

FREE ONLINE RESOURCES FOR FAMILIES DURING QUARANTINE



EDUCATIONAL

- Weekly lessons and activities to keep your child learning from [Scholastic](#)
- Supplement social studies and science curriculum from Scholastic's [Trueflix](#)
- Explore videos on earth, health, space, engineering, and more from Scholastic's [Scienceflix](#)
- [Dav Pilkey At Home](#) presents reading and creativity lessons using Dog Man
- [Wide Open School](#) is a collaboration project of 25 organizations that hosts educational content in all subjects for all grade levels
- [Amazing Education Resources](#) is a list of education companies offering free subscriptions in all subjects for all ages
- Take an Ivy League course on a variety of topics through [Class Central](#)
- Text book publisher McDougal Littell is offering high school level language lessons and activities through [Classzone](#)
- Practice Grammar using [Classroom Cereal's](#) short story exercises
- [PBS Learning](#) is offering educational resources for all grade levels with interactive videos and lessons
- Find daily schedules for children of all schedules and remote learning resources at [Khan Academy](#)
- [Arcademics](#) combines learning with arcade games for children practicing math and language arts
- Elementary-age children can play math games at [Cool Math 4 Kids](#)
- Learn computer science with [CODE](#)
- Watch presentations from the [USA Science and Engineering Festival](#)
- Listen to free children's books on [Audible](#)
- Find answers to all your child's "why" questions at [Wonderopolis](#)
- [The Smithsonian](#) has a library of videos, activities, and lessons on nearly every topic



TAKE VIRTUAL TOURS, WATCH LIVE STREAMS, VISIT BROADWAY, AND TOUR MUSEUMS

- Take virtual tours at [NASA](#)
- Visit the [Cincinnati Zoo](#) at noon daily to watch an animal spotlight
- Watch live cams at the [San Diego Zoo](#), [Houston Zoo](#), and [Smithsonian National Zoo](#)
- Explore the [Monterey Bay Aquarium](#), [Aquarium of the Pacific](#), [Georgia Aquarium](#), [National Aquarium](#)
- Watch live nature cams at [Explore](#) and visit South Africa at [Twitich](#)
- Take virtual tours of the United States' [National Parks](#)
- Watch the [MET opera](#), [educational PBS television](#), and [Broadway plays](#)
- Tour the [Museum of Natural History](#), the [Natural History Museum](#), the [National Women's History Museum](#), the [National Gallery of Art](#), the [Getty Museum](#), the [Guggenheim](#), the [Van Gogh Museum](#), and the [Louvre](#)



MAKING THINGS

- The Kennedy Center is offering [doodling lessons](#) at 10am weekdays with a professional artist and other [arts-based lessons](#) for all ages
- Take a video art lessons through [Art for Kids Hub](#) and [Draw Every Day With JJK](#) on Youtube
- Print free [coloring book pages](#)
- [Nurture Store](#) offers 100 ideas for doing simple art and crafts activities
- Calling all Lego builders, [here](#) is a 30-day Lego challenge
- [Cooking With Kids](#) has simple recipes for including your child in the kitchen
- [Newscasters at WKBN](#) facilitate weather experiments with everyday supplies



PHYSICAL ACTIVITY FOR KIDS

- Stretching, breathing, and practicing mindfulness for children through [Breathe and Learn](#)
- Movement and mindfulness videos for kids at [Go Noodle](#)
- Practice yoga with [Cosmic Kids Yoga](#)
- Stream kid-friendly workouts with [Booster Thon](#)
- Dance and sing along to Wash Your Hands with [Baby Shark](#)



PHYSICAL ACTIVITY FOR TEENS AND ADULTS

- Workout videos at [Fab Fit Fun](#)
- [CorePower Yoga](#) is offering videos online
- Workout with [OrangeTheory](#) at home
- Customized workout videos for your needs at [Fitness Blender](#)



COPING WITH THE COVID-19 CRISIS

- [The Child Mind Institute](#) has tips for supporting your child
- Practice stress-relief breathing meditations through [Headspace](#)