

CORONAVIRUS DISEASE (COVID-19) PARENT RESOURCES



While the world is sorting out the new normal of social distancing, parents everywhere are also trying to do it with full-time jobs, and in many cases, no childcare. For the first time in most of our lifetimes, schools have been shut down for extended periods, and no one really knows when it will end. Moms and dads are suddenly finding themselves wearing far too many hats: parent, employee, caregiver and teacher to name a few.

Stuck at home with cancelled spring break plans, and summer vacations next on the chopping block, parents find themselves constantly looking for ways to entertain their kids 24/7. With the quarantine well underway, many are at a loss for resources.

While many places have physically closed; they have realized that the need for children's entertainment is at an all-time high, and many have stepped up to offer just that.



NASA is offering many STEM activities for grades K- 4. Activities range from building foam rockets to solving space station emoji puzzles. Parents can also download coloring sheets and books for younger kids. <https://www.nasa.gov/stem-at-home-for-students-k-4.html>



Discovery Education offers free virtual field trips complete with companion guides and hands-on learning activities. For example, kids can explore Polar Bears and the Tundra or take a look behind the scenes of the Johnson Space Center in Houston, Texas. <https://www.discoveryeducation.com/learn/tundra-connections>



Take a trip to Mars. Explore the surface of Mars on the Curiosity Rover. The site is in the middle of an update, but the 360 mode offers a great digital view. <https://accessmars.withgoogle.com>

STORYTIME & DOODLING



Josh Gad is even doing his part to help parents deal with life in quarantine. Every night on Twitter, he is doing ten-minute story time. <https://twitter.com/i/broadcasts/1vOxwoPrnYgxB>

How About a Lunch Doodle? Mo Willems, beloved author of *Waiting Is Not Easy!* and *The Pigeon HAS To Go To School!* is hosting a Livestream Lunch Doodle. Every day at 1 PM EST, new episodes will be posted on the Mo Willems page on the Kennedy Center's Website. Additionally, Willem is encouraging kids to send him questions at LUNCHDOODLES@kennedy-center.org, and he will attempt to answer those questions in his videos. <https://www.kennedy-center.org/education/mo-willems/>

Pete The Cat creator James Dean presents virtual story time every day at 12 PM on Instagram Live.

ZOO CAMS

Cincinnati Zoo & Botanical Garden

Every weekday at 3 PM EDT, the Cincinnati Zoo will host a Home Safari Facebook Live that features a different animal each day. For those who don't have social media, the zoo will post the safaris on both their website and YouTube. <https://www.facebook.com/cincinnati-zoo>

Panda Cam Zoo Atlanta

Pandas are always fun to watch, quarantine or not, and Zoo Atlanta offers this live stream of the only panda twins in the United States, Ya Lun and Xi Lun. <https://zooatlanta.org/panda-cam>

Monterey Bay Aquarium offers ten live cams where viewers can sneak a peek at the sharks, do a little birdwatching in the aviary, and they can even check the goings-on in the open sea.

<https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams>

The San Diego Zoo has ten live cams to choose from, including penguins, tigers, koalas and giraffes. The zoo also has a website exclusively for kids that's loaded with videos, stories, activities and games.

<https://zoo.sandiegozoo.org/live-cams>

HISTORICAL SITES & MUSEUMS

The Smithsonian Museum offers virtual tours of their current and permanent exhibits, and viewers can even look at a few of the past exhibits. Users can easily navigate between adjoining rooms of the museum and click on the camera icons for a closer look. <https://naturalhistory.si.edu/visit/virtual-tour>

VIRTUAL TOURS OF OTHER WORLD-FAMOUS MUSEUMS:

British Museum, London <https://britishmuseum.withgoogle.com>

Musée d'Orsay, Paris <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

National Museum of Modern and Contemporary Art, Seoul

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

The J. Paul Getty Museum, Los Angeles

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Van Gogh Museum, Amsterdam

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

MASP, São Paulo <https://artsandculture.google.com/partner/masp?hl=en>

National Gallery of Art, Washington, D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Pergamon Museum, Berlin <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

The Louvre <https://www.louvre.fr/en/visites-en-ligne>

The Great Wall Of China <https://www.thechinaguide.com/destination/great-wall-of-china>

VIRTUAL TOURS OF OTHER HISTORICAL SITES:

The White House <https://artsandculture.google.com/partner/the-white-house>

Vatican <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Buckingham Palace <https://www.royal.uk/virtual-tours-buckingham-palace>

Pyramids <https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>

Taj Mahal <https://www.taj-mahal.net/newtaj>

Red Square in Russia <https://www.360cities.net/search?utf8=%E2%9C%93&query=red+square+>

ACTIVITIES OFF YOUR COUCH



OUTDOOR SCAVENGER HUNT

<http://www.lovetheoutdoors.com/camping/kids/scavengerhunt.htm>

<https://handsonaswegrow.com/free-printable-for-an-outdoor-scamenger-hunt-for-kids>

CHALK ART

Inspire all the people walking past your house with a beautiful and easy design for kids of all ages

<https://www.yourmodernfamily.com/stained-glass-sidewalk-chalk-art-with-kids>

It's even easier to do if you make recycled chalk paint from those broken bits of sidewalk chalk

<https://rhythmsofplay.com/recycled-chalk-paint>

NATURE ART

<https://theimaginationtree.com/inspired-by-andy-goldsworthy-natural>

PAINTING WITH NATURE

<https://handsonaswegrow.com/nature-painting>

SQUIRT PAINTING

<https://www.firefliesandmudpies.com/squirt-painting>

NATURE MOBILE OR BIRD FEEDER

<https://www.sensorytrust.org.uk/resources/creative-activities/nature-mobiles-sensory-trust.pdf>

<https://www.thesprucecrafts.com/bird-feeders-for-kids-to-make-2764688>

