother” while all of the other family members stand in a group. Mother calls the name of one of the player and says “(insert name here), you may take (insert numbers) steps.” The player then must remember to say “Mother may I?” before moving the allotted number of steps. Mother will either answer “yes” or “no.” If the player fails to ask and takes a step without permission or moves prior to Mother’s response she must go back to the starting line. The first to reach Mother wins and is the new mother. Mother can also call out the types of steps being called (i.e., baby steps, giant steps).
- ___ Play Eye Spy. One person, or IT player, spies something and keeps it a secret. The item must be something that all the other players can see, and preferably something that will stay in sight for the time it takes to complete a round. The IT player recites the line “I spy with my little eye, something that...” and ends with a descriptive clue, such as “...is red” or “...begins with the letter B.” The other family members then take turns asking one question each. “Is it inside the kitchen?” “Is it round?” etc. The player who is IT can only respond with “yes” or “no.” If a player thinks they know what the mystery item is, they can use his question to guess directly: “Is it that bowl?” “Is it that cake plate?” If the player is correct, it is their turn to spy something.



Simple Activities for Children and Adolescents

- ___ Play "Sound Search." Everyone sits still and identifies as many different sounds as possible.
- ___ Play "Follow the Leader." Players line up and walk behind the leader, copying whatever the leader does.
- ___ Play "Charades." One person (or team) acts out a movie, book, or TV show using only body language while others try to guess what she is acting out. Be sure all members of the family know the movies, books, or shows to be acted out.
- ___ Play "Encore." Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the turn to count.
- ___ Play "20 Guesses." Think of a noun, cartoon character, singer, movie, book, television show, or sports star. Have the players take turns guessing what IT is thinking. Answer the guesses with yes, no, sometimes, usually, or rarely. When the 20 guesses are up, the players get a final guess. If no one answers correctly, the answer is given.
- ___ Exercise. Take a walk, do a dance, do yoga, stretch, ride a bike.
- ___ Go outside at night and point out different constellations.
- ___ Play the Alphabet Game. One person chooses a category (e.g., animals) and family members go around naming an animal with the assigned letter. The first person starts with A. Second with B. Etc. The winner chooses the next category. With younger children, they may just have to name something with that letter and not introduce the idea of categories (e.g., animals).
- ___ Read to your pet. This is great for young readers as well as children with reading challenges.
- ___ Play Teacher. Have family members choose their favorite subject and teach a class to everyone.
- ___ Play Family Feud. One person creates a question with several answers. Split family members into two teams and see who gets the most answers.



Simple Activities for Children and Adolescents

Activities with no screen time that require limited supplies:

- ___ Crumble up a wad of paper and play a ball game (basketball, soccer, baseball, blowing the ball across a table into a goal).
- ___ Play "Marbles." If no marbles are available use rocks or pebbles. Draw a circle and see who can knock the marbles out of the circle using their marbles.
- ___ Play "Hangman." Choose one person to be the "host" who chooses a secret word. Draw a short blank line for each letter in the word. Have players start guessing letters to fill in the blanks. Draw part of the "hangman" for each wrong guess. Whoever guesses the word before the entire hangman is drawn gets to pick the next word.
- ___ Make paper airplanes, origami, hats, paper doll chain, or paper boats.
- ___ Have a child draw or trace their hand or random shape, and see what animals you can make out of it.
- ___ Write letters to friends or family. Create homemade cards to send to friends and family to stay connected.
- ___ Play "Tic-Tac-Toe." Make a three by three grid on a piece of paper. One person is the "X" and the other is the "O." The player who succeeds in placing three of his symbols in a row wins.
- ___ Play "Hidden Words." Have everyone agree on a key word, which is at least seven letters long. Then have players try to find as many smaller words inside the key word by rearranging the letters. For example, if kitchen is your key word, hidden words inside of that would be itch, it, kit, etch, etc.
- ___ Play "Find a Word." Make a grid of random letters interspersed with horizontal, vertical, and diagonal words and have the child circle the words when they find them.
- ___ Play "Five Questions." Write down five questions such as:
 - What is your favorite color?
 - What is (or was) your favorite subject in school?
 - What is your favorite song?
 - What is your favorite food?
 - What is your favorite book?
 (Each person has to answer the questions. Once the first set of questions have been answered let another player come up with the next set of questions.)
- ___ Play card games, board games, or dominoes.
- ___ Learn and perform simple magic tricks.
- ___ Do arts and crafts projects.



** This activity should not be done with people who are feeling sick or were exposed to someone sick. It involves close contact with family members or the other players.*

Simple Activities for Children and Adolescents

- ___ Play "House of Cards/Blocks/Coins." Using a deck of cards, blocks, coins, choose a flat surface and have each person build a house. Whichever house stands the longest wins.
- ___ Play Guess the Definition. Player 1 chooses a word from the dictionary (try to pick words that we don't often hear). They write down the true definition. All other players write down what they think the definition of the word is. Then, each person votes on the definition they believe is correct. A point is awarded to each player who gets the definition correct. A point is awarded to each player who created a definition that received a vote. If no one guesses votes for the correct definition, the person selecting the word is awarded two points. Decide on the point total to declare the winner (e.g., play to 20.)
- ___ Have a treasure hunt where you write down clues on slips of paper that lead children to a "treasure."
- ___ Have a scavenger hunt where you make a list and have children compete to collect the most items.
- ___ Have an impromptu camp out using sheets or blankets to make tents over furniture.
- ___ Play "Guess the Object." Select an object and hand it to a child under a cloth while her eyes are closed. She feels the object to determine what she is holding. When she guesses correctly, offer another object to guess. If she has difficulty, give clues or allow her to ask questions about what they feel.
- ___ Play "Guess the Person." Give one word to describe a family member or friend. Ask the child to guess who it is. If the child guesses wrong, give another word that describes that person and then allow for another guess. Continue this process until the child guesses correctly.
- ___ Play Pictionary. Create a list of objects and put them on slips of paper. Divide family members into teams. Draw a slip. Without words, draw the object (no letters). Give your team 1 minute to guess. If they get it wrong, the other team has one turn to guess. If they get it correct, they get the point. The play then moves to the other team. Play 6 rounds. The team with the most correct guesses wins.
- ___ Put together puzzles.
- ___ Play battery powered games.
- ___ Play musical instruments or create musical instruments.
- ___ Use all of the leggos in the house to build something as a family. Be sure to use **ALL** the leggos.
- ___ Cook or bake together. Share family recipes and create dishes together. Making cookies together is always fun for children of all ages.



** This activity should not be done with people who are feeling sick or were exposed to someone sick. It involves close contact with family members or the other players.*

Simple Activities for Children and Adolescents

Activities that involve screen time:

- ___ Take a virtual tour of a famous museum through Google Arts and Culture or download the museum's app.
- ___ Watch a live Cam from a popular zoo or aquarium and see what the animals are doing.
- ___ Watch a live Cam of a national park - see old faithful go off; see if there is snow at Glacier National Park.
- ___ Look up a science experiment that uses household stuff.
- ___ Use an online photo store (e.g., shuttefly) to create a scrapbook from your last family vacation.
- ___ Visit PBS.org or National Geographic Kids for games and fun videos/stories.
- ___ Play video games with friends.
- ___ Watch your favorite family movie.
- ___ Do a movie scavenger hunt. Write down a list of regular everyday items. The list can be as long as you like. As the family watches the movie, people can either mark off the scene where the item is found or shout out when they see an item on the list. Every item found gets a point. Person with most points at the end of the movie wins.



Simple Activities for Children and Adolescents

Activities that are Calming or for quiet time:

- ☐ Take a nap or lay down to rest.
- ☐ Turn off TV and all electronics.
- ☐ Listen to calming music.
- ☐ Read a book.
- ☐ Do yoga.
- ☐ Use online resources to practice mindfulness. Find some ideas are at <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- ☐ Do breathing exercises. One strategy is for them to slowly breath in their favorite color (and all the good they think of when thinking of their favorite color) and breath out the gray (worry, fear, yuck feelings).
- ☐ Take a bath or shower.
- ☐ Pet your dog or cat.
- ☐ Go for a walk.
- ☐ Take a coloring break.
- ☐ Blow bubbles.



Simple Activities for Children and Adolescents

Talk to your children about other games or activities they would like to add to the list:

List any supplies you may need to gather to do the activities your children like:

APPS FOR DYSLEXIC LEARNERS

SOUNDSLITERACY
WHAT IS DYSLEXIA
DYSLEXIA QUEST
HAPPY MATH MULTIPLICATION RHYMES
RHYMES
READ 2 ME
PHONICS WITH PHONOGRAM
DYSEGGXIA
DD'S DICTIONARY: A DYSLEXIC DICTIONARY

APPS FOR AUTISTIC LEARNERS

SIGHT WORDS
SEQUENCES FOR AUTISM
SEE.TOUCH.LEARN
WORDS ON WHEELS
VERBAL ME
AUTISM IHELP
AUTISM DDT SHAPES
AUTISM DDT LETTERS
SPEECH WITH MILO

APPS FOR THE VISUALLY IMPAIRED

VIA
DRAGON DICTATION
LIGHT DETECTOR
COLOR ID
TAPTAPSEE
BE MY EYES- HELPING BLIND SEE
TALKING CALCULATOR
SAYTEXT
ACCESSNOTE
VISUAL BRAILLER

APPS FOR LEARNERS WITH WRITING DIFFICULTIES

THE WRITING MACHINE
IWRITE WORDS
LETTER SCHOOL
ALPHA WRITER
ABC POCKET PHONICS
WORD MAGIC



Don't let the **CORONAVIRUS**

go viral!

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent the spread of germs is proper hygiene, cough etiquette, and disinfecting frequently touched objects and surfaces. As a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases.

IMMUNITY BOOSTING LIFESTYLE

A healthy lifestyle can maintain and/or boost immunity.



Sleep & dream up your defense

Try to get 8-10 hours of rest at night



Run so fast the virus can't catch you

Aim for 30-60 minutes of movement every day



Eating habits on fleek

"Eating leafy greens and fruits high in vitamins like citruses, blackberries, and kiwi provide your body with essential vitamins and minerals" -Dr. Oz

HYGIENE THAT'S 100



Can you not?!...touch your face?



Need to sneeze? Do the dab.



Wash your hands!!



Avoid shaking hands, high-fives, and other hand-to-hand contact



Stay home when you are sick

With soap!
For 20 seconds

All day, every day (Or at least after going to the bathroom; before eating or cooking; before putting on makeup or facial products; and after blowing your nose, coughing, or sneezing.)

Playtime, Downtime, and Family Time: PDF for Elementary-Aged Kids

Common-sense strategies for promoting children's health and well-being

The research is clear: children need **playtime, downtime, and family time (PDF)** every day for healthy development.

PLAYTIME

Play is so much more than simply having fun. Research suggests that play — especially when it is freely chosen, unstructured, and personally-directed — is linked to increases in children's cognitive skills, physical health, self-regulation, language abilities, social skills, and empathy.

PLAYTIME TIPS

- Protect *unstructured* playtime and allow children's play to be self-directed.
- Make sure kids have regular (tech-free) playtime with other children.
- Encourage outdoor play and imaginary play.
- Allow children to solve challenges without adult interference.

DOWNTIME

Downtime is time set aside beyond structured activities or academics to relax, daydream, read, or just be. Research suggests that kids need downtime throughout the day for their physical and emotional health. Sleep is also an essential component of downtime.

DOWNTIME TIPS

- Build in time between school and any after school activities for snack and rest.
- Make sure kids get enough sleep (9–11 hours for K-5 children). Naps count!
- Avoid media 30–60 minutes before bedtime. Screen light affects sleep.
- Help children wind down with calm activities before bed (taking a bath or reading a story together).

FAMILY TIME

Family time creates a sense of connection and belonging. Research shows that when kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally, as well as have increased self-esteem and better academic outcomes.

FAMILY TIME TIPS

- Strive to gather the family for 20–25 minutes at least 5 times per week (family meals, outings, and game/movie nights all count).
- Unplug during meals, before bedtime, and during family activities.
- Build in time for family traditions and rituals.
- Involve kids in selecting, organizing, and doing family service projects or activities.

Challenge Success is a non-profit organization affiliated with the Stanford University Graduate School of Education. We partner with schools, families, and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning.

Visit challengesuccess.org  /ChallengeSuccess  /chalsuccess

Tips To Help Your Preschooler Thrive

STRIVE FOR AUTHORITATIVE PARENTING: Research indicates that authoritative parenting — characterized by both high responsiveness (demonstrating warmth, love, and support) and high demandingness (enforcing clear, consistent expectations and boundaries) — leads to positive outcomes for kids.

- Uphold clear and fair expectations and rules.
- Encourage discussion and questions about reasons “why.”
- Show affection, warmth, and love (even when your child is being his or her most difficult self).

CULTIVATE AUTONOMY: For preschoolers, autonomy is about doing things for themselves, and developing independence and confidence. Autonomy is associated with lower anxiety, increased creativity, intrinsic motivation, persistence, and self-regulation in children.

- Give children choices and real age-appropriate tasks (like setting the table or helping to put away groceries).
- Offer meaningful rationales for “why” (and not “because I said so”).
- Provide “scaffolding”: first model a skill or task, then support the child to practice and build competence, and finally, allow the child to perform the activity by him/herself.

SET AND HONOR CONSISTENT SLEEP ROUTINES: Good, consistent sleep is correlated with better physical and mental health, emotional regulation, and improved learning. Preschool-aged children need 10–13 hours of sleep each day. Naps count!

- Avoid media at least 30–60 minutes before bedtime. Screen light affects sleep.
- Wind down with calming activities before bed each night (like reading and bath time).
- Encourage physical activity every day.

PRESERVE FREE PLAY: Free play — when children are doing (non-media) activities that are freely chosen, self-directed, and internally motivated — is associated with increased creativity and problem-solving skills, empathy, conflict resolution skills, emotional regulation, and academic skills.

- Protect unstructured playtime.
- Let children self-direct playtime with friends and resolve challenges without adult interference.
- Encourage imaginary play.

LIMIT MEDIA/SCREEN TIME: Too much screen time can interfere with healthy child development.

- Set and follow clear ground rules and limits.
- Preview or co-view content.
- Avoid media in the bedroom, during mealtimes, and before bedtime.
- Model healthy media use. When spending time with your child, put phones away or on do not disturb.

PRIORITIZE PDF — PLAYTIME, DOWNTIME, AND FAMILY TIME: Join other parents nationwide who are prioritizing PDF and broadening the definition of success for their children and families. Embrace your child’s unique interests and strengths and resist pressure to push early academics or overschedule structured activities for your child.

Playtime, Downtime, and Family Time: PDF for Teens

Common-sense strategies for promoting teen health and well-being

The research is clear: adolescents need **playtime, downtime, and family time (PDF)** every day for healthy development.

PLAYTIME

Play is not just for younger children. Research suggests that play — especially when it is freely chosen, unstructured, and personally-directed — is linked to increased cognitive skills, physical health, self-regulation, language abilities, social skills, and empathy.

PLAYTIME TIPS

- Help your teen avoid overscheduling so that they have unstructured time to hang out with friends in person, and pursue hobbies and interests just for fun.
- Encourage your teen to spend time outdoors (taking a walk, shooting hoops).

DOWNTIME

Downtime is time set aside beyond structured activities or academics to relax, reflect, or just be. Research suggests that kids need downtime throughout the day — and enough sleep at night — for their physical and emotional health.

DOWNTIME TIPS

- Ensure that your teen has breaks during the day. Even 30 minutes after school to listen to music, read, or play a video game can help teens to “reset” for the next part of their day.
- Make sure your teen gets enough sleep (8–10 hours a night). *Not* getting enough sleep has serious consequences for learning, health, safety, emotional regulation, and driving.
- Turn off media 30–60 minutes before bedtime, and keep screens out of bedrooms at night. Screen light affects sleep.

FAMILY TIME

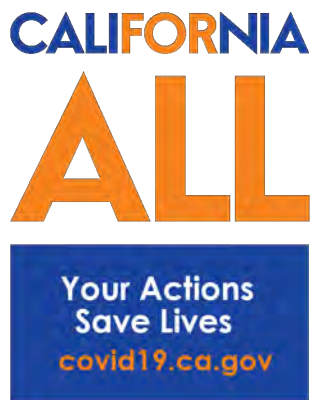
Family time creates a sense of connection and belonging. Research shows that when kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally, as well as have increased self-esteem and better academic outcomes.

FAMILY TIME TIPS

- Strive to gather the family for 20–25 minutes at least 5 times per week (family meals, outings, and game/movie nights all count).
- Unplug during meals, before bedtime, and during family activities.
- Commit to simple family traditions and rituals.
- Involve teens in selecting, organizing, and doing family service projects or activities.

Challenge Success is a non-profit organization affiliated with the Stanford University Graduate School of Education. We partner with schools, families, and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning.

Visit challengesuccess.org  [/ChallengeSuccess](https://ChallengeSuccess)  [/chalsuccess](https://chalsuccess)



California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19

NAVIGATING STRESS MANAGEMENT WITH KIDS

Many of us are feeling a lot of stress right now. Even for adults, it can be tough to recognize that what we feel as irritability, difficulty focusing, insomnia or changes in appetite can actually be signs that our bodies are feeling the effects of stress. For kids, no matter the age, their brains and bodies are even more vulnerable to the harmful effects of stress than adults, and most often, they aren't able to recognize or verbalize it. Stress in kids may show up differently than our stress as adults does. This Stress-Busting Playbook can help you understand what to look out for and what you can do to protect your family's health.

Some of the changes happening as a result of the COVID-19 such as frequent worrisome news reports, school closures, not being able to see friends and loved ones can be disruptive and even downright scary for kids. They may have worries about their own health or the health of those they love, such as a grandparent. Or they may feel upset about missing a special event such as a birthday party, music recital, team sports or a planned trip or camp. During this time your child's body may be making more stress hormones than is healthy (or less stress hormones in the case of kids who have a history of major adversity). Prolonged exposure to high doses of stress, can lead to problems with a child's physical and/or mental health, such as asthma, poor growth, depression, or behavior problems. The good news is there are simple things you can do every day, at home, to help regulate your child's stress response system and buffer the negative impacts of stress, keeping them healthy and on the right developmental track.

It may be helpful to remember that the most important ingredient for healthy kids is a healthy caregiver. Kids are wired to be tuned in to emotional signals from their caregivers, so our kids pick up on our energy, especially now when we are all remaining at home together. So while you work to navigate the new normal, perhaps applying for public benefits or working from home while taking care of your kids and family, it is just as important to follow the stress-busting strategies for yourself. Remember to put on your own oxygen mask first, so you can be there to be available for your kids. Review the Californian Surgeon General's [Playbook: Stress Relief during COVID-19 for tips on your own self-care](#) during this time.

Safe, stable, and nurturing relationships and environments in which children feel safe emotionally and physically can protect children's brains and bodies from the harmful effects of stress. You can help your child be healthier by managing your own stress response and helping your child do the same. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social supports, and getting mental health care can help to decrease stress hormones and prevent health problems.

None of this is easy right now and it is easy to feel overwhelmed. Remember your network can still help even when you're apart. So reach out your schools, friends, family, faith community and neighbors to see what is working in their homes right now and share what's working in yours. Talking to someone you trust is a great way to reduce your stress and stay connected even when we are physically apart.

Start with the basics of routine and then take it step by step to build a program that works for you and your family. Please be kind to yourself. We are all adjusting to a new situation together and that transition is going to take some time.

KEEPING AN EYE OUT FOR STRESS IN KIDS

Many of us are feeling a lot of stress right now. As adults we may be able to recognize and say “wow, I’m stressed out.” For kids, no matter the age, they may not necessarily recognize it, verbalize it and it may not show up in the same way that our stress as adults does.

During challenging times, our bodies may make more stress hormones than usual. This can show up differently for different people. Babies may have differences in the sleeping and eating patterns. Toddlers and preschoolers may go back on a developmental milestones they had already achieved (like sleeping through the night or bedwetting).

One of the most common ways stress shows itself in school-aged kids is changes in their behavior. They may be a bit more irritable, bouncing off the walls, expressing boredom, or having a hard time managing their impulses, paying attention or focusing, or new behaviors may arise. Teenagers and adolescents may become more withdrawn.

However, many kids may show no behavioral symptoms at all. For some kids, increased stress hormones may show up as headaches, tummy aches, difficulty sleeping or worsening health issues like asthma, eczema or more frequent infections. In teenagers, you might see more risk-taking behaviors like using substances such as tobacco and marijuana (including vaping), alcohol or other substances as well as increased interest in sexual contact. Girls may also see changes in the timing or duration of their menstrual period.

It’s helpful to keep in mind that these changes aren’t “just in their heads.” Increased stress leads to biological changes in our brains and bodies that can affect kids’ health, behavior and development. The good news is there are simple things you can do every day, at home, to help regulate your child’s stress response system and buffer the negative impacts of stress, keeping them healthy and on the right developmental track.

If your child has asthma, diabetes or another health condition, it is important to be monitoring that condition more closely during times of stress. Many chronic illnesses are worsened by stress, so building a routine that practices the six stress-busting strategies below can help to combat the impact of the increase in stress hormones.

STRESS-BUSTING FOR KIDS

STEP 1: TALK ABOUT WHAT’S GOING ON

- No matter the age, uncertainty can create anxiety. As parents and caregivers, it’s important to talk to children about emergency situations in age-appropriate language and approach the discussion in a calm and sensitive way to help them cope.
- Starting the conversation can be the hardest part. One tip to make it easier is to start by asking what they have heard about coronavirus and if they have any questions or fears.
- Take some time to correct any misinformation and share age-appropriate, honest facts.
- Follow up these details by focusing on the things we can control to help us stay healthy and help other people stay healthy - proper handwashing, covering coughs and sneezes, disinfecting surfaces, and physical distancing and wearing masks when we are outside and around other people for essential reasons.
- Help them understand why they are not able to see their friends, grandparents, teachers or other loved ones in-person right now — because staying at home helps keep everyone healthy right now while we fight the coronavirus.

- You can empower them with a sense of purpose by letting them know that, even though it's kind of a pain (or *especially* because it is kind of a pain), their actions are protecting the most vulnerable that could get sick. Express how proud you are of your kids for being part of the solution.

STEP 2: KEEP KIDS CONNECTED TO THEIR NETWORKS

- Social supports are a vital part of kids' development and mitigating the negative impacts of stress. Finding ways to keep your kids connected to their friends, cousins, teachers, grandparents, coaches, aunts, uncles, and so on, is critical.
- Video chat play dates, write letters to send, text silly pictures back and forth, video messages, whatever works – but helping kids stay connected to their networks is as important for them as it is for you.

STEP 3: BUILD A ROUTINE FOR YOU AND YOUR FAMILY

- During times of uncertainty, it is especially important to stick with normal routines – predictability and structure help kids self-regulate.
- Share the schedule with the kids, as this helps to reduce anxiety, fear of boredom and reduce challenging behaviors as you move throughout the day. With older kids and adolescents, it's great to build the schedule with them so they have a sense of control and self-determination.
- Your schedule should include set wake up and bedtimes, regular meals (including snacks), quiet time for schoolwork and reading as well as regular movement and exercise.
 - o As you make your plan, make sure elements of the six stress-busting strategies are included to help regulate the stress response system. The six strategies are:
 - Supportive relationships – stay connected to our communities
 - Exercise – 60 minutes a day (doesn't have to be all at once)
 - Healthy Sleep – practice good sleep hygiene including going to bed and waking up at the same time each day.
 - Nutrition
 - Mental and Behavioral Health Support
 - Mindfulness — like meditation or prayer
- Keeping regular hygiene – shower, brush teeth, getting dressed in clean clothes – are also important for health and well-being.
- It is important to remember, especially if you are working from home, that play is an important part of kid's "job". We shouldn't expect kids to be focused on learning tasks 8 hours per day. Opportunities for exercise, creativity and play are critical for behavior, learning, and development throughout the day.
- If you are able to go outside, do so and get everyone's bodies moving. It's great for everyone's physical health and mental health too. Remember to keep physical distancing practices of at least 6 feet from others.
- Included in this playbook is a "Self-Care Template for Kids" that can help you start building your program.

STEP 4: KEEP TO YOUR ROUTINE

- Start your scheduled routine. Keep an open mind about what is working, what isn't and what is realistic for you and your family. It might be helpful to take notes or keep a journal of what works for you.
- Check in with your kids (and yourself!) regularly to see how it's going.
- Not every moment of every day needs to be scheduled, so take a moment to reflect on your program and how it's working for your family. If you need to change things about it, go ahead and do so. Let your plan evolve to ensure it is working for you. If it's not, feel free to change it up, but ensure elements from the six stress-busting strategies remain.

Six Stress-Busting Strategies For Kids

Safe, stable, and nurturing relationships and environments in which children feel safe emotionally and physically can protect children's brains and bodies from the harmful effects of stress. You can help your child be healthier by managing your own stress response and helping your child do the same. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social supports, and getting mental health care can help to decrease stress hormones and prevent health problems.



1. SUPPORTIVE RELATIONSHIPS:

- a. Double down on supportive relationships within your household and help your kids maintain connections with friends and loved ones outside of the home by phone, video chat, old-fashioned letter writing or age-appropriate social media. Turn off media and devices for high-quality time together making art, dancing, cooking or reading at home. Remain in touch with mentors, friends, and family by phone or video chat, including schools and community- or faith-based organizations.

2. EXERCISE DAILY:

- a. Engage in 60 minutes of physical activity every day. It doesn't have to be all at one time. Dance party in your bedroom, 35 jumping jacks here and there, 20 minute hula hooping contest, film a TikTok and share it out, power walk around the block twice, running, bedtime yoga, 10 pushups, do some double dutch jump rope, the list can go on and on. Bottom line – get your and your kids' bodies moving and heart rates up to burn off stress.

3. HEALTHY SLEEP:

- a. Get sufficient, high-quality sleep. This may be particularly hard right now, but things that help are going to sleep and waking up at the same time each day.
- b. Making a routine of reading a book to or with kids before bed.
- c. Create a calm place for sleep that is cool, quiet and free of distractions
- d. Turn off electronics at least a half hour before bed.

- e. Limit food and beverages containing caffeine, like soda and chocolate.

4. NUTRITION:

- a. This is not about losing weight. This is about ensuring you are getting proper nutrition to help combat stress. Keep regular mealtimes, includes snacks for kids. Minimize refined carbohydrates, high-fat, high-sugar foods and reduce your alcohol intake.
- b. General rule of thumb includes 5-9 servings of fruits and vegetables per day and foods rich in omega-3-fatty acids, including fish, nuts and fiber.

5. MENTAL AND BEHAVIORAL HEALTH SUPPORT:

- a. Engage in mental health care for yourself and/or for your child.
- b. Minimize the amount of exposure/consumption of news or other media content that feels upsetting for both you and your child.
- c. If your child currently sees a mental health professional, ask that those sessions can continue via video or phone sessions for psychotherapy, psychiatric care or substance use treatment. There are new laws to support your provider to do phone and video visits.
- d. Keep your own mental health appointments via video or phone calls, as well.
- e. Have open conversations as a family about emotional and mental health
- f. If you do not have a regular mental health professional, here are some resources to help you get started [Insert links]
- g. If you are feeling like you or your child is in crisis [you can get help here](#).

6. MINDFULNESS, MEDITATION, PRAYER:

- a. Practice mindfulness, such as meditation, yoga, or prayer for 20 minutes, two times a day. Apps like Headspace and Calm are easy, accessible ways to get started. Meditations can be found online, as well. Both have specialty programs for kids of all ages.
- b. Mindfulness can help strengthen the brain pathways that actively buffer the stress response, helping you regulate body more easily.
- c. Take moments throughout the day with kids to notice and talk about how we're feeling, both physically and emotionally
- d. Talk about, write out or draw five or more things we are all grateful for each day

SOME ADDITIONAL CONSIDERATIONS

To combat stress, creating an outlet where kids can put their energy is incredibly helpful. Outlets like exercise, artwork, play and creativity are helpful here. Your stress-busting routine is the solution to help get everyone back on track. And, as always, addressing that there is something different and asking your child how they are feeling and checking in on what's going on is key.

A few additional reminders:

- Quality-Time Together - This increase in family time may be a window of opportunity to spend more time together. So look for positives in solidifying family cohesion if you can.
- Play – Finding ways to play and laugh is super important for our mental and physical health. Turn off the news and watch a silly movie, call a friend and talk about times you laughed the hardest, figure out what impressions you can do, play the floor is lava. Remember that part of kids' "jobs" is play. This is a task that is something kids need for their development. These are serious times, but you can still be silly. It will be good for everyone.

- Adjusting our expectations – We recognize this is temporary and that during this time we may not be as productive as we had hoped every day. That is OK. Caregivers are balancing household responsibilities, ensuring your kids are doing their distance learning and work stress and more. All of these things can be incredibly intense. Give yourself permission to let go of judgement that you aren't doing it "right" or doing enough. Do the best you can to work the program you develop to minimize stress for you and your kids right now.
- Asking for help or take a moment – open up the communication in your house about times when we need help. Whether you have a special code word or just the reminder to yourself. If you need a moment, communicate it and take the moment. If you are having a really hard time, that's normal and unfortunately right now, expected. [Services and numbers you can call for support are here.](#)

SELF-CARE TEMPLATE FOR KIDS

During this time your child's body may be making more or less stress hormones than is healthy. This can lead to problems with a child's physical and/or mental health, such as asthma, poor growth, depression, or behavior problems. Safe, stable, and nurturing relationships and environments where children feel safe emotionally and physically can protect children's brains and bodies from the harmful effects of stress. You can help your child be healthier by managing your own stress response and helping your child do the same. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social supports, and getting mental health support can help to decrease stress hormones and prevent health problems.

Here are some goals your family can set together to support your child's health. *[Check the goals that you are choosing or write in others that will work for you and your family in each category!]*

☐ **Supportive relationships.** We've set a goal of...

- ☐ Using respectful communication even when we are upset or angry
- ☐ Spending more high-quality time together as a family, such as:
 - ☐ Having regular family meals together
 - ☐ Having regular "no electronics" time for us to talk and/or play together
 - ☐ Talking, reading, and/or singing together every day
- ☐ Making time for me and my kids to call or video chat with friends and family to maintain healthy support systems for myself and our family
- ☐ Connecting regularly with members of our community to build social supports
- ☐ Asking for help if a relationship or environment feels physically or emotionally unsafe
 - ☐ The National Domestic Violence hotline is **800-799-SAFE (7233)**
 - ☐ The National Sexual Assault hotline is **800-656-HOPE (4673)**
 - ☐ To reach a crisis text line, **text HOME to 741-741**
 - ☐ Childhelp National Child Abuse Hotline: You can call 1-800-4-A-CHILD
- ☐ Create your own goal: _____

☐ **Exercise.** We've set a goal of...

- ☐ Limiting screen time to less than one hour per day
- ☐ Walking at least 20 minutes every day

- ☐ Finding a type of exercise that we enjoy and doing it together as a family. Examples include long walks, dancing, sports (shooting hoops, playing catch, etc.), hula hooping, jump rope, running, jumping jacks, push-ups and sit ups, yoga, or Zumba.
- ☐ Getting my child involved in physical activities like sports, dance, or other form of regular exercise – while still practicing physical/social distancing
- ☐ Create your own goal: _____

☐ **Nutrition.** We've set a goal of...

- ☐ Eating a healthy breakfast daily (with protein, whole grains, and/or fruit)
- ☐ Drinking water instead of juice or soda
- ☐ Eating at least 5 vegetables and/or fruits every day
- ☐ Choosing whole wheat bread and brown rice instead of white bread or rice
- ☐ Limiting high sugar and/or high fat foods
- ☐ Create your own goal: _____

☐ **Sleep.** We've set a goal of...

- ☐ Turning off screens 30 minutes before bedtime
- ☐ Helping my child go to bed at the same time every night
- ☐ Making a routine of reading a book to my child before bed (or, if older, letting my child read to me)
- ☐ Creating a calm place for sleep
- ☐ Using mindfulness or other stress reduction tools if worry is keeping my child up at night
- ☐ Create your own goal: _____

☐ **Mindfulness.** We've set a goal of...

- ☐ Taking moments throughout the day to notice how we're feeling, both physically and emotionally
- ☐ Talking about or writing out a list of five or more thanks we are all grateful for each day
- ☐ Practicing mindful breathing or other calming technique(s) during stressful situations
- ☐ Creating a regular routine of prayer, meditation, and/or yoga
- ☐ Downloading a mindfulness app and doing a mindfulness activity every day
- ☐ Create your own goal: _____

☐ **Mental health.** We've set a goal of...

- ☐ Having a conversation as a family about emotional and mental health
- ☐ Learning more about mental health treatment options (e.g., counseling, therapy, psychiatric services)
- ☐ Identifying a local mental health professional
- ☐ Scheduling an appointment with a mental health professional or keeping regular appointments
- ☐ If I am feeling like I or my child is in crisis, I will get help
 - ☐ The National Suicide Prevention Lifeline is **800-273-TALK (8255)**
 - ☐ To reach a crisis text line, **text HOME to 741-741**
 - ☐ SAMHSA Disaster Distress Line **800-985-5990**
- ☐ Create your own goal: _____

Remember, the most important ingredient for healthy kids is a healthy caregiver. Here are some other goals that you can set for yourself to help your whole family be healthier.

☐ **Self-Care.** I've set a goal of...

- ☐ Making a plan for what to do when I'm feeling stressed out, angry, or overwhelmed
- ☐ Planning with my partner, friends, or family to get the support I need
- ☐ Seeking help if I am not emotionally or physically safe
- ☐ Making regular video or phone appointments with my mental or behavioral health provider(s)
- ☐ Identifying my strengths and learning more about building resilience
- ☐ Calling **211** if I need help meeting basic needs such as food and shelter
- ☐ National Parent Helpline: Call 1-855-427-2736
- ☐ Create your own goal: _____

For more information, please visit:

For resources related to COVID-19, <https://covid19.ca.gov/>

From **First 5 California**: <http://www.first5california.com/>

From the **American Academy of Pediatrics**: <https://www.healthychildren.org/>

Resources to Support Student Learning During School Closures Due to COVID-19

2020



Connecticut State Department of Education

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The Connecticut State Department of Education (CSDE) would also like to thank Connecticut school districts, the Regional Educational Service Centers, vendors, and national organizations that have provided information included in this document.

Disclaimer: Inclusion in this guide does NOT constitute an endorsement or recommendation of any specific online material, program, or by any person or group who has contributed. These resources are provided solely to support continued student learning during school closures due to the COVID-19 outbreak.

Resources by Grade

General Resources Spanning PK – 12 (All Disciplines)

Link	Format	Additional Features
Boardworks NY School	Digital	username: NYstudent - password: myworksstudentny
Brain POP	Digital/paper	Available in Spanish
Brain POP Home Activities	Digital/paper	
IXL	Digital	
Khan Academy	Digital	
Kidtopia - A Student Friendly Information Search Engine	Digital	
Newsela	Digital	Students can sign up. Teachers can sign up for free during CV19 and create classes and assignments
PBS Kids Games	Digital	
Scholastic at Home 1-2	Digital	
Scholastic at Home 3-5	Digital	
Scholastic at Home 6+	Digital	
Scholastic at Home PK - K	Digital	
TedTalks Videos	Digital	Videos listed by subject

Grades PK - 2

Subject(s)	Link	Format	Additional Information
Reading, Science Social Studies	Scholastic at Home PK - K	Digital	
Reading	Spin a Word	Paper	
Math	Splash Learn Grade 1	Digital	
Math	Splash Learn Grade 2	Digital	
Reading, Science Social Studies	Scholastic at Home 1-2	Digital	
Social Studies	Education World	Digital	
ELA	https://www.uniteforliteracy.com/	Digital	More than 30 languages; includes Special Education and EL
ELA	https://www.readingrockets.org/literacyaps	Digital	Includes Special Education and EL

Subject(s)	Link	Format	Additional Information
ELA	https://www.khanacademy.org/ela	Digital	Includes Special Education and EL
ELA	http://www.readwritethink.org/parent-afterschool-resources/	Digital Print	Available in Spanish
ELA	https://newsela.com/	Digital Print	Available in Spanish; includes Special Education and EL
ELA	https://www.readingrockets.org/article/reading-adventure-pack-where-wild-things-are https://www.readingrockets.org/content/pdfs/literacybags/wildthings_09.pdf https://www.youtube.com/watch?v=ALmNPxNehYE https://www.youtube.com/watch?v=NFeNoLfBYk	Digital and Print	Available in Spanish; includes Special Education and EL
ELA	https://www.readingrockets.org/article/reading-adventure-pack-food https://www.readingrockets.org/content/pdfs/literacybags/food_08.pdf https://www.youtube.com/watch?v=trbHdayluLA https://www.youtube.com/watch?v=SbZSyQn_vo	Digital and Print	Available in Spanish; includes Special Education and EL
ELA	https://www.readingrockets.org/article/reading-adventure-pack-whats-next-very-hungry-caterpillar https://www.readingrockets.org/content/pdfs/literacybags/Caterpillar_English.pdf https://www.youtube.com/watch?v=btFCtMhF3il https://www.youtube.com/watch?v=bdQ0ANwAR7E		
ELA	https://www.readingrockets.org/article/25-activities-reading-and-writing-fun#grade	Print	Includes Special Education and EL

Subject(s)	Link	Format	Additional Information
ELA	https://www.readingrockets.org/article/six-games-reading	Print	Includes Special Education and EL
Music	Classics for Kids	Digital	
Math	Greg Tang Math	Digital	Includes two math challenges with daily activities - Spring Break Challenge and March Madness Challenge
Math Fluency	Achieve the Core Fluency - Math by grade level	Paper	Resources for easy creation of math fluency packets by grade level- including links to worksheets for printing
Writing, ELA	Comic Writer	Digital	
Science	Science A-Z Leveled Science Articles		
Reading	Fun Brain Books	Digital	
Math	Fun Brain Math	Digital	
Reading, Social Studies, Science	Newsela	Digital	Students can sign up. Teachers can sign up for free during CV19 and create classes and assignments
Reading and Mathematics	IReady	Paper	Available in Spanish
Math	Xtra Math	Digital	

Grades 3-5

Subject(s)	Link	Format	Additional Information
Reading Fluency	Achieve the Core Fluency Packet	Paper	
Reading, Science Social Studies	Scholastic at Home 3-5	Digital	
STEM, Social Studies, English, Health, Arts	Brain POP Home Activities	Digital/paper	
Science	Education World	Digital	
ELA	https://www.readingrockets.org/literacyapps	Digital	Includes Special Education and EL
ELA	https://www.khanacademy.org/ela	Digital	Includes Special Education and EL

Subject(s)	Link	Format	Additional Information
ELA	http://www.readwritethink.org/parent-afterschool-resources/	Digital Print	Available in Spanish
ELA	https://newsela.com/	Digital Print	Available in Spanish; includes Special Education and EL
ELA	https://www.fcrr.org/resources/resources_sca.html	Print	Includes Special Education and EL
ELA	https://www.readingrockets.org/article/25-activities-reading-and-writing-fun#grade	Print	Includes Special Education and EL
Math Fluency	Achieve the Core Fluency - Math by grade level	Paper	Resources for easy creation of math fluency packets by grade level- including links to worksheets for printing
Writing, ELA	Comic Writer	Digital	
Science	Science A-Z Leveled Science Articles		
Reading	Fun Brain Books	Digital	
General	The Kids Should See This	Digital	
Social Studies	Smithsonian "History Explorer"	Digital	
Social Studies	Newsela		
Social Studies	C3 Teachers Inquiries		
Social Studies	Densho		
Social Studies	https://www.esri.com/en-us/industries/education/schools/geoinquiries-collections		
Social Studies	Oklahoma Council For the Social Studies www.okcss.org		
Social Studies	Collection of curriculum units iCivics Scope & Sequence		
Social Studies	EconEdLink		
Social Studies	GeoHistory		
Social Studies	National Geographic		

Grades 6-8

Subject(s)	Link	Format	Additional Information
Social Studies, Science	YouTube Minute Earth	Digital	
STEM, Social Studies, English, Health, Arts	Brain POP	Digital/paper	Available in Spanish
Reading, Science Social Studies	Scholastic at Home 6+	Digital	
Reading Fluency	Achieve the Core Fluency Packet 6-8	Paper	
General	The Kids Should See This	Digital	
General	Watch, Know, Learn	Digital	
ELA	https://www.loc.gov/search/?in=&q=&new=true&st=	Digital	Includes Special Education and EL
ELA	https://www.khanacademy.org/ela	Digital	Includes Special Education and EL
ELA	http://www.readwritethink.org/parent-afterschool-resources/	Digital Print	Available in Spanish
ELA	https://newsela.com/	Digital Print	Available in Spanish; includes Special Education and EL
Social Studies	Densho		
Social Studies	https://www.esri.com/en-us/industries/education/schools/geoinquiries-collections		
Social Studies	Oklahoma Council For the Social Studies www.okcss.org		
Social Studies	EconEdLink		
Social Studies	Next Gen Personal Finance		
Social Studies	GeoHistory		
Social Studies	National Geographic		

Grades 9 – 12

Subject(s)	Link	Format	Additional Information
Art	365 Doodle Prompts	Digital or paper	
Poetry	Teen Poems	Digital /paper	
Art, History	Virtual Museums Tour	Digital	Includes performances and virtual tours
Social Studies, ELA	Maptia	Digital	
Geography	GeoGuessr	Digital	Play for free 1x/day
Science	What If Youtube	Digital	
Reading Fluency	Achieve the Core Fluency Packet 9-10	Paper	
Physics	Minute Physics Youtube	Digital	
Social Studies	Smithsonian "History Explorer"	Digital	
Social Studies	The British Museum and the British Broadcasting Corporation (BBC)	Digital/paper	
Social Studies	The History World	Digital	
Social Studies	HyperHistory	Digital or Paper	
ELA	https://www.loc.gov/search/?in=&q=&new=true&st=	Digital	Includes Special Education and EL
ELA	http://www.readwritethink.org/parent-afterschool-resources/	Digital Print	Available in Spanish
ELA	https://newsela.com/	Digital Print	Available in Spanish; includes Special Education and EL
Social Studies	National Geographic		
Social Studies	America in Class from the National Humanities Center		
Social Studies	Historical Thinking Matters		
Social Studies	Digital History Reader (European History)		
Social Studies	Digital History Reader (U.S. History)		
Social Studies	World 101		

Resources by Subject

Arts

Grade Band	Link	Format	Additional Information
6-12	365 Doodle Prompts	Digital or paper	
K-5	Classics for Kids	Digital	
6-8	Google Arts and Culture	Digital	
6-12	Virtual Museums Tour	Digital	Includes performances and virtual tours

Career Technology Education

Connecticut's vision is that schools and districts provide each student access to rigorous pathways and programs of study that result in students graduating with the essential knowledge, skills and employability expertise to successfully meet the demands of Connecticut's expanding economy. Realizing this vision involves engaging students in career exploration at an early age.

- Connecticut Department of Labor web site is appropriate for *all Career Clusters* to research a variety of careers. This site provided information and short videos on a plethora of occupations to engage in sustained learning:
<https://www1.ctdol.state.ct.us/lmi/jobseek.asp>
- State of California career development apply to *all Career Clusters*
<http://www.californiacareers.info/#?Lesson%20Plans>.

English Language Arts (ELA)

Grade Band	Link	Format	Resource and Description	Additional information
PK-3	https://www.uniteforliteracy.com/	Digital	Unite for Literacy Enjoy free access to more than 400 original picture books, one fourth of them written in Spanish. The digital books provide audio narrations of each book.	More than 30 languages; includes Special Education and EL
5-12	https://www.loc.gov/search/?in=&q=&new=true&st=	Digital	Library of Congress Digital Collections Search millions of items in many formats and languages. Access online collections: view maps & photographs; read letters, diaries & newspapers; hear personal accounts of events; listen to sound recordings & watch historic films.	Includes Special Education and EL

Grade Band	Link	Format	Resource and Description	Additional information
K-5	https://www.readingrockets.org/literacyapps	Digital	Reading Rockets Literacy Apps Download apps that are fun and motivating for kids that provide practice with essential skills in print awareness, phonics, spelling, vocabulary, comprehension, and writing. Includes apps for children with dyslexia, ADHD, and autism spectrum disorder that support organization and goal setting, language and communication, and emotional regulation.	Includes Special Education and EL
2-8	https://www.khanacademy.org/ela	Digital	Khan Academy – ELA beta Created by experts, Khan Academy’s ELA beta materials are for learners and teachers.	Includes Special Education and EL
K-12	http://www.readwritethink.org/parent-afterschool-resources/	Digital Print	ReadWriteThink This organization provides parents with access to hundreds of high quality practice activities and projects in reading and language arts instruction by offering the very best in free materials. Materials include games, activities, videos, podcasts, and printouts. Partner organizations include the International Literacy Association and the National Council of Teachers of English. Use the search tool to identify appropriate activities by grade level, resource type, theme, and learning objective.	Available in Spanish
2-12	https://newsela.com/	Digital Print	Newsela With up to 10 new texts published every day, Newsela provides access authentic, engaging, diverse, and accessible materials for all learners. Text sets are curated for English language arts, social studies, science, and social-emotional learning. This site requires parent registration. Go to https://newsela.com/join/#/teach-or-read .	Available in Spanish; includes Special Education and EL

Grade Band	Link	Format	Resource and Description	Additional information
K-5	https://www.fcrr.org/resources/resources_sca.html	Print	Florida Center for Reading Research (FCRR) FCRR offers a collection of student activities for phonemic awareness, phonological awareness, phonics, advanced phonics, fluency, vocabulary, and comprehension	Includes Special Education and EL
K-1	https://www.readingrockets.org/article/reading-adventure-pack-where-wild-things-are https://www.readingrockets.org/content/pdfs/literacybags/wildthings_09.pdf https://www.youtube.com/watch?v=ALmNPxNehYE https://www.youtube.com/watch?v=NFe_NoLfBYk	Digital and Print	Reading Rockets Themed Reading Adventure Pack: Wild Things This adventure pack contains instructions, activities, and bookmarks, all designed to encourage hands-on fun and learning centered on paired fiction and nonfiction books.	Available in Spanish; includes Special Education and EL
K-1	https://www.readingrockets.org/article/reading-adventure-pack-food https://www.readingrockets.org/content/pdfs/literacybags/food_08.pdf https://www.youtube.com/watch?v=trbHdayluLA https://www.youtube.com/watch?v=SbZSyQn_vo	Digital and Print	Reading Rockets Themed Reading Adventure Pack: Explore Food This adventure pack contains instructions, activities, and bookmarks, all designed to encourage hands-on fun and learning centered on paired fiction and nonfiction books.	Available in Spanish; includes Special Education and EL
K - 3	https://www.readingrockets.org/article/reading-adventure-pack-		Reading Rockets Themed Reading Adventure Pack: Explore Food	

Grade Band	Link	Format	Resource and Description	Additional information
	whats-next-very-hungry-caterpillar https://www.readingrockets.org/content/pdfs/literacybags/Caterpillar_English.pdf https://www.youtube.com/watch?v=btFCtMhF3il https://www.youtube.com/watch?v=bdQ0ANwAR7E		This adventure pack contains instructions, activities, and bookmarks, designed to encourage hands-on fun and learning centered on paired fiction and nonfiction books.	
K-6	https://www.readingrockets.org/article/25-activities-reading-and-writing-fun#grade	Print	Reading Rockets: 25 Activities for Reading and Writing Fun These activities for pre-readers, beginning readers, and older readers include what you need and what to do for each one.	Includes Special Education and EL
K-2	https://www.readingrockets.org/article/six-games-reading	Print	Reading Rockets: Six Games for Reading Playing games is a great way to provide additional practice with early reading skills. Here are six games parents or older siblings can use to help young readers practice word recognition, spelling patterns, and letter-sound knowledge.	Includes Special Education and EL

Mathematics

Grade Band	Link	Format	Additional Information
K-8	Fun Brain Math	Digital	
K	Splash Learn Kindergarten	Digital	
1	Splash Learn Grade 1	Digital	
2	Splash Learn Grade 2	Digital	
3	Splash Learn Grade 3	Digital	
4	Splash Learn Grade 4	Digital	

Grade Band	Link	Format	Additional Information
5	Splash Learn Grade 5	Digital	
K-5	Greg Tang Math	Digital	Includes two math challenges with daily activities - Spring Break Challenge and March Madness Challenge
K-5	Achieve the Core Fluency - Math by grade level	Paper	Resources for easy creation of math fluency packets by grade level- including links to worksheets for printing
K-12	Quantile Math@home	Digital/paper	
K-8	IReady	Paper	Available in Spanish
K-8	Xtra Math	Digital	

Physical Education/Health

The CDC (Center for Disease Control) recommends that children and adolescents ages six through 17 years should achieve a minimum of 1 hour of moderate-to-vigorous intensity physical activity each day, and activities that strengthen bones and build muscles at least 3 days a week.

These three types of physical activities should include:

- Aerobic: Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity such as walking, running, or anything that makes their heart beat faster.
- Muscle-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity, such as climbing or doing push-ups, on at least 3 days a week.
- Bone-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity, such as jumping or running, on at least 3 days a week.

Physical Activity Guidelines for School-Aged Children and

Adolescents: <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

Move Your Way: <https://health.gov/moveyourway/get-kids-active/>

Free Kids Workouts: <https://www.grouphiit.com/collections/free-kids-workouts>

YouTube also has many free workout videos for a range of ages and abilities.

Science

Grade Band	Link	Format
3-6	PBS SciGirls	Digital
K-6	Science A-Z Leveled Science Articles	Digital
9-12	Minute Physics Youtube	Digital
8-12	What If Youtube	Digital
K - 12	Mystery Science	Digital
5 -12	Jason Learning	Digital
K - 12	Smithsonian Q?RIUS	Digital
K-12	PBS Learning Media - Science	Digital
K - 12	Ranger Rick's Kid Zone	Digital
9-12	Science Playwiths	Digital
K - 8	Education World	Digital
K - 12	Newsela	Digital and Print
2 - 12	NASA's Climate Kids	Digital

Social Studies

Grade Band	Link	Description
1 - HS	Smithsonian "History Explorer"	History Explorer is the online portal for free, standards-based K-12 resources including lesson plans, interactives, videos, and artifacts from the National Museum of American History. Educators can search resources by topic, grade level, and historical era. RSS feeds, a mobile version of the site, and integrated social networking tools, are also included. Related book, both fiction and non-fiction, are often suggested.
5-HS	The British Museum and the British Broadcasting Corporation (BBC)	This site uses objects to tell a history of the world. 100 objects from the British Museum and hundreds more from museums and people across the UK. Objects are from 2 million years ago to the present day and are connected to a timeline. Interactive site holds video, text, and beautiful photographs of objects for all over the world and in different times.
5 - HS	The History World	The aim of History World is to make world history more easily accessible through interactive narratives and timelines.

Grade Band	Link	Description
6-HS	HyperHistory	HyperHistory is an expanding scientific project presenting 3,000 years of world history with an interactive combination of synchronoptic* timelines, and maps. *The Synchronoptic History Chart is a timeline using visual art forms (maps, graphics, colors) in combination with textual information. Its main purpose is to convey a perspective of world historical events, and to understand what was happening in widely separated parts of the earth.
6 - HS	TimeMaps	The TimeMap of World History combines a world history timeline, atlas and encyclopedia to let students visit any civilization, nation or empire and see how history fits together. Includes lesson plans and materials.
5 - HS	EyeWitness to History	First-hand accounts, illustrated with vintage photos, and (where applicable) original radio broadcasts and video clips.
K - 12	Newsela	News articles that can be adjusted by Lexile level (free version available)
9-12	Khan Academy	Content videos (including Advanced Placement)
8 - HS	Digital Docs in a Box	Digital “kits” that are a collection of annotated documents, images and audio clips primarily from the Library of Congress—all resources are copyright free and easily downloadable. An overview of the kit and an introduction to the collection are provided.
K -HS	C3 Teachers Inquiries	K-12 Inquiries across the social studies
8-12	NMAI Native Knowledge 360	7-12 Inquiries with accompanying student and student materials, videos, etc. focused on Treaties through a number of topics including the Fort Laramie Treaty, Food Sovereignty, etc.
6-8	http://textbooks.wmisd.org/BigChapters.html	Interactive Textbook from Our Spatial Brains Regional Geography based on Big Ideas
4-12	Densho	A grassroots organization dedicated to preserving, educating, and sharing the story of World War II-era incarceration of Japanese Americans in order to deepen understandings of American history and inspire action for equity.

Grade Band	Link	Description
K-12	https://www.esri.com/en-us/industries/education/schools/geoinquiries-collections	GeoInquiries™ are short, standards-based inquiry activities for teaching map-based content found in commonly used textbooks. Each activity is designed using a common inquiry model and can be presented quickly from a single computer and projector or modified for students' hands-on engagement.
K- 12	www.okcss.org	Oklahoma Council For the Social Studies Resources, Presentations, Units, Lesson Plans
3-6	Collection of curriculum units iCivics Scope & Sequence	Resources and Games for students. Also provides lesson plans
3 -12	EconEdLink	Brought to you by the Council for Economic Education, this collection of curated resources that align with different economic and personal finance ideals. Collections will help guide you and your students through different discussion areas.
6-8	Next Gen Personal Finance	A collection of lessons, interactives, assessments, and other resources for engaging students with quality personal finance curriculum.
K-12	GeoHistory	A collection of GeoHistory lessons from the Arizona Geographic Alliance.
K-12	National Geographic	Bring National Geographic to your home through lesson plans, maps, and reference resources.
9-12	America in Class from the National Humanities Center	- The lessons present challenging primary resources in a classroom-ready format, with background information and strategies that enable teachers and students to subject texts and images to analysis through close reading.
9-12	Historical Thinking Matters	Each student investigations include a short movie, historical sources, guiding questions, and an essay prompt that can be emailed to the teacher.
9-12	Digital History Reader (European History)	This online learning experience is designed to enable students to develop the analytical skills employed by historians.
9-12	Digital History Reader (U.S. History)	This online learning experience is designed to enable students to develop the analytical skills employed by historians.

Grade Band	Link	Description
9-12	World 101	Understand the issues, forces, and actors that shape our world. From essays and discussion questions to glossaries and up-to-date reading lists, World101 provides comprehensive teaching resources for each of their modules.

Resources for English Learners (EL)

K-3

Starfall (phonics practice for ELs) <https://www.starfall.com/>

K-5

Storyline Online (read alouds with a large range of fiction books) <https://www.storylineonline.net/>

Epic (books in English and Spanish with large catalog of nonfiction and fiction as well as subject matter and content areas) <https://www.getepic.com/>

RAZ-kids (Online guided reading) <https://www.raz-kids.com/>

3-12

Common Lit (fiction and nonfiction texts; options for read aloud, translate into 20+ languages, annotate; includes guiding questions, assessment and discussion) <https://www.commonlit.org/>

K-12

Khan Academy (math support in multiple languages) <https://www.khanacademy.org/>

DuoLingo (fun, interactive language learning lessons in multiple languages, including English; for people of all ages) <https://www.duolingo.com/>

ELL Brainpop (interactive, leveled lessons on English for students of all ages; short movies, plus engaging vocabulary and grammar exercises) <https://ell.brainpop.com/>



**American
Red Cross**

The Pillowcase Project

Learn. Practice. Share.



My Preparedness Workbook

My Preparedness Workbook

Thanks to The Pillowcase Project, you've already learned a lot about being prepared for emergencies. Now, with this workbook, you can learn even more!

Share the workbook with a grownup, and show them the letters on page 4 and 18. Tell them about what you learned from The Pillowcase Project and how your workbook can help everyone in your home be better prepared for emergencies.

Working together, you can use the workbook to gather the information and supplies you will need if an emergency ever happens at your home or in your community.

Then use the map activity on pages 12–13 to learn about some of the different kinds of emergencies that happen around the United States and the world. To learn more, you and your family can download activities or play activity games about different kinds of emergencies at [redcross.org/pillowcase](https://www.redcross.org/pillowcase). At the end of each activity, you'll see a few reminders about how to be prepared for that kind of emergency. Be sure to share this part of each activity with a grownup, so that everyone in your home can learn how to stay safe when emergencies happen.



This book belongs to _____



My address is _____

City _____ State _____ Zip Code _____



My phone number is _____



I'm in the _____ grade. My teacher is _____.



American
Red Cross

The Pillowcase Project

Learn. Practice. Share.



Learn

Learn how emergencies happen and how to stay safe when they do.



Practice

Practice what you learn so you'll be ready when an emergency happens.



Share

Share what you've learned so that everyone knows how to stay safe in an emergency.

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Dear Parent/Guardian:

The American Red Cross knows that teaching children how to prepare for emergencies can help keep their families and communities safe when emergencies happen. That's why we have developed The Pillowcase Project, a program that started in New Orleans, where students used pillowcases to carry their belongings during a hurricane emergency. Now the Red Cross is distributing pillowcases to children across the country and teaching them how to stay safe in a wide variety of emergency situations.

Through The Pillowcase Project, children **learn** how to prepare for emergencies, **practice** what they have learned, and **share** their knowledge with family and friends, so that, when an emergency occurs, everyone in your family knows what to do and how to help each other stay safe.

Please talk with your child about what they have learned about emergency situations. Download the free **Red Cross Monster Guard** app at redcross.org/monsterguard to continue the learning with a fun game that will teach your child even more about emergency preparedness. Use this workbook together with your child to make your whole family better prepared.

The Pillowcase Project

Learn. Practice. Share.



The American Red Cross Story

Long ago, during the Civil War, a former teacher named Clara Barton sat tending a wounded soldier when a bullet whizzed by and tore through the sleeve of her dress. That didn't stop Clara from caring for the young soldier. Risking her life to help others was something she did every day. That was why the soldiers called her the "Angel of the Battlefield."

After the Civil War ended, Clara continued to help others. She realized that, whenever emergencies happen, someone should always be there to give people a helping hand. So in 1881, with the aid of the United States Congress and President Chester A. Arthur, Clara Barton and 14 volunteers founded the American Red Cross.

Today, the Red Cross has thousands of volunteers and works to help people in many different ways. We conduct blood drives, support military families, and respond to disasters. We work with Red Cross societies in other countries to help people around the world. Red Cross instructors teach first aid, CPR, swimming, babysitting, and how to prepare for emergencies—just like the Red Cross person who taught you about The Pillowcase Project today.



You and your family can learn more about the Red Cross at our website, **redcross.org**. And grownups can visit the site to learn about our free Red Cross Mobile Apps.

We have come a long way since Clara Barton's day. But like Clara, whatever the situation, the Red Cross is still always ready to help!

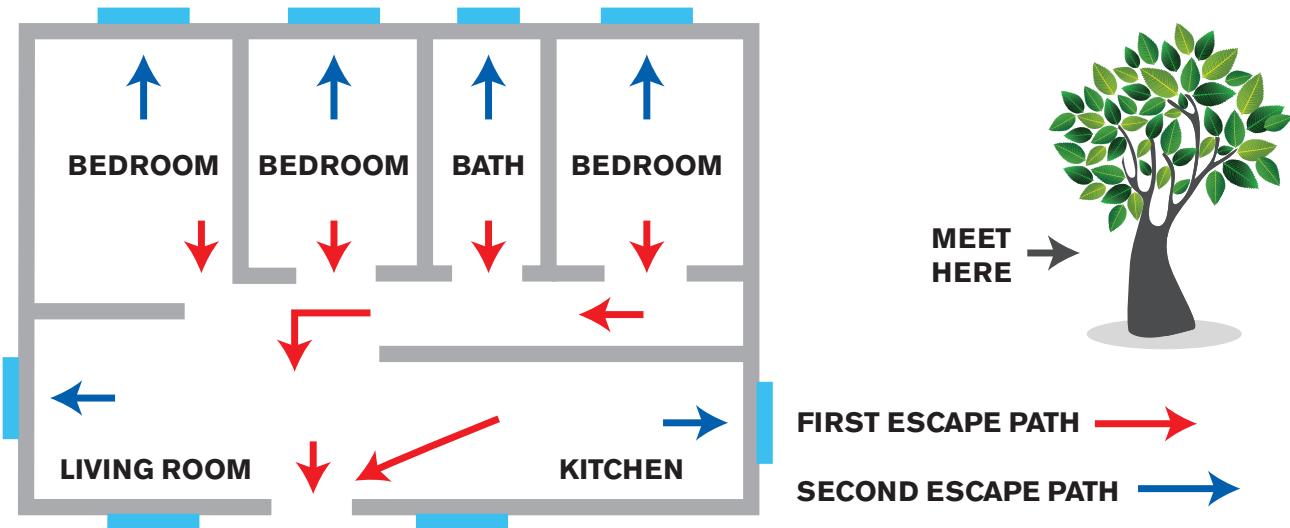
Our Home Fire Escape Map

Learn by using this example to make a fire escape map for your home. Draw your map in the box on the next page, or use a separate piece of paper.

1. Draw all the rooms in your home (use the example to help you).
2. Use a red pen to show the quickest path to get outside from each room.
3. Use a blue pen to show a second path to get outside from each room.
4. Draw a Meeting Spot outside your home where everyone will go as soon as they get out. Label it MEET HERE.

Things to remember:

- You need a Meeting Spot so you know that everyone in your home is out.
 - Once you get to your Meeting Spot, call 9-1-1.
 - **No one should go back inside** – firefighters will arrive shortly and rescue anyone who needs help, even your pets.
5. When you are all done, hang your map where everyone can see it!



Practice your escape plan with a Home Fire Drill at least twice a year. Have a grownup press the “test” button on a smoke alarm in your home and have everyone go to your meeting place. Time your Home Fire Drill to find out how long it takes for everyone to get to your meeting place. Keep practicing until everyone can get out in less than 2 minutes!

Share these preparedness skills with everyone in your home:

- Get Out, Stay Out, Call 9-1-1 – If you hear a smoke alarm or see smoke, follow your escape plan and get out immediately. Don’t stop to grab anything, and don’t go back for anything. Stay outside at your meeting place and call 9-1-1.
- Get Low and Go – In a fire, smoke is often more dangerous than flames. Crouch low or crawl on your hands and knees to avoid breathing in smoke. Smoke rises, so the air near the floor is cleaner. This is really important if you don’t have two ways out of your room.

Be Prepared! Have a smoke alarm on every level of your home and inside bedrooms and outside sleeping areas. Remind the grownups in your home to test smoke alarms every month to make sure they all work. If a smoke alarm doesn’t work, replace the batteries or the smoke alarm. Have a plan to wake everyone up if the smoke alarm goes off while you’re sleeping. In a fire, if you see smoke on your way out, turn around and go the other way. Be sure to always stay away from dangerous smoke!

To Learn More about fire safety, visit redcross.org/homefires.

Our Outside Meeting Spot _____



Home Fire Safety Planner

Use this planner to set dates for your Home Fire Drills and Smoke Alarm Testing.

Home Fire Drills (2 each year)

Month	Date	<input type="checkbox"/> We got outside in less than 2 minutes!
Month	Date	<input type="checkbox"/> We got outside in less than 2 minutes!

Smoke Alarm Testing (once each month)

 We test all smoke alarms every month on the  DATE

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Our Emergency Communications Plan

During an emergency, it's important to stay in contact with everyone in your home, especially if you get separated. Fill out this form so that everyone knows how to stay in contact during an emergency. Or create your own form on a separate piece of paper if you need more space.

Our Home Address: _____
City _____ State _____ Zip Code _____

Contact Info for People Who Live in Our Home

Name	Work/School Phone	Cell Phone	Email
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Pets' Names	Type of Pet	Color/Markings	Registration
_____	_____	_____	_____
_____	_____	_____	_____

In Case We Get Separated...

Choose two meeting places where the people in your home will get back together if you are separated in an emergency. One meeting place should be near your home. The other should be outside your neighborhood, in case the area around your home is unsafe.

1. Our meeting place near home: _____
2. Our meeting place away from home: _____

Choose an emergency contact who lives outside your area, someone everyone can call in case you can't call each other.

Name _____ Home Phone _____ Cell Phone _____ Email _____

When an emergency happens, if possible call your family and friends to let them know you are okay. With a grownup, visit [redcross.org/safeandwell](https://www.redcross.org/safeandwell) to learn more about how to get in contact with friends and family during an emergency if you don't have access to a phone.

Congratulations on completing your emergency communications plan!
Now, clip it out and keep it where everyone in your home can easily see it.



Contact information can change, so plan to update your emergency communications plan at least once a year.

We update our Emergency Communications Plan every year on:

Month _____ Date _____

Our Emergency Contact Cards

Use this model to create an emergency contact card for every person in your home. Or ask a grownup to download copies of the emergency contact card form at [redcross.org/pillowcase](https://www.redcross.org/pillowcase). Ask everyone to keep their card with them at all times. That way everyone will always be prepared for an emergency.

My Emergency Contact Information 	People to Call or Text in an Emergency 
My Name: _____	_____
Phone: _____	_____
Home Address: _____	_____
_____	_____
Email: _____ (fold)	_____ (fold)
Important Phone Nos. 	_____
Police: Call 9-1-1 or _____	_____
Fire Dept.: Call 9-1-1 or _____	Out-of-Area Contact Person _____
Doctor: _____	Phone _____
Poison Control Center: 1-800-222-1222	Meeting Place Outside of Neighborhood: _____
_____	_____



Important Emergency Contact Phone Numbers: During an emergency we may need help from other people, like firefighters, doctors, or veterinarians. It's important to know how to call them. Work with a grownup to fill in these phone numbers, then make a list like this for your home and put it somewhere easy to see in case you need to use it.



Local Emergency Number: 9-1-1 or _____

Police Department _____

Fire Department _____

Hospital _____

Poison Control: 1-800-222-1222 or _____

Telephone Company _____

Gas Company _____

Electric Company _____

Doctor _____

Veterinarian _____

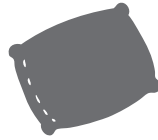
Our Emergency Supplies Kit

As you've learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit — one for you and one for your household. You'll have everything you need to stay safe and comfortable while you're away from home.

My Pillowcase Kit

Use this checklist to gather items for your own personal emergency supplies kit.

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Bottle of water | <input type="checkbox"/> Toy | <input type="checkbox"/> Portable radio | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Paper and pen | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Blanket | <input type="checkbox"/> Family photos |



**And don't forget
your special item!**

Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

Food & Water



- ☐ Three-day supply of water, one gallon per person per day
- ☐ Three-day supply of canned and dried food
- ☐ Can opener
- ☐ Cooking and eating utensils

Emergency Gear

- ☐ First aid kit
- ☐ Portable radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Cell phone charger
- ☐ Matches in waterproof container
- ☐ Cash and coins (in case credit card readers and ATMs aren't working)
- ☐ Map of your area

Personal Items



- ☐ Copies of important documents (birth certificates, passports, insurance policies, etc.)
- ☐ Blankets
- ☐ Extra clothing
- ☐ Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.)
- ☐ Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.)
- ☐ Baby supplies (formula, diapers, etc.), if needed
- ☐ Pet supplies, if needed

Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it quickly, in a place known to everyone in your home.

For Your Car



Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.

- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ White distress flag
- ☐ Maps
- ☐ Car cell phone charger
- ☐ Bottled water and dried food such as granola bars
- ☐ Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares)
- ☐ Seasonal supplies:
Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.



Check your emergency supplies kit every six months. You may need to update some items – fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month Date Month Date

My Preparedness Network

People help each other in an emergency. Use this web diagram to remind yourself of all the people who may be there to help you if an emergency happens.

Start by matching the people listed in the Word Bank with their places on the diagram. Write the names into the correct spaces. (A few names have been filled in to help you get started.) Then share this activity at home. Work together to add more people to your diagram. You'll find out that you're part of a pretty big preparedness network!



Remember: When you need help in an emergency, call 9-1-1.

Mapping Emergencies

Wherever you live, you should be prepared for these common emergencies:



Home Fires

Hundreds of home fires happen every day. Be prepared with working smoke alarms and a home escape plan.



Flooding

Too much rain or melted snow can cause any river or stream to overflow, flooding roads and towns built near the water.



Thunderstorms and Lightning

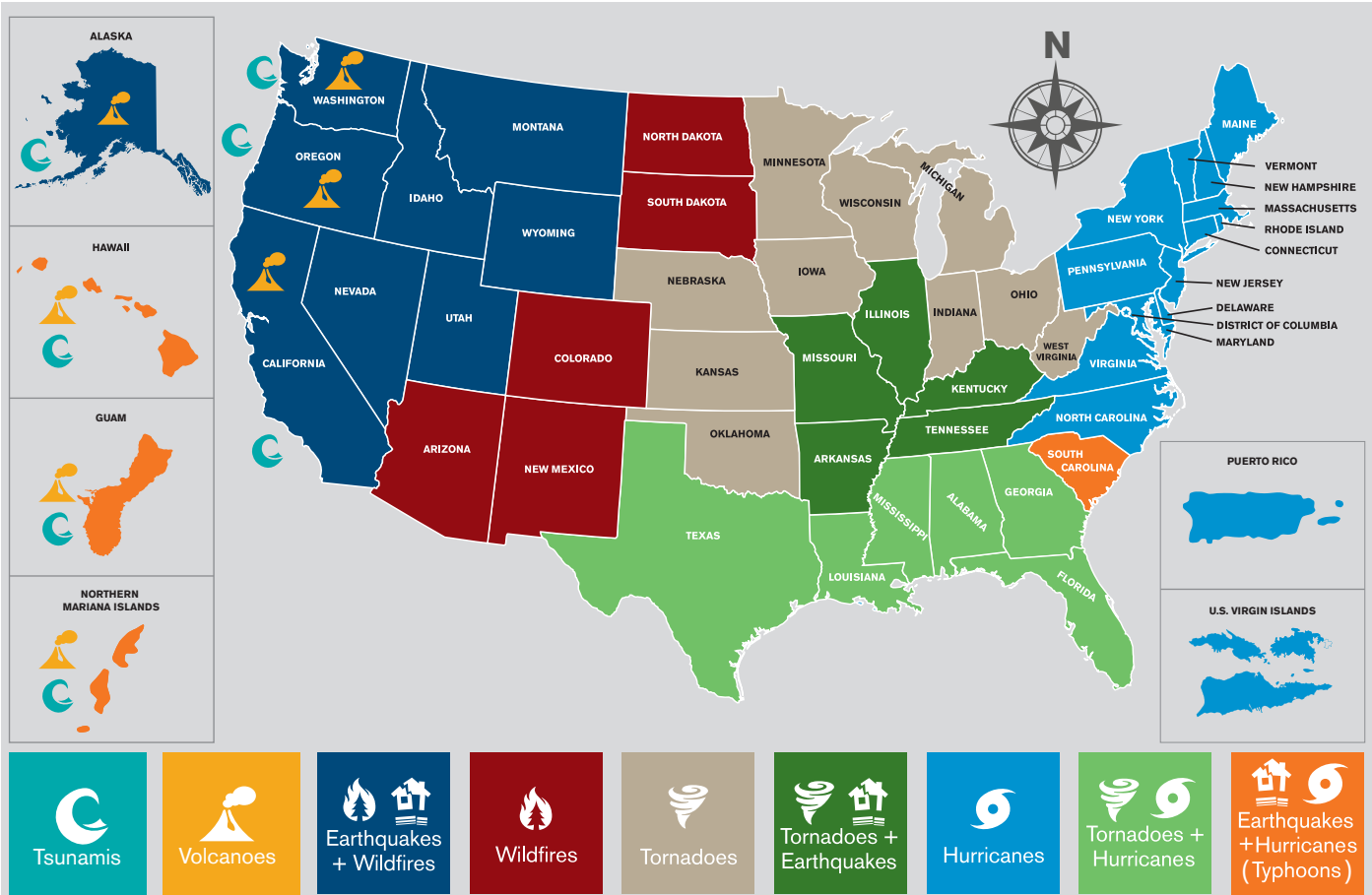
There are more than 100,000 thunderstorms every year in the U.S. They can happen anywhere, at any time.



Extreme Winter Storms

In the north, too much snow and ice can close roads and knock out power. In the south, even a little snow and ice can do the same.

Emergencies happen all over the United States and around the world. To be prepared, it's a good idea to find out which types of emergencies are likely to happen where you live. This map shows where different types of emergencies are most likely to happen in the U.S. The map does not show every emergency that can happen in every state and territory. For example, wildfires have been reported in 35 different states, but they happen most often in the states shown on the map. Use the map and your geography skills to answer the emergency preparedness questions on the next page. Then visit [redcross.org/pillowcase](https://www.redcross.org/pillowcase) to learn more about all types of emergencies by downloading The Pillowcase Project activity sheets or playing the online activity games.



Based on hazard maps produced by the U. S. Geological Survey and the American Red Cross.

These are questions about you and your family.

My state or territory is:

The most likely emergencies where I live are:

The least likely emergencies where I live are:

Name the state or territory where a relative or friend lives. Then name the emergencies *most* likely to happen there.

State/Territory: _____

Emergencies: _____



These are questions about different kinds of hazards.

1. How many states or territories could have thunderstorms?



2. Name two states or territories that should be prepared for both tornadoes and hurricanes.



3. Name two states or territories that have volcanoes.



4. How many states or territories on the map should be prepared for earthquakes?



Answers: 1: All states and territories; 2: Two of these states-Alabama, Florida, Georgia, Louisiana, Mississippi, Texas; 3: Two of these states and territories-Alaska, California, Guam, Hawaii, Northern Mariana Islands, Oregon, Washington; 4: 18 states and territories.

Learn What to Do in Emergencies

Here's a quiz to help you learn how to stay safe during different types of emergencies. Circle the best answer for each question. Check your answers with the Answer Key. Then download the activities or play the activity games at redcross.org/pillowcase to learn even more!

Don't have Internet at home? Ask a teacher to help you use the Internet at school, or ask a grownup to check for free Internet at your public library.

EARTHQUAKES



1. What should you do when an earthquake happens?

- a. Drop, Cover, and Hold On
- b. Stop, Drop, and Roll

Download the activity to learn what causes earthquakes, and how to make a home earthquake-ready.



FLOODS



2. What should you do if you see flood water ahead?

- a. Get low and go slow.
- b. Turn around, don't drown.

Download the activity to learn how ancient Egyptians stayed safe during floods along the Nile River, and how people in Egypt stay safe today.



HURRICANES (TYPHOONS)



3. What should you do to prepare for a hurricane?

- a. Call 9-1-1.
- b. Check your emergency supplies kit and evacuation route.

Download the activity to learn how weather forecasters track hurricanes so they can warn people when one is on the way.



THUNDERSTORMS



4. What's the rule for staying safe during a thunderstorm?

- a. When the thunder roars, go indoors.
- b. Count to five to stay alive.

Download the activity to learn how thunderstorms happen and what causes thunder and lightning.



TORNADOES



5. Which is the better place to go when there are tornadoes in your area?

- a. A basement.
- b. A garage.

Download the activity to learn how a real tornado compares to the one in *The Wizard of Oz*.



TSUNAMIS



6. What should you do when there is a tsunami warning?

- a. Turn on the news.
- b. Get away from the water as fast as you can.

Download the activity to learn how ten-year-old Tilly Smith helped her family stay safe from a tsunami.



VOLCANOES



7. Which would you need to protect yourself from volcanic ash?

- a. A life jacket.
- b. A dust mask.

Download the activity to learn what causes volcanoes and why there are so many volcanoes on the Ring of Fire.



WILDFIRES



8. What can you do to help protect a home from wildfire?

- a. Clear dead leaves and branches away from the home.
- b. Install smoke alarms.

Download the activity to learn more ways to help protect a home from wildfire.



WINTER STORMS



9. What should you do if you start shivering in the cold?

- a. Go inside to get warm.
- b. Stand still for ten seconds.

Download the activity to learn about the wind chill factor and how it can help you stay safe during cold weather.



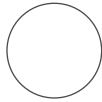
Answer Key: 1-a, 2-b, 3-b, 4-a, 5-a, 6-b, 7-b, 8-a, 9-a. Learn more at redcross.org/pillowcase.

Your Coping Skills

Be prepared for the thoughts and feelings that may come up during an emergency by practicing your Pillowcase Project coping skills.

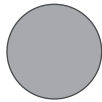


Breathing with Color



People breathe faster when they are worried or scared. Breathing slowly helps you relax. You can use colors to help you breathe slowly!

- Fill the top circle with a bright color for your good, calm feelings.
- Imagine that the gray circle is the color of your nervous, uncomfortable feelings.



- Close your eyes and take a slow breath through your nose. Imagine that you are breathing in your good color.
- Now slowly breathe out through your mouth. Imagine that you are breathing out those gray feelings.
- Keep breathing with color, very slowly, with your eyes closed, five more times.
- Then open your eyes and keep those good, calm feelings inside you!

Symbol of Strength

We all have a power inside that can help us get through tough situations. Here's a way you can turn on that power when you need it!

- First, think of something you do that makes you feel strong and confident. It can be anything, like being a good whistler or a good speller or being good at games.
- Next, close your eyes and picture yourself doing the thing that makes you feel strong. Use your imagination to turn that picture into a mental selfie.
- Now put your mental selfie on an imaginary shield. That's your Symbol of Strength!

Grab your shield whenever you need to feel the special power inside you. Even in tough situations, your Symbol of Strength is always there!



Share a Song

What song makes you feel happy? Write the name of your song and some of the words here – or make up your own words, if you want!



Yes You Can!

Think about how you coped with a tough situation in the past. Maybe you talked with a grownup or told yourself a good story. Write down what you did. Remember, if it helped once, it can help again!



The Pillowcase Project

Learn. Practice. Share.



I pledge to be prepared for emergencies by
Learning how emergencies happen,
Practicing how to stay safe, and
Sharing what I've learned at home
and with my friends.



(Student Signature)

(Date)

Congratulations from your friends at the American Red Cross!

A Message to Parents and Guardians:

We hope that your child has enjoyed learning about preparing for emergencies through The Pillowcase Project. To tell us what you've done to make your home safer, learn more, or provide feedback about the program, please visit [redcross.org/pillowcase](https://www.redcross.org/pillowcase). You will find advice on staying safe in all types of emergency situations and directions for how to create an emergency plan and an emergency supplies kit. Join us and get your household Red Cross Ready!



Home Fire Safety

In the meantime, don't forget to check this quick reminder list to make sure you are reinforcing what your child learned about home fire safety through this program.

- ☐ Create an escape plan with a home fire drill (pages 6–7) and practice at least twice a year. Make sure everyone can get out in less than two minutes!
- ☐ Check that windows and doors along all escape paths are easy to open and use, and move any furniture or other items that may block the way.
- ☐ Ensure that any window security bars have a quick release mechanism that is easy to open in an emergency.
- ☐ Choose a Family Meeting Spot. It should be a fixed location at a safe distance from your home, and in the front, so you can meet emergency responders when they arrive and tell them that everyone in the family is safe.
- ☐ Remember: For a Family Meeting Spot to work, everyone needs to know where it is and stay there—**Get Out and Stay Out!**



I'm Prepared!

Use this page to start a journal about what you learned from The Pillowcase Project.

About Me

My Name: _____

I Live With: _____

My Address: _____

My Phone Number: (____) ____ - ____ I am ____ years old.

The Most Interesting Thing I **Learned** from My Preparedness Workbook:

The Most Interesting Thing I **Learned** from The Pillowcase Project:

How I'm Going to **Practice** What I've Learned:

I'm Going to **Share** What I've Learned with:

The Pillowcase Project

Learn. Practice. Share.



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Follow Maya, Chad, Olivia, and all the monsters as they teach kids about how to prepare for real-life emergencies—at home plus other environments—in a fun and engaging game. Sponsored by Disney, this free app is available to download on iOS and Android mobile and tablet devices. Visit redcross.org/monsterguard, text 'MONSTER' to 90999, or search 'Monster Guard' in your mobile app store.

Resources

Be Prepared!

For more information about being prepared for emergencies, visit the American Red Cross website, redcross.org.

- Home Fires:
Visit redcross.org/homefires.
- Earthquakes:
Visit redcross.org/prepare/disaster/earthquake.
- Flooding:
Visit redcross.org/prepare/disaster/flood.
- Hurricanes (Typhoons):
Visit redcross.org/prepare/disaster/hurricane.
- Thunderstorms and Lightning:
Visit redcross.org/prepare/disaster/thunderstorm.
- Tornadoes:
Visit redcross.org/prepare/disaster/tornado.
- Tsunamis:
Visit redcross.org/prepare/disaster/tsunami.
- Volcanoes:
Visit redcross.org/prepare/disaster/volcano.

- Wildfires:
Visit redcross.org/prepare/disaster/wildfire.
- Winter Storms:
Visit redcross.org/prepare/disaster/winter-storm.
- All Emergencies:
Download the free Emergency App at redcross.org/mobile-apps.

Join a Red Cross Club

Kids in middle school, high school, and college can help Red Cross volunteers in their community by joining a school club. Find out more at redcross.org/volunteer.

Become a Pint-Size Hero!

Elementary schools engage students, faculty and parents as they host blood drives and participate in an educational program. The program includes classroom activities to support the school's upcoming blood drive and asks for students to recruit blood donors. Visit redcrossblood.org to learn more.



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