

From NJ.com

Online Activities for Kids and Families

<https://www.nj.com/coronavirus/2020/03/live-zoo-cams-free-abc-mouse-scholastic-the-ultimate-guide-to-free-resources-for-remote-learning-during-coronavirus.html>

Art Resources

MetKids: The Metropolitan Museum of Art has a dedicated kids section on its website, complete with videos, an interactive map, and a “time machine” that brings the viewer to different art pieces in the museum.

The Art Assignment: Weekly PBS videos, hosted by curator Sarah Urist Green, that explore art and history.

Google Arts & Culture: Explore different works of art, famous places, and more in Google’s interactive space online.

Zoo + Outdoor Webcams and Tours

Jenkinson’s Aquarium Penguin Cam: Check out how the penguins are doing at Jenkinson’s Aquarium in Point Pleasant by viewing the livestream on their website.

Duke Farms Eagle Cam: Take a look at the bald eagles at Duke Farms in Hillsborough.

Cape May Zoo: Zoo employees will conduct a virtual tour every weekday, starting at 11:30. Each tour features a short clip of a different animal and an education lesson about it.

Cincinnati Zoo & Botanical Garden: The zoo employees will highlight different animals at 3 p.m. each day on their Facebook page.

San Diego Zoo: Check out one of the zoo’s various live webcams, from koalas to tigers.

Smithsonian’s National Zoo & Conservation Biology Institute: The National Zoo has live webcams of its naked mole rats, giant pandas, and more.

Ocean County Parks & Recreation: The naturalist staff will broadcast some of the department’s animals in the

Nature Center displays in the future. Check the Facebook page for updates.

Educational Resources

Scholastic: The company put many of their educational lessons and resources online for free, including online books and activities.

ABCmouse: Age of Learning, which owns ABCmouse and other digital education programs, is offering free home access to families affected by school closures due to the coronavirus. Schools or districts should complete the form [here](#).

Crash Course and Crash Course Kids: Educational video lessons on everything from space and science to mythology and literature.

Club SciKidz: Activities and videos for kids on topics in science and math, including daily science experiments.

Carmen Sandiego: Download the free printables to solve word puzzles and unscramble secret messages by answering questions about geography.

Ranger Rick: The website is free to all visitors through the end of June. The digital editions of the magazines are all free to the public for the next few months.

Mystery Science: The website's most popular science lessons are available for free.

Beanstalk: The company is offering its interactive kids classes for free.

Ask a Stevens Prof: Professors at Stevens Institute of Technology are offering free, interactive webinars for K-12 students to share about their research and engage kids in STEM. The webinars are every weekday at 3:30 p.m.

Printables

All Kids Network: Thousands of printables for kids, from color by number sheets and hidden pictures to mazes and coloring pages.

Coloring Nature: Hundreds of nature printables, including animals, habitats, gardens, wildflowers, and more.

Education.com: Free printables for kids, including crosswords, dot to dots, and more.

Family Resources for Health and Wellness

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Director of Special Education Services and Government Programs Archdiocese of Newark

- NYU Langone Children's Hospital: SCHOOL'S OUT - A PARENTS' GUIDE FOR MEETING THE CHALLENGE:

<https://mailchi.mp/nyumc/csc-parental-guide-covid-19-1049030?e=7744c1cb26%C2%A0%C2%A0>

- DR. ROBERT BROOKS: RESILIENCY FOR FAMILIES: <https://www.drrobertbrooks.com/resilience-in-the-face-ofcovid-19/>

- Talking to Children About COVID-19 (Coronavirus): A Parent Resource:

[https://www.nasponline.org/resourcesand-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-tochildren-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resourcesand-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-tochildren-about-covid-19-(coronavirus)-a-parent-resource)

- How to Talk to Your Anxious Child or Teen About Coronavirus: <https://adaa.org/learn-from-us/from-theexperts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

- CDC MANAGING STRESS AND ANXIETY: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managingstress-anxiety.html>

- PROMOTING SOCIAL EMOTIONAL LEARNING IN CHILDREN: <https://www.edutopia.org/SEL-parents-resources>

- Basics for appropriate conversations with children regarding the Coronavirus:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

o Calm.com has created a page of free resources for families to use to further connect and strengthen our

mental health during this time. Within the link above you have access to audio and video on the following topics:

o Soothing Meditations

o Sleep Meditations

o Sleep Stories

o Calming Music

o Movement/Yoga (Calm Body)

o Creative Activities (Calm Masterclass)

o Calming Activities for Kids (Calm Kids)

- GoNoodle: Good Energy at Home: Teachers trust GoNoodle to help their students stay active, focused, and calm while infusing good energy into their classrooms. Now, with so many kids home from school they are offering a free online resource. Go to: <https://www.gonoodle.com/good-energy-at-home-kids-games-andvideos/>

FAMILY FAITH RESOURCES:

- <https://thatresourcesite.com/thatresourcesite/>
- <http://www.catholicfamilyfaith.org/having-difficult-conversations.html>
- <https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun>

FAMILY EXERCISE FUN:

<https://www.speedstacks.com/home/>

https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar_english.pdf

<https://kchealthykids.z2systems.com/np/clients/kchealthykids/giftstore.jsp>

LUNCH DOODLES WITH MO WILLEMS: <https://www.kennedy-center.org/education/mo-willems/>

READ ALOUDS FOR YOUNG CHILDREN:

<https://nj.pbslearningmedia.org/resource/btl10.ela.early.readabooktoday/reada-book-today/>