



SCHOOL OF
PUBLIC HEALTH
DEPARTMENT OF FAMILY SCIENCE

The Department of Family Science, School of Public Health at the University of Maryland has compiled a set of resources for families and educators. These run the gamut from helping children cope emotionally with the COVID-19 pandemic to educational resources for parents to use at home with their children.

SOCIAL/EMOTIONAL DEVELOPMENT

Each item below is hyperlinked to a relevant online resource.

- **Overcoming Obstacles-The Curriculum**: Life skills curriculum for students in grades K-12 that includes strategies for teaching social and emotional skills
- **NCPI-Emergencies and Natural Disasters**: Helping Children and Families Cope: Includes a social story and other great resources to support families with young children cope with stressful emergency or disaster situations
- **Child Mind Institute-Supporting Kids During the Coronavirus Crisis**: Includes tips from clinicians to help calm fears, manage stress and keep the peace
- **The Autism Educator-Coronavirus Social Story (printable)**: A social story to help explain the Coronavirus to young audiences
- **New York Time Parenting**: How to talk to kids about Coronavirus
- **Bright Horizons**: Talking to Children About COVID-19
- **PBS**: How to Talk to Your Kids about Coronavirus



- **National Association of School Psychologists**: Talking to Children About COVID-19 (Coronavirus): A Parent Resource
- **Dr. Shu-Chen Jenny Yen, California State University, Fullerton**: Something Strange Happened in My City: A COVID-19 Social Story for Young Children

SOCIAL STUDIES

— MUSEUMS —

- **Tour the Palace of Versailles**, a UNESCO World Heritage Site
- For school aged children, take a Museum Field Trip! **Education World** has compiled a list of museum websites with a description of their current online exhibits and suggested activities for each. Best suited for children from 1st to 4th grade
- **Virtual Louvre**: Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip
- **The British Museum**, an iconic museum located in the heart of London, allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies



— HISTORY AND GOVERNANCE —

- **Ben's Guide to the US Government:** This interactive website, hosted by the U.S. Government Publishing Office, allows your child to see the ins and outs of the U.S. government by taking a series of learning adventures with none other than Benjamin Franklin
- **Big History Project:** Online history classes for all ages preteen through adults
- **Bunk History:** archive of "the web's most interesting writing and thinking about the American past"

— PRODUCTION/DISTRIBUTION/CONSUMPTION —

- **FarmFood 360:** A Canadian site offering 11 virtual tours of farms from minks, pigs, and cows, to apples and eggs
- **ClubSciKiz:** Daily free science or cooking experiment to do at home
- **Nomster Chef:** Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science

MATH AND SCIENCE

— SCIENCE —

- **Access Mars:** Explore the surface of Mars on the Curiosity Rover
- **Switch Zoo:** Play games and learn all about animals
- **American Chemical Society:** High school chemistry topics
- **Backpack Sciences:** hands-on elementary science videos
- **Biology Simulations:** Learn about biology and practice data analysis skills
- **Collisions:** games to help high school students visualize and interact with chemistry concepts
- **Mystery Science:** K-5th Science lessons
- **Biodigital Human:** A human visualization platform that allows students to explore the human body in really cool ways

— ZOOS —

- Tour the **Cincinnati Zoo**
- Tune into a live webcam at the **Montgomery Bay Aquarium**, from otters, to sharks to jellyfish
- Tune in to the **Houston Zoo** Webcams and enjoy a live look at animals that call the Houston Zoo home!
- The **San Diego Zoo** has a website just for kids with amazing videos, activities, and games. Enjoy the tour!

— GEOGRAPHY AND CULTURE — (INCLUDING NATIONAL PARKS)

- Tour **Yellowstone National Park!**
- This virtual tour of the **Great Wall of China** is beautiful and makes history come to life
- **Country Reports:** 35,000 pages of online content on the cultures and countries of the world
- **Techcrunch:** National Parks Virtual Tours
- **National Geographic:** Geography and animals
- **Carmen Sandiego** videos, stories, and lessons for all subject areas
- Test kids' geography skills: **GeoGuessr** uses images from Google's Street View, plops players down in the middle of the street and asks them to figure out where they are
- **WhatWasThere:** Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history

- **ClimateKids:** This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals
- **Earthquakes for Kids:** Learn all about earthquakes
- **Chemicool:** Learn all about the periodic table
- **The Old Farmer's Almanac for Kids** Date, weather moon phase, etc
- **My First Garden:** A guide to gardening for kids
- **NASA Kids Club:** Space science for kiddos
- **Cells Alive:** Learn all about cells
- **Innerbody:** Explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body
- **Everyday Earth:** Interactive video earth science based curriculum supplement
- **Mystery Science:** Open-and-go lessons that inspire kids to love science!



MATH

- **Funbrain:** Math and Reading games
- **ABCya:** Math and Reading games
- **Arcademics:** Math and language games
- **Mathscore:** Practice from counting to algebra and geometry.
- **Bedtime Math:** A fun part of your daily family routine



- **Boddle Learning:** Elem Math through 6th grade
- **CanFigureIt Geometry:** A unique way to teach and learn geometric proofs. Proofs simplified
- **Dreambox Learning:** K-8 online math program that looks at how a student is solving problems to adjust accordingly and build a unique learning path for them
- **Youtube Dr. Roger's Math Neighborhood,** a higher level math series of online videos with detailed solutions to more than a thousand publicly-released College Board SAT Math, Subject Test Math Level 1, and Subject Test Math Level 2 problems
- **Math@Work:** Math Videos with lessons, real life uses of math, famous actors
- **MathCelebrity:** Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly. 2nd grade through college
- **Math Playground:** Elem Math games, logic puzzles and educational resources
- **Mangahigh:** Website allows students to play basic games to reinforce math skills and compete against the computer or others
- **Math Playground:** Math Games, Logic Puzzles and Brain Builders
- **Numberphile:** Short videos about numbers that help kids explore complex math topics and make math more fun
- **Banzai!:** Exposes students to real-world financial dilemmas to teach them the importance of smart money management

COMPUTER SCIENCE AND ENGINEERING

- **Scratch:** MIT Coding educational activities
- **Instructables:** 3D printing projects and Coding projects, involving math and other K-12 subjects
- **Kodable:** Coding for ages 4-10
- **Code:** Coding with Star Wars
- **Crypto Club:** Immerse yourself in cryptography
- **The Homeschool Scientist:** Engineering challenges with things you have at home



LITERACY

— EARLY LITERACY/STORYTELLING —

- **Storyline Online:** Favorite books being read to kids by famous people. Activities follow the story reading
- **Seussville:** Read, play games, and hang out with Dr. Seuss
- **Into the Book:** Games to get “into the book”
- **Free Children Stories:** Free stories online ages 3-12

*Art, music, movement activities are important ways of building literacy for young children, particularly prior to reading. See that section.

— LEARNING TO READ —

- **Starfall:** Phonics skills
- **Sight Reading Factory:** Sight reading and sight singing practice exercises
- **Reading Eggs:** Phonics and learning to read

- **The Story Starter:** Randomly generates 356,300,262,144 story starters

— STRENGTHENING EXISTING — SKILLS FOR READERS

- **Classroom Cereal:** Grammar practice for middle grades
- **Commonlit:** Reading passages for grades 3-12, with reading comprehension and discussion questions
- **Squigglepark:** Engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game
- **Brainbox:** Magic Spell is a carefully crafted spelling adventure
- **The Well:** Poetry and music
- **Wonderopolis:** Short videos and readings that answer various burning questions for students. There are vocabulary challenges and comprehension questions

LANGUAGES

- **The Spanish Experiment:** Spanish Children's Stories with Slow Audio
- **Difusión:** Resources for Spanish practice
- **Chalk Academy:** Chinese learning activities
- **Duolingo:** Foreign languages
- **Conjugemos:** Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin

MUSIC/MOVEMENT/CREATIVE ACTIVITIES

— MUSIC —

- **Broadway HD:** Offers plays and musicals online. Currently there is an option for a 7 day free trial. Here is a link to some family friendly options
- **Chrome Music Lab:** Music is for everyone through fun and hands-on experiments

- **Virtual Musical Instruments:** Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos
- **Music Theory:** Introductory and intermediate music theory lessons, exercises, ear trainers and calculators

— SENSORY PLAY —

For parents of toddlers to preschoolers that are not afraid of a little mess, here are some easy sensory play activities that can be enjoyed with everyday home items.

- **Water play with bubbles** (add straws for more fun!) Creating moon sand by mixing 8 cups of flour to one cup of oil (vegetable or baby oil)
- **Kids n Clicks:** Making homemade playdough, a simple recipe without cream of tartar
- **Busy Toddler:** Indoor Activities for busy toddlers

— CRAFTS —

- **All Kids Network:** Crafts, activities, mazes, dot to dot, etc
- **Marker Stations Home Pack:** 3 Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet
- **KiwiCo:** Quick & easy at home projects curated for kids 2 and up



— MOVEMENT AND DANCE —

- **Fluency & Fitness:** Educational brain breaks to help students review essential literacy and math skills, while getting in some exercise. Find over 900 videos to help your child keep learning at home and burn off some extra energy. Our site is best used for ages 4-8
- **GoNoodle:** A wonderful resource that is often used for “brain breaks” in the classroom; which translates to children getting up, being silly, and moving around. Movement and mindfulness videos created by child development experts
- **Little Twisters Yoga:** Free at-home kids yoga lesson plans
- **Youtube: Funga Alafia,** dancing is a fantastic way to enjoy time with your children of all ages and is a great way for them to exercise while inside. Put on your favorite songs, let your hair down, and enjoy!
- **The OT Toolbox:** At home OT, PT, and ST resources designed to build skills in children through movement and play

— ART —

*See also museum section in Social Studies

- **National Gallery of Art:** NGAkids interactives offer an entertaining and informative introduction to art and art history
- **The Metropolitan Museum of Art:** #metkids, a wonderful, endlessly detailed way to get kids engaged in the world of art
- **Artsology:** Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art

— JUST FOR TODDLERS —

- **Care.com:** 101 Fun Things to Do With Toddlers
- **Teaching Mama:** 20 More Ways to Keep Toddlers Busy
- **Busy Toddler:** 40+ Super Easy Toddler Activities

KIDS AS RESEARCHERS (RESOURCES)

- **Facts 4 Me:** A safe research site for elementary-level readers. They are offering -- free 24/7 access. USERNAME: read (case sensitive). PASSWORD: read (case sensitive)

— RESOURCES WITH MULTIPLE — CONTENT AREAS: UNSORTED

There are also many online learning resources (some of which may incur a fee). Here are some that we found.

- **IXL:** A learning website kids love! Master 2000+ K-12 skills online. Proven success. Immediate Feedback. Standards-based Learning. K-12 Math & English. Adaptive & Individualized. Courses: Math, English, Science, Social Studies
- **Natural Math:** A way of teaching math that emphasizes student thinking and initiative over memorization of skills.
- **Education.com:** Has everything parents and teachers need for kids to succeed in math, reading, writing, and science from PreK-5
- **JumpStart:** The ideal learning environment for kids with fun educational games, activities, worksheets & lesson plans for all grades
- **Homeschool Hideout:** Free art lessons on youtube for kids
- **DeltaMath:** A wide range of math content from middle school through AP Calculus
- **Scholastic:** Offering a free subscription for children to learn at home. From Preschool to 9th Grade, just pick your grade level and start learning
- **Scholastic Classroom Magazines:** Has also put together a list of resources (by age) for how to talk to your child about Coronavirus
- **123 Homeschool 4 Me:** 300,000+ FREE printable worksheets from toddlers to teens
- **Highlights Kids:** Fun games, recipes, crafts and activities
- **ClickSchooling:** Brings you daily recommendations by email for entertaining websites that help your kids learn
- **Breakout Edu:** Educational games K-12
- **cK-12:** Science, Math, Social Studies
- **Curriculum Associates:** Free printable K-8 Reading and Math activity packs (available in English and Spanish)
- **Curriki:** Digital learning content for preschool through high school
- **Coursera:** Tons of free classes from leading universities and companies
- **Scholastic Classroom Magazines:** Day-by-day projects to keep kids reading, thinking, and growing
- **The Great Courses Plus:** Classes for older teens or adults
- **Discovery K12:** Online homeschool platform & curriculum for Pre-K to 12th grade. All main subjects are covered, plus extra curriculum courses
- **Dog on a Log Books:** Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customized to any student's needs including creating flashcards for other subjects
- **Fiveable:** Resources for AP students including live reviews, live trivia, and study guides!
- **HippoCampus:** 7,000 free videos in 13 subject areas
- **Izzit:** Entertaining & educational videos for all levels and subjects. FREE high-quality educational materials to educators: teachers, homeschoolers, parents, grandparents, scout troop leaders - to anyone interested in learning/teaching!



- **Khan Academy:** Online education program for toddler through high school
- **Next Gen Personal Finance:** Scads of free resources, games, learning resources, and lesson plans for teaching personal finance

APPS/PROGRAMS/GENERAL MEDIA

While it is well understood that screen time is usually discouraged for children, the American Academy of Pediatrics has distinguished that there is a difference in the quality of programming and recommends “high quality programing”. PBS kids is a trusted source for high quality programing.

For younger audiences, the well-loved favorites of Sesame Street or Daniel Tigers Neighborhood are great choices. For older children, Wild Kratts and Odd Squad are both fun and educational.

- **PBS Kids Games:** For free online and educational video games, you can also turn to PBS kids
- **Nitro Type:** Improve your typing skills while competing in fast-paced races with up to 5 typers from around the world
- **PBS Kids:** Play with fave show characters and learn too
- **Bamboo Learning:** Voice based learning... learn through Alexa

General resources:

- **Smithsonian Magazine:** This Week's Best Livestream Learning Opportunities



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