



## Working Parent Resources

### Educational Resources

#### [ABCmouse](#)

Step-by-step learning paths for children 2-8 presents a full curriculum covering reading, math, science, and art and colors in a carefully designed program. Your child can read books, play games, paint pictures, or explore a zoo or farm in the ABCmouse world. Thirty-day free trial. Similar learning paths offered for children 8-13 through [Adventure Academy](#). First month is free.

#### [BrainPOP](#)

A search engine that teaches a wide variety of concepts through short video segments. BrainPOP Jr. is for younger children (K-3).

#### [BreakoutEDU](#)

Play a huge collection of immersive learning games in a variety of subjects for grades K-12.

#### [CK-12](#)

Offers a variety of ways to learn concepts and topics relating to science, math, social studies, and more. Offers adaptive practices, study guides, simulations, and avenues to Play, Learn, Interact, and eXplore (PLIX) concepts.

#### [Dreambox Learning](#)

This interactive math resource for grades K-8 teaches, assesses, and adapts to your child's needs while they feel like they are playing a video game. Fourteen-day free trial.

#### [Duolingo](#)

Offers a fun, interactive way to learn a new language. Provides personalized learning, motivation with rewards, immediate grading, and quick improvement.

#### [Epic](#)

Fueling curiosity and confidence, this app-based resource provides access to over 40,000 books for your kids to read. Thirty-day trial for free.

#### [Homeroom](#)

Live, interactive online classes across a variety of subjects. There is a small fee per class.

#### [iCivics](#)

Provides free online civics resources, enrichment activities, and lessons for learning civics at home.

#### [Khan Academy](#)

A nonprofit organization that offers exercises, quizzes, and videos to help students ages 2-18. Free resources available.

#### [Mo Willems](#) (child author)

Yo-Yo and Mo offer a series of playful experiments that show how art and music inspire each other. Watch, listen, and join in with paper and doodling implements.

### [Mystery Science](#)

Offering their most popular science lessons to students K-5 for free. Lessons range from 15 to 90 minutes in length.

### [NASA Kids' Club](#)

Space-related activities, games, and videos targeted to grades K-4.

### [National Geographic Kids](#)

Learn about the world around you through games and videos.

### [Outschool](#)

Over 50,000 unique online classes and camps from hundreds of independent teachers via group video chat for ages 3-18. There is a small fee per class.

### [PBS Kids](#)

Videos, games, and other activities for young children.

### [Pinna](#)

Offers audio streaming services for kids ages 3-12. Select from hundreds of podcasts, audiobooks, music, and more for kids. Offers free trial periods. The Today Show featured the [top 10 podcasts for kids](#) available through Pinna.

### [Prodigy Math](#)

Offers access to Prodigy's math games for free, and additional options for premium membership and one-on-one math tutoring for a fee.

### [Scholastic Learn at Home](#)

Learning journeys carefully created by editors spanning multiple content areas to keep students ages 4-9 academically active.

### [Sesame Street "Caring for Each Other"](#)

A website filled with videos, printables, and learning-at-home resources for helping kids (and parents) during the COVID-19 health crisis.

### [Stories from Audible](#)

Keep your kids entertained and engaged with a wide selection of free books from Audible available to stream to desktop, laptop, phone or tablet. The library includes selections for little listeners, elementary, tween, and teen. No log in, no charge.

### [TED-Ed](#)

Enjoy a comprehensive list of videos divided into categories.

### [Tutor.com](#)

Virtual tutoring service, operating 24/7, in more than 40 subjects, including math, science, social studies, and English for pre-K through graduate school students. There is a fee for this service.

### [We Are Teachers](#)

Providing over 350 online learning resources for students K-12.

### [Wonderopolis](#)

Each day, an intriguing question is posed and explored in a variety of ways. With over 2,000 articles covering a vast range of topics, you'll be sure to find something that interests you.



## Emotional Wellbeing Resources

### [BetterHelp](#) (Therapy)

Provides therapy services for teens, individuals, and couples.

### [Headspace](#) (Meditation)

Headspace is offering meditation options especially for kids. Free options are available.

### [PBS Kids](#) (Resilience)

PBS Kids has games, activities, videos, and resources to specifically support children during challenging times.

### [Rethink ED](#) (Behavior)

Supporting student social, emotional, and mental wellness. RethinkED provides tools and resources for parents and educators. Evidence-based, technology driven solutions are developed by leading experts in Social and Emotional Learning, Behavior Management and Special Education.

### [Stress Health](#) (Stress)

Providing support and resources to kids who are exposed to a very high dose of adversity or toxic stress.

### [Scholastic](#) (Mental Health)

Scholastic offers content for kids on a variety of topics such as ADHD, anxiety, mental health awareness, living with OCD, dealing with death, taming stress, device addiction, and more.

### [TeenCounseling](#) (Therapy)

Professional counseling by text, phone and video is available for teens.

## Medical Resources

### [American Academy of Pediatrics](#)

An array of COVID-19 related resources and articles on a variety of topics, including age-based tips for juggling parenting and working from home during the pandemic.

### [Centers for Disease Control and Prevention](#)

Resources for parents and caregivers, including information on a variety of topics ranging from planning for a return to school, to how to help children cope during this difficult time.

## Other Resources

### For Animal Lovers

Many zoos are bringing the “Zoo to You” and offering “Home Safari” experiences. Check out the videos, lessons, live zoo cams, and activities from the following zoos: [Bronx](#), [Cincinnati](#), [Denver](#), [Houston](#), [Phoenix](#), [San Diego](#), and [the National Zoo](#) in Washington D.C.

### For Art Aficionados

A number of art museums are offering virtual tours, including the [National Gallery](#) in London, the [Metropolitan Museum of Art](#) in New York, [The Art Institute of Chicago](#), and the [Louvre](#) in Paris. There are also a number of options for online art classes for kids, including through [OutSchool](#).

### For Culinary Interests

Try [Raddish](#), a cooking club for kids. Its website also contains several cooking-related classes and activities.

### For History and Science Buffs

Check out websites for history and science museums, as many are offering virtual tours, online classes, and activities for kids of all ages. Some museums to explore are: the [American Museum of Natural History](#) in New York, the [National Museum of Natural History](#) in Washington D.C., the [Houston Museum of Natural Science](#), and the [Field Museum](#) in Chicago.

### For Outdoor and Exercise Enthusiasts

Wishing you were outside? Check out the virtual tours of our national parks, including [Yellowstone](#) and [Yosemite](#). Looking for online exercise activities for the kids? Try [Cosmic Yoga](#) for the little ones, learn to dance with [Kidz Bop Videos](#), or check out fitness videos for the whole family through the [YMCA](#).

### For Sports Fans

Check out your favorite team’s website for kid-related activities. Many have posted coloring pages, activity books, and instructional videos. Some examples: the [New York Yankees](#), the [Green Bay Packers](#), the [Houston Dynamo & Dash](#), and the [LA Lakers](#).