

A Resource Guide: Parenting In DC During COVID-19

Emergency Food Resources

- [DC Food Project comprehensive list of emergency food options](#) for DCPS, Charter, and Restaurants offering free meals. Updated regularly
- [Charter Schools Offering Meals](#) DC Public Charter School Meal Sites
- [DCPS meals](#) DCPS Student meal sites(10am-2pm)

Internet & Utilities

- [Internet Essentials](#) - Home Internet option for new and former Comcast customers that receive free and reduced lunch and other benefits
- [Lifeline](#) - Federal subsidy for voice or internet service for low-income consumers
- [How utility, phone and internet companies are giving consumers a break during coronavirus pandemic](#), USA Article, March16, 2020

Comprehensive Resource Guides & Lists

- [PAVE COVID-19 Updates and Resources](#)
- [COVID-19 Parent Resources](#): general tips and activities based on developmentally appropriate age groups.
- [Things to Do with Kids at Home](#). SO GOOD!
- [150+ Enrichment Activities for Children While Parents are Working Remotely](#)

Play Dates!

- [Caribou](#): App That Allows Virtual Playdates Is [Now Free Amidst COVID-19 Outbreak](#). Kids can read books, play games and even color together with the app.
- [Netflix Party lets friends have movie nights while social distancing](#).

Educational Resources

- [America's Test Kitchen: Recipes and quizzes for kids](#)
- [Khan Academy](#) is a free online learning platform that offers practice exercises, instructional videos and a personalized learning dashboard for students to learn subjects including math, science, computer programming, history, art history and economics from home. It also has specialized content from NASA, the Museum of Modern Art, the California Academy of Sciences and MIT. In light of the recent school closures, Khan Academy released daily schedules for students in pre-K through grade 12 to follow from home.
- ['Imagineering in a Box'](#) Walt Disney Imagineering Partners With Khan Academy
- [Scholastic's free Learn at Home program](#) includes 20 days' worth of curricula to help students continue learning even when school is closed. The daily lessons for pre-K through grade 6-plus

include four separate learning experiences, built around a story or video. Kids can do them on their own, with their families or with their teachers. The lessons last up to three hours, and can be completed on any device.

- [Outschool live online classes](#) for students ages 3-18 affected by public school shutdowns, conducted over video chat. The 10,000-plus classes cover topics in English, math, social studies, science, coding, health and wellness, music, art and world languages. You can search courses by length (ranging from one class to a full semester), format (live online or flexible schedule), subject, age range and day or timeframe.
- [BrainPop](#), [BrainPop Jr.](#), [BrainPop ELL](#) Educational Videos for Children for all subjects

Reading & Storytime!

- [The Big Sickness](#) - An e-book for children explaining Coronavirus.
- [Operation StoryTime](#) | Your Favorite Children's Authors reading your favorite books!
- [DC Public Library](#) Online resources including free books to download
- [Free ebooks for kids on amazon](#)
- [Frozen's Olaf voice actor reading books to kids online every night](#)
- [Ms. B Reads](#). Ms. Imani B's classroom is a page dedicated to helping create a love of literacy for elementary school aged children and families.

Science!

- [NASA Kids Club](#): Games, Stories, Lessons, Videos and More!
- [Mystery Science has opened its most popular science lessons for grade K-5 for students and parents to access free](#). Lessons range from short mini lessons that are completely digital, to full lessons that include a hands-on activity. All are designed to use simple supplies that families likely already have at home.
- [Science Center's YouTubechannel](#), Curiosity Corner Live via The Great Lakes Science Center is a free web-based series encompassing a STEM curriculum and programming, new content posted every weekday at 10:30 a.m., including experiments children can do at home and content filmed at the center
- [US Science and Engineering Festival Video Library](#)

Art, Music, & Language

- [123 Andres](#) - Online concerts at 5pm on Weds and Sundays.
- [Duolingo is a free language learning app](#) that helps kids (and adults) learn a language through short, game-like exercises, and motivates you to continue learning with a "streak" feature that tracks the number of days you've reached your point goal.
- [Daily drawing classes](#) with author and illustrator Jarrett J. Krosoczka.
- [Painting tutorials with the Art Sherpa](#)
- [Lunch doodles with Mo Willems](#)
- [Sign up here](#). Amplifier Art is providing free artwork and teaching tools for at-home learning.

Field Trips!

- [A Virtual Field Trip Calendar through May 2020](#)
- [Live Cams at Georgia Aquarium](#) (See the Otters!)
- [Google Arts & Culture](#). Travel to art museums around the world
- [Visit the San Diego Zoo](#)
- [Yellowstone National Park](#)
- [Great Wall of China](#)
- [Virtual Field Trips to Take with Your Kids](#)
- [Virtual Farm Tours While Your Stuck at Home](#)
- [Take Your Kids On Virtual Rides](#) while Disney World & Disneyland Are Closed

Exercise!

- [Mayor Muriel Bowser](#) Every day at 3pm, Mayor Bowser's #FitDC kids live streams on *Note* Also happens at 9am for adults!
- [Fun indoor activities](#) (video)
- [12 YouTube Channels to Get Kids Moving Indoors](#)
- [The Best Indoor Games for Quarantined Kids and Families](#)
- [87 Energy-Busting Indoor Activities](#)
- [Go Noodle](#) for kid-friendly exercise. This website has workouts of all lengths, and zero equipment is required. Making an account is free, and they have videos ranging from sports workouts to dance to cardio. Make sure you choose videos that get you sweaty and your heart rate up. Pair together a few videos to create a full 60 minute workout!
- [workout](#), No equipment is required to exercise. All you need is a little space and a few ideas of what to do. For some inspiration, check out this living room, but feel free to create your very own circuit. You can also run up and down the stairs and jump rope to get more cardio in!
- [Obe Fitness is joining forces with Kidz Bop to offer exercises to kid friendly music](#). There is a free trial option and after that you would need to consider a membership.

Yoga!

- [Kaydee Dahlin](#). Live family yoga with Kaydee Dahlin-Family Yogi
- [Cosmic Yoga on You Tube](#)
- [Blue Bird Sky Yoga](#) Online classes at and on Facebook too!

Dance!

- [Kidz Bop](#). Kidz Bop Dance Along. Lots of dance along videos.
- [Dance along](#), Shaker Square-based Cleveland City Dance is adding free virtual activities.
- [Ballet classes](#). Cleveland Inner City Ballet is offering fun and engaging ballet instruction and tutorials on their website and facebook.

- Dancing is a great way to work your body and have a blast at the same time! You can dance around the house to your own tunes or try following along to a dance or Zumba workout video. Check out this [video](#) for a great dance workout to Taylor Swift music or this [video](#) for a kid-friendly Zumba routine. A simple search on YouTube will provide a wealth of similar videos!

Podcasts:

- [25 Best Podcasts for Kids](#)
- [Podcasts for Kids that Adults will like too](#)
- [Best Podcasts for Kids 2020](#)
- [Best Podcasts for Kids of All Ages](#)