



WVUMedicineChildren's

Websites with Great Ideas

- **COVID-19: How to Keep Your Kids Busy and Connected by Nationwide Children's Hospital** <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/keep-kids-busy-and-connected>
- **Simple Activities for Children and Adolescents** <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
- **Avoid Cabin Fever with These 125 Ideas to Keep Kids Entertained During the Coronavirus Crisis** <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
- **Activities and online resources for homebound kids: A coronavirus guide** <https://www.livescience.com/coronavirus-kids-activities.html>
- **200 Free Kids Educational Resources: Video Lessons, Apps, Books, Websites, & More** http://www.openculture.com/free_k-12_educational_resources
- **1,000 Free Audio Books: Download Great Books for Free** <http://www.openculture.com/freeaudiobooks>
- **800 Free eBooks for iPad, Kindle, and Other Devices** http://www.openculture.com/free_ebooks

Educational Resources

- **Dragon Box** – Online and App-based Math lessons for ages 4-9. <http://www.dragonbox.com/>
- **Zearn** – An online math lesson resource that is typically subscription-based, it is now available for free during the cancellation of school because of Covid-19. <https://about.zearn.org/>
- **Math Help** – Provides math tutorials for grades 5 – 12. <http://www.mathhelp.com/>
- **Cool Math Games** – Fun math games for grades 1-5. <http://www.coolmathgames.com/>
- **Extra Math** – A free online math learning resource that is available to everyone. <http://www.xtramath.org/>
- **i-Ready** – The most frequently used online resource for students. This program offers math and reading lessons and diagnostic tests for students. It is self-guided and they typically need to log a certain number of minutes per week in both reading and math. This program is not available to the general public. <http://i-readycentral.com/>
- **Khan Academy** – Short lessons in the form of videos for English and math. These lessons are available online, free of charge to anyone. <https://www.khanacademy.org>

- **Scholastic** – A free resource for students pre-k through middle grades. A daily list of four new activities. <http://www.classroommagazines.scholastic.com/support/learnathome.html>
- **Storyline** – Free read aloud videos Resources. <http://www.storyline.net/>
- **Teach Your Monster To Read** – 100% free online phonics and reading lessons. <http://www.teachyourmonstertoread.com/>
- **Audible by Amazon** – A specially curated collection of books for children ages 0-18, provided for free during the quarantine. <http://www.stories.audible.com/>
- **WYFF Chief Meteorologist Chris Justus** -Is giving daily weather lessons on his Facebook page <https://www.facebook.com/ChrisJustusWYFF4ChiefMeteorologist>
- **McHarper Manor** – Free daily live art & craft tutorials. <http://www.mcharpermanor.com/>
- **Kinder Art** – Art lessons for grades PreK – 8th grade. Free and fee-based lessons available online. <https://kinderart.com/art-lessons-by-medium/>
- **Wild, Free & Crafty** – Free art lessons online. <http://wildfreeandcrafty.com/2020/03/15/free-online-art-lessons-for-kids>
- **Disney Imagineers** – A series of interactive lessons in park design and engineering, designed to give a behind the scenes peek into Disney’s development process. <https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>
- **Dance Without Limits** is offering a FREE story time ballet class Fridays at 9:30 am. The class is most appropriate for ages 2 -6, but all are welcome! Use this zoom link to attend ballet story time! Don't forget to bring your twinkle bear or favorite stuffed animal to class. <https://www.facebook.com/dancewithoutlimitssc/>
- **Cosmic Kids Yoga** – Yoga, mindfulness and relaxation for kids 3 and over. <https://www.youtube.com/user/CosmicKidsYoga>
- **Go Noodle** – Kid-friendly videos to get your kids up and moving around. <https://www.youtube.com/user/GoNoodleGames>
- **Dr. Jean and Friends** – Song about math, reading and more that your kids can sing and dance to. <https://www.youtube.com/user/alexgmay>
- **BOKS** – Free online physical fitness program for kids <https://www.youtube.com/channel/UC74WUI0gruMkoaAWbaiizng>
- **Cleveland Inner City Ballet** – Virtual ballet classes on 3/25 and 4/1 at noon. <https://www.clevelandinnercityballet.org/pink-tutu-outreach-company>
- **Sally Lloyd-Jones** – Storytime, Q&A and more <https://www.facebook.com/SallyLloydJones>
- **Operation ASL Storytime** – Reading aloud and ASL of “Groovy Joe Ice Cream and Dinosaurs <https://www.facebook.com/deafandloud/videos/205626944184825>
- **Josh Gad Storytime** – Better known to kids as the voice of Frozen’s Olaf. He will be reading books to kids online every night during the quarantine via his twitter account. <https://twitter.com/joshgad>

- **Toccata Music Studio**– Story time and videos of games to play with the kids
<https://www.facebook.com/ToccataMusicStudios>
- **Lunch Doodles with Mo Willems!** <https://www.kennedy-center.org/education/mo-willems/>
- **Explore the brain at Philadelphia’s Franklin Institute:** Want to find your how your brain works? I mean REALLY works. Learn how your brain is built to find patterns and faces in everyday objects, make your own neural pathway, see the inside of a real, human brain. <https://www.fi.edu/your-brain/interactives>

Museums and Tours around the World

The Pacific Science Center is a family favorite and you can still visit, albeit online. Watch a live science demo about combustion or monster sound on YouTube. Other resources include educational worksheets, activities and hands-on experiments.

<https://www.pacificsciencecenter.org/events-programs/curiosity-at-home/>

British Museum, London

This 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. You can also find hundreds of artifacts on the museum’s virtual tour. <https://britishmuseum.withgoogle.com/>

Use **Google’s Street View** or **Arts and Culture** site to virtually walk through a variety of international museums, such as the following: <https://artsandculture.google.com/project/street-view>
<https://artsandculture.google.com>

Take a trip to China and explore **The Great Wall Of China**

<https://www.thechinaguide.com/destination/great-wall-of-china>

Visit the **Louvre Museum** in France <https://www.louvre.fr/en/visites-en-ligne>

Take an interactive tour of Ellis Island: Welcome to Ellis Island! Did you know that more than 40 percent of Americans can trace their family history back to Ellis Island and the more than 12 million immigrants who walked through the front doors between 1892 and 1954? Pictured: Ellis Island Immigration Station, 1907, in New York. <http://teacher.scholastic.com/activities/immigration/tour/>

Visit the Statue of Liberty’s crown: Take a virtual tour of one the world’s most beloved and inspiring symbols. The 360-degree experience includes panoramas, videos, photos, and audio.

<https://www.nps.gov/stli/learn/photosmultimedia/virtualltour.htm>

Ology: A science website for kids from the American Museum of Natural History

<https://www.amnh.org/explore/ology>

Walk with the dinosaurs at the American Museum of Natural History: Explore the museum’s incredible exhibits on animals, plants, dinosaurs and more. Check out fossils, learn about earthquakes and volcanoes and test your knowledge of the natural world with 10 museum quizzes.

<https://www.amnh.org/>

Experience life in Colonial Williamsburg: Though a bit empty now, the living history museum’s eight live webcams still give a fascinating glimpse into an early American community. Check out areas like the tavern, the armoury, and even construction of the new art museum expansion.

<https://www.colonialwilliamsburg.org/webcams/>

National Museum of Natural History Virtual Tour <https://naturalhistory.si.edu/visit/virtual-tour>

National Museum of African American History and Culture Online educational resources for families, and an opportunity to explore items from their collection. <https://nmaahc.si.edu/>

Girl Museum: Explore our four unique exhibition series that tell stories about girls around the world from the past and present. Please note that our exhibitions are viewable on all devices. However, interactive content is best viewed on a desktop, laptop or tablet. <https://www.girlmuseum.org/view/exhibitions/>

Explore the Smithsonian National Air and Space Museum <https://airandspace.si.edu/anywhere>

Outer Space

Explore the night sky: Take a journey through the night sky with Star Atlas. Type in your location and the website will show you all the major and minor constellations visible in your corner of the sky. <https://staratlas.com/>

Story Time from Space. Story time with astronauts in space! <https://storytimefromspace.com/>

NASA Image and Video Library <https://images.nasa.gov/>

Take a walk on the surface of Mars: Thanks to NASA's rover Curiosity, you can take a walk on the alien surface of Mars. Curiosity traveled 352 million miles over the course of eight months in 2011-2012 to discover if the red planet is, or ever has been, suitable for life. Now you can take a 360-degree tour from your own living room. <https://accessmars.withgoogle.com/>

Videos from the Museum's Hayden Planetarium, created using data from the Digital Universe. The Digital Universe incorporates data from dozens of organizations worldwide to create the most complete and accurate 3-D atlas of the universe from the local solar neighborhood out to the edge of the observable universe.

https://www.youtube.com/playlist?list=PLrfcruGtplwELiuyIEVxHBpgW_0WxZI6G

Farms

Experience life on the farm: This classic school field trip experience is now available online. Visit grain, milk, sheep, egg, and vegetable farms and learn about what it takes to get food on the table, through in-depth, fun 360-degree videos. <https://www.farmfood360.ca/>

Take a tour of a **dairy farm** <https://www.americandairy.com/>

Science and Animals

Bugscope by the University of Illinois <https://bugscope.beckman.illinois.edu/> Students collect bugs and mail them to us. Then we let the class examine their bugs in fascinating detail, as they operate our scanning electron microscope from their own web browsers. At the same time, our experts answer their questions via online chat. This free educational outreach is run by the Imaging Technology Group at the University of Illinois's Beckman Institute.

Virtually Visit the Monterey Bay Aquarium <https://www.montereybayaquarium.org/>

Virtually Explore the San Diego Zoo <https://zoo.sandiegozoo.org/live-cams>

Watch the animals at the Smithsonian's National Zoo <https://nationalzoo.si.edu/webcams>

Riverbanks Zoo broadcast each weekday at 10 am, including an activity you can do right in your very own home. <https://www.facebook.com/riverbankszoo/>

Explore the Houston Zoo <https://www.houstonzoo.org/explore/webcams/>

The Cincinnati Zoo & Botanical Garden is featuring a new animal every day on Facebook Live. So far, viewers have met Fiona the hippo, Rico the Brazilian porcupine and Sihil the ocelot. You can ask questions if you watch it live (every day at noon); the episodes are also archived on the zoo's site. You can also go on a "Home Safari" with the zoo! <http://cincinnati-zoo.org/home-safari-resources/>

Watch the animals at the **Georgia Aquarium** <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Watch a Live Stream of **Polar Bear in the Tundra**
<https://www.youtube.com/channel/UCyfA7iVd5WdhPHqDW3XFU2A>

Visit **Yellowstone National Park** <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Experience the wonders of US National Parks <https://artsandculture.withgoogle.com/en-us/national-parks-service>

Experience the Kennedy Center <https://www.kennedy-center.org/education/>

Smithsonian Learning Lab <https://learninglab.si.edu/>

Other Fun Opportunities

Take in an opera at the **Metropolitan Opera** in NYC <https://www.metopera.org/>

Take your kids on **virtual rides at Disney** <https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893>

Other Ideas to do at Home

- Create a daily schedule together. Use a whiteboard, cardboard or blank printer paper, or print out an online daily calendar template. Take turns being the one who decides what to do during each block of time.
- Create an "I'm bored" list. Each person lists ideas for what they can do when they get bored. Stick it on the fridge. Use it when you get bored.
- Board games.
- Make puppets from socks, paper bags or stuffed animals
- Make a comic book.
- Keep a daily journal.
- Bake a cake, cupcakes, cookies, etc.
- Learn to make healthy snacks for after-school.
- Pick a favorite animal and research it. Create a fact sheet about it.
- Make and play with salt dough.
- Make a button spinner.
- Lego activity: Make a list of animals and buildings. Write them all down on individual pieces of paper and put them in a box. Each person draws one out and has to build it with Legos.
- Take a walk at a nearby park—just stay away from the playground equipment and keep at least 6-10 feet from other people.
- Make origami animals and objects.
- Teach each other card games with a standard deck of cards. Make up your own games!
- Go through the house looking for broken toys or things that need to be thrown away. Use tape and glue to them into a found-art sculpture art project instead.
- Have a contest to see who can pick up the most dishes/clothes/socks/legos/etc laying around the house. The winner gets to pick the next board game.
- Take a road trip where you don't get out of the car. Play road games along the way.
- Thank a community hero. Write a letter or make thank you cards for

- Put together a care package for a US service member serving overseas. Get ideas here and go through an organization or send them via Support Our Troops.
- Pick a sentence from a book. How many words can you make from the letters in the sentence?
- Build a house of cards.
- Do you play Pokemon Go or Wizards Unite? Drive to an area with a lot of Pokestops or Inns and Greenhouses, and play from your car (while safely parked!)
- Take a hike at a nearby park or forest.
- Create your own secret code. Write a letter to someone else in the code.
- Listen to podcasts. A few of our favorites include Story Pirates, WOW in the World, Fun Kids Science Weekly, Story Collider, Brains On! (whose latest is a show on coronavirus), Simon's Science Adventure Stories and Fun Kids Story Quest.
- Blow bubbles outside.
- Draw pictures outside with sidewalk chalk.
- "Paint" a wooden picket fence with water.
- Go tent camping in your backyard.
- Use FaceTime, Skype, Google Hangouts or another platform to video chat with a friend or relative.
- Have a virtual party using a video chat platforms. Play party games.
- Have a paper boat race at a nearby pond.
- Fish at a nearby pond. (Stay 6-10 feet away from others.)
- Make your own felt board for them to create scenes, practice spelling or do math problems.
- Refrigerator magnetic poetry contests.
- Buy shaving cream and create art outside or on the bathroom wall.
- Make your own musical instruments.
- Have a contest to see who reads the most books.
- Put on a family play.
- Plan the next family vacation.
- Collect rocks on a walk. Paint them at home.
- Start a home garden (indoor or outdoor).
- Plant marigolds or cooking herbs.
- Collect bugs.
- Design your own exercise routine. Take turns teaching an "exercise class" to your favorite tunes.
- Make pickles and jam.
- Learn a new language. Use an app, such as Duolingo. Make flashcards. Write foreign language vocabulary words on Post-Its and plaster the house with them. Learn to sing a song in a foreign language. Make a dictionary in the foreign language.
- Learn three new vocabulary words a day. Turn each word into a painting or other art project. Make flashcards.
- Watch a favorite movie or cartoon in a different language. (Most DVDs have other language options.)
- Watch a favorite movie or cartoon on mute and make up your own dialogue.
- Watch cooking videos online for making food from another country. Try to make the dish.
- Have an untimed Iron Chef contest with the whole family. Choose an ingredient, and everyone makes a different dish.
- Write a letter to your grandparents or other relatives or friends. Address the envelope, buy a stamp through the machine at the post office and mail it.
- Many online sites help you find an international pen pal. Before signing up anywhere, have a discussion about how to be safe online with strangers and make sure the site you're using has safeguards.
- Do puzzles and wordfinds.
- Learn a new chore.
- Have a contest to see who can match the most socks from that basket full of dryer sock orphans.
- Do yoga! Plenty of videos on streaming services and online video sites can lead you through a virtual class.

- Create an outdoor obstacle course. Use old toys or things you find in your garage and google online suggestions for specific obstacles.
- If you have the food items to do so, cook meals you can freeze and heat up later.
- Do jigsaw puzzles. Don't have any at home and don't want to spend the money? Then create your own: Draw or paint a picture. Glue it to the cardboard from a box. Print and use an online template to cut out the pieces.
- Go geocaching! Many smartphone apps and online sites can show you how. Just stay 6-10 feet away from others.
- Do a household scavenger hunt.
- Do a local road trip scavenger hunt. Pinterest has loads of ready-to-print ideas.
- Do a backyard or park scavenger hunt.
- Fill up a squirt bottle with water and squirt it at cars, trees, backyard objects and each other!
- Make art from stickers and construction paper.
- Got a lot of boxes laying around from package deliveries? Make box towers or forts.
- Who can build the tallest or sturdiest structure from sticks and rocks outside?
- Play dress-up. (Need a break? Take your favorite outfits out of the closet and then let your kids run wild with what's left.)
- Hide and seek with objects: One person hides the object in the house, and the others have to find it.
- Play with your pets.
- Practice your instrument, sport skills, choir songs, math or other skills.
- Learn specific stances and basic positions for karate, Taekwondo or another martial art by following YouTube videos. (Definitely requires supervision.)
- Create a home movie with your smartphone video.
- Learn how to draw at Art for Kids Hub on YouTube.
- Learn about and then practice the Five Tibetan Rites.
- Get active and mindful with GoNoodle.
- Learn to sew. Dozens of online sites and YouTube videos are specifically aimed at teaching kids to sew.
- Pick a favorite song. Choreograph a dance routine to it.
- Have Nerf guns or something similar? Have a Nerf battle.
- Are you a member of Girl Scouts, Boy Scouts, 4H, Campfire or a similar organization? See if there are badges you can work on at home.
- Learn about maps and make a map of your neighborhood.
- Make jewelry. Order a kit online or use materials from around the house.
- Have each kid pick a topic they'd like to learn about and spend 30 mins each day on that topic
- Spend one day reading every single picture book we have in the house
- Go through all the old mail laying around (ok, that one's not for kids although they do enjoy helping tear stuff up)
- Bake something every day
- Have each kid write a letter and/or emails to a different friend or family member each day
- Use all of our building toys on one giant structure
- Races of various kinds in the backyard (hopping on one foot, crabwalk, walking backwards, etc.)
- Try stop motion animation with playdough
- Facetime grandparents a lot
- Inventory the plants & wildlife (from bugs on up) in your yard
- Learn the parts of plants/flowers & how they function (bonus if they learn the Latin names)
- Write a short story & illustrate it
- Learn how to do simple book binding
- Have the kids help with yardwork in between playing games outside
- Card making/scrapbooking projects
- Getting the garden ready
- Make tents and reading caves - flashlights, tidy snacks, books, and pillows!
- Have a shadow show in the reading tent

- Get binoculars and learn about the birds near your house, look them up on google and search for their birdcalls on YouTube
- Learn how to make a stuffed animal
- Play with cornstarch and water and cheap action figures
- Family puzzles
- Team up and really clean and organize each kid's space, making a donation box for each. Parents are included.
- Make your own board game or card game
- Write a story cooperatively. One person picks a character and the other picks a setting and then go gangbusters together.
- Folding Picture Story. One person draws a small picture across the top of a paper. The next person writes a sentence that describes that picture and folds over the paper top of the paper hot dog style to cover the picture. The third person only sees a sentence and they have to draw a picture. They fold over the sentence. Continue until the page is full, then open and enjoy!
- Family yoga. There are kid-friendly YouTube videos and printed cards with poses.
- Zumba or Dance-along videos on YouTube
- Draw self-portraits on blank faces
- Give the family pet a bath and brush
- Wash and clean the car
- Play sidewalk chalk outside
- Glow stick party
- Popcorn + movie marathon
- Listen to kid podcasts
- Have an Olympics with a bunch of events and competitions
- Do a study on planets, then have the kids create their own planets- how big is it, where in the universe is it located, atmosphere conditions, can it sustain life, how long is a day/year, name it, etc.
- Puzzle races: put several puzzles (20+ piece puzzles) in a paper bag and shake it up. Pour pieces out and give each person the puzzle box they are to put together. Go!
- Dig through cabinets and figure out recipes for that thing you got at the grocery store and thought "this is interesting surely it can be used for something!" And then make it!
- Make ice cream
- Make and play with Play dough or slime
- "Paint the fence" with washable paints outside