

Resources for youth and families during COVID-19

COVID-19

COVID-19: How to Respond Constructively

- <https://www.actionforhappiness.org/news/covid-19-how-to-respond?fbclid=IwAR3ffMBY7TxwmbNS1IA5uUpDHwecpG74P5qqyfu75SXOMDB64ZcO2Etegaw>

COVID-19 Information By and For People with Disabilities

- https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf?fbclid=IwAR1k0ujhCvK9whsPyZCfCoygscMskUQKpVUFnjwGiZ0jm7mEhPK_GYO3iLg

Just for Kids: A Comic Exploring the New Coronavirus

- https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0RTiZH9zuvAODxqAiSaHoQcx665iP_QcJRk1TFKBWmNR6jU76un4xWhq0

Social Story for Kids 7 and Under

- <https://www.mindheart.co/descargables?fbclid=IwAR2IQqSXmeshMhElypdtb0zj7Smhj9lKtkVWp3t0rUWEVFWJvdWgydZIPeM>
- Available in multiple languages

Angela's Video about COVID-19

- <https://www.facebook.com/kckschools/videos/vb.87048178924/636098763626020/?type=2&theater>

Social/Emotional Learning

Centervention: Free Social Emotional Learning Activities

- <https://www.centervention.com/social-emotional-learning-activities/>

Apps Recommendations

- <https://www.classcraft.com/blog/features/the-5-best-social-emotional-learning-apps-for-teachers/>

Five Fun Games that help build Self-Regulation skills in children

- <https://www.facebook.com/watch/?v=2549403702005329>
- "This video describes five fun and easy games to play with children that help to develop self-regulation skills. You may be surprised to find that many of them are familiar games and old favorites. The secret lies in helping children to make conscious connections between their behaviors and the skills they are using. This can easily be done following any fun game or activity by spending a couple of minutes reflecting together: "What skills did you need to use to play/do that successfully?"

Therapist Aid

- <https://www.therapistaid.com>

Coping Skills for Kids

- <https://copingskillsforkids.com/coping-with-coronavirus?fbclid=IwAR2zxayJhe5e3e6iUfrNGKKd0fLs-7EOQMUjnE9lfRbqS44y5S4xBE3ZXtE>

Mindfulness/Meditation

Calm

- https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720&fbclid=IwAR3hmlgBAw9ITomlvGE_CbkMxORUCagAV-ABnhsMLh7znCS8H0M-iy98-_rk

Cosmic Kids

- <https://www.cosmickids.com/>

Pixel Thoughts app

iChill app

- Most appropriate for older teens and adults

Mindfulness Classes for Kids

- <https://mailchi.mp/mindfulschools.org/kids-class-85116?fbclid=IwAR18RCSwNPDhmr4wGSGpvAuRSxtki9LB203lw1Ypl407xn3tY5q5dBBmKwE>

Top 50 Mindfulness Resources for Children & Teens

- https://drive.google.com/file/d/1hdFs8x_O0HCOD5UilPjm810nQYF2wHg0/view?_ke=eyJrbF9lbWFpbCI6IChicml0dGFueS5tYXJzaEBry2twcy5vcmcilCAia2xfY29tcGFueV9pZCI6IChJNTVhYmYifQ%3D%3D

Homeschool Resources

Free education subscriptions

- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Anti oppressive, anti racist homeschool curriculum

- https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/preview#

Purple Math

- <https://www.purplemath.com/>

Scholastic

- <https://classroommagazines.scholastic.com/support/learnathome.html>

Varsity School Day toolkit

- <https://www.varsitytutors.com/virtual-school-day>

Scholastic set up a 'Learn From Home' website

- <https://classroommagazines.scholastic.com/support/learnathome.html>

- PreK and Kindergarten, Grades 1 and 2, Grades 3-5, and Grades 6+. Each section is already equipped with one week of content for students with 15 additional days on the way.

Daily Free Learning Workbooks

- <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm?fbclid=IwAR0IBrosFwh1B6mhykYEIxdzxi5t0GYI08ukwLTuwlorhZYDIm-RTyEbY>

Online Videos/Live Classes

- <https://docs.google.com/spreadsheets/d/121u24nzZE7hLduT8zdDHowZ8Vvl-IUrorUP5E5UBkts/htmlview?usp=sharing&fbclid=IwAR3RKZkXJhmf93J-w2djyYrpODMm3fn4tGNOF2FCLoCUjPICEKp-vbdQDtk&sle=true>

Coronavirus Relief Packs

- <https://www.havefunteaching.com/resources/relief-packs/>
- Available for Preschool through 5th Grade. Each download includes worksheets, activities, songs, and videos for all subjects

Tutoring Resource

- <https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464>
- Includes promo code for 1,000 free hours

Tutoring

- <https://gopeer.org/>

K-12 Initiative Online Tutoring for USD 500 Students (Kansas City, KS)

- https://docs.google.com/document/d/1g1bg_zPPT8DXeqIV7CxmRn2eTJXtMm8GwEdjbk00D-M/edit?usp=sharing

Virtual Field Trips

Over 30 Virtual Field Trips

- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/mobilebasic

Kansas City Zoo Animal Cams

- <https://www.kansascityzoo.org/animal-cams/>

Discovery Education

- <https://www.discoveryeducation.com/community/virtual-field-trips/>

Virtual Field Trips

- <https://www.virtualfieldtrips.org/video-library/>

Google Arts and Culture

- <https://artsandculture.google.com/>

Virtual Field Trips

- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2Ib4T3SB_IMwu5YiD47mTiC937wOIfnrmJIPVuFXNQwn3rqDC-XiMwRig

Georgia Aquarium – Live Cams

- <https://www.georgiqaquarium.org/webcam/ocean-voyager/>

At Home Activities

Activities for Days

- https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehkhSTIk7yRTd0C3zx49JS4wwCl/mobilebasic?fbclid=IwAR1Q90sXCIn2iRQ6Etr56J6vDuQ6tF0ILwGSVx_rg8JpWDd7_vELFepC1c0

Boredom Busters

- <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Educational Games for Teens:

- https://www.momjunction.com/articles/educational-games-for-your-teen_00353167/#gr ef

Free Internet Access

Internet and Wifi Resources

- https://docs.google.com/document/d/10m_V0eP6O-fp83kpOb430ENGC8uHF7Tk26gCWnl6dKI/edit?usp=sharing

Spectrum

- <https://www.spectrum.com/browse/content/spectrum-internet-assist>

Comcast

- <https://corporate.comcast.com/covid-19>

Fun and Educational

National Geographic for Kids

- <https://kids.nationalgeographic.com/>

PBS Kids

- <https://pbskids.org>

Sesame Street

- <https://www.sesamestreet.org/>

Scholastic Learn at Home

- <https://classroommagazines.scholastic.com/support/learnathome.html>

12 Art Lessons on YouTube

- https://homeschoolhideout.com/art-lessons-on-youtube/?fbclid=IwAR0VsmtY60vg6X03s_Ed8JI0BQ_Agbm5LQ_0gBSPgHMwFdUzHRZVUkQTqgI

Cardio for Kids

- https://www.youtube.com/watch?v=dhCM0C6GnrY&fbclid=IwAR10IhsdG0ss8IOQ_Izm_bdsL0buHBBjxkog05-hLIViOycAyDXVyxPh5IsI&app=desktop

Indoor Games and Activities to Get Children Moving

- https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view?_ke=eyJrbF9lbWFpbCI6ICJicml0dGFueS5tYXJzaEBrY2twcy5vcmcilCAia2xfY29tcGFueV9pZCI6ICJNTVhYmYifQ%3D%3D

Daily PE lessons online at 9am on YouTube

- https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-you-tube-186068?fbclid=IwAR1mOOASbQhvcP7pVmVn6k2Cbwa_pgUEPfqzNPizi9L9meI4SHm6VfOcSKI

Free Coloring Pages

Crayola: <https://www.crayola.com/featured/free-coloring-pages/>

Super Coloring: <http://www.supercoloring.com/sections/coloring-pages>

Disney: <https://lol.disney.com/games/coloring-pages>

Nickelodeon: <http://www.nickelodeonparents.com/category/printables/>

Digital Library

KCKPL eCommunity

- <https://ecomunity.kckpl.org/?fbclid=IwAR3CQGOHFAUeibHraOT5EezfXSvvBmFPs54fyS1Ip295POkZ57SuLdcmyO4>

Diane Alber Read Aloud Books

- <https://dianealber.com/videos/>
- & free printables <https://dianealber.com/spot-book-printables/>

Audible

- stories.audible.com
- “You will find hundreds of our titles available completely free. The collection has been hand-picked by our editors and is a mix of stories to entertain, engage, and inform young people, ages 0-18. These stories offer a screen-free option that we hope may break up

the day for families with students home from school. There are selections for our listeners in English, Spanish, German, French, Japanese and Italian.“

Food

Avenue of Life Meals-To-Go

- Monday, Tuesday, Thursday 4pm-5pm
- Outside along Sandusky
- <https://www.avenueoflife.org>

Our Savior Lutheran Church Food Pantry

- Monday through Wednesday 9am-11:15am
- <https://oskc.org/coronavirus/>

Crosslines Community Outreach Drive Through Food Pantry

- Monday through Friday 9am-4pm
- 736 Shawnee Ave, Kansas City, KS 66105
- <https://www.facebook.com/photo.php?fbid=3163980000281440&set=g.2264914227065994&type=1&theater&ifg=1>

Metropolitan Lutheran Ministries Food Drive

- Monday through Friday, 8:30am-11am
- <https://www.facebook.com/photo.php?fbid=3163919466954160&set=g.2264914227065994&type=1&theater&ifg=1>

Catholic Charities of NE Kansas Kids Summer Food Program

- <https://catholiccharitiesks.org/kids-summer-food-program-begins-early/>
- Monday, Tuesday & Thursday 10:00am-12:00pm, 1:00pm-2:00pm
- Free sack lunches for kids up to age 18

Harvesters Mobile Food Pantries

- <https://www.harvesters.org/Harvesters.org/media/assets-uploaded/Agency/Mobile%20Pantries/2020-Kansas-Mobile-Food-Pantries-03-2020.pdf>

Children's Mercy Free Lunch Program

- <https://www.childrensmercy.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/resources-in-the-community/>
- Monday through Friday, 11:30am-1:30pm
- 4313 State Avenue, Kansas City, KS 66102
- Fresh sack lunch

Substance Use Support

Online AA Meetings During COVID-19

- <https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/edit?fbclid=IwAR2G4RIqlwLQQu04vw6689FNSHzUaavCadOxYRLoxMqFNXTRC9uahEfiP34>

Online Recovery Support Groups

- <https://www.weconnectrecovery.com/free-online-support-meetings>

Speech Therapy for Children

6 Free Online Speech Therapy Resources for Kids

- https://www.speechbuddy.com/blog/games-and-activities/6-free-online-speech-therapy-resources/?fbclid=IwAR2lq77pqN1OPkBUqiMDX_kUFfoZqjnNFDHoc7DQvZSf_wwrpLqgnJesD6k

Speech Therapy for Children

- https://www.home-speech-home.com/?fbclid=IwAR11ZaKSQK8rcJ_vTb5OGSqc2aGb94AzZGaLRqGqL3Yxe-oROduMq93Zmac

Behavioral Health

Wyandot Behavioral Health Network

- Call 913-328-4600, Monday through Friday from 8:30am to 5:00pm.
- Call 913-956-5620 for RSI Crisis Stabilization Services; for an immediate mental health or substance use crisis, walk-in at RSI located at 1301 North 47th Street, Kansas City, Kansas.
- Call 913-788-4200 for our 24/7 Crisis Line.
- <http://www.wyandotbhn.org>

Immigrant Resources

Nationwide Resources

- https://docs.google.com/spreadsheets/d/18p9OSILpSYanloUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR2JrnBvOgXcDUNZgOM6tn_A3yMGkr7ulFOWftHvialS7kwn-yl18D4-gzM&sls=true#gid=0

Childcare/Parenting

Haefner Law Office LLC: Custody Agreements

- https://www.facebook.com/MissouriDivorceLawyer/posts/2852694618146211?__xts__%5B0%5D=68.ARDuV-n2UjKpKN8WqQASzpBC-UNkWNO6mT0rtMSgi21b52bddf2E_mqWkqLtUefTxmg1nPyk4dSEPF0bcdaQfKT74o01gx1umSYvwASkB532xbaXYeTQ8nZqSh69n_Y_h2OSKFUj445fwgj0XkYOCISz2SudCTY5IMnACAngB1Uie00ksS8WBpCJa1M4Vj4g2ULitlml4aq7tJ8oBH0EorO0OLWEyR-GRa9acqrxOOoi7DrYaufedfvTu1PxasKthUemhD7tYJ3DiyTc8l8jf_mPn2D3rUoPLmIRx8t12OIIg2t7PwesxYXK-TslqGk8--COJ6Nlt8GIZtZaLsKGQ&__tn__=K-R

Guidelines for Divorced Parents

- https://thelayneproject.com/wp-content/uploads/2020/03/COVID19Guidelinesfordivorcedparents.FINAL_-1.pdf

Ideas for Virtual Parenting Time

- <https://thelayneproject.com/wp-content/uploads/2020/03/Resource-Page-for-Virtual-Contact-1.pdf>

YMCA Child Care

- <https://kansascityymca.org/blog/y-offer-child-care-essential-employees-and-first-responders>

Housing Support

Housing and Credit Counseling Inc

- <https://hcci-ks.org/>

Kansas Medicaid

Resources for Families with Kansas Medicaid

- Aetna Better Health members: for transportation/gas reimbursement needs, call 1-866-252-5634. For lodging needs, contact member services and request to speak with a case manager.
- Sunflower members: for transportation/gas reimbursement needs and lodging needs, call 1-877-917-8163
- United Healthcare members: for transportation/gas reimbursement needs and lodging needs, call 1-877-796-5847