



COVID-19 PARENT AND FAMILY RESOURCE LIST

PARENTING, RACE, AND FAMILY (PRF) RESEARCH LAB

PURDUE UNIVERSITY

COUNSELING PSYCHOLOGY PROGRAM

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This is a list of free resources for families with younger children, including strategies, comics, videos, apps of various topics. This list includes how to discuss COVID-19 to children, teaching healthy habits, educational resources for education at home, parenting children at home, and recreational activities for families.

Click the links below to access the resources!

Teaching Kids About COVID-19:

A CDC guideline on how to talk to kids about coronavirus, including general principles of

1. Remain calm and reassuring.
2. Make yourself available to listen and to talk.
3. Avoid language that might blame others and lead to stigma.
4. Pay attention to what children see or hear on television, radio, or online.
5. Provide information that is honest and accurate.
6. Teach children everyday actions to reduce the spread of germs.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Understanding What the Corona Virus is for Kids- Clip

<https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be>

Comics from NPR to help kids understand coronavirus

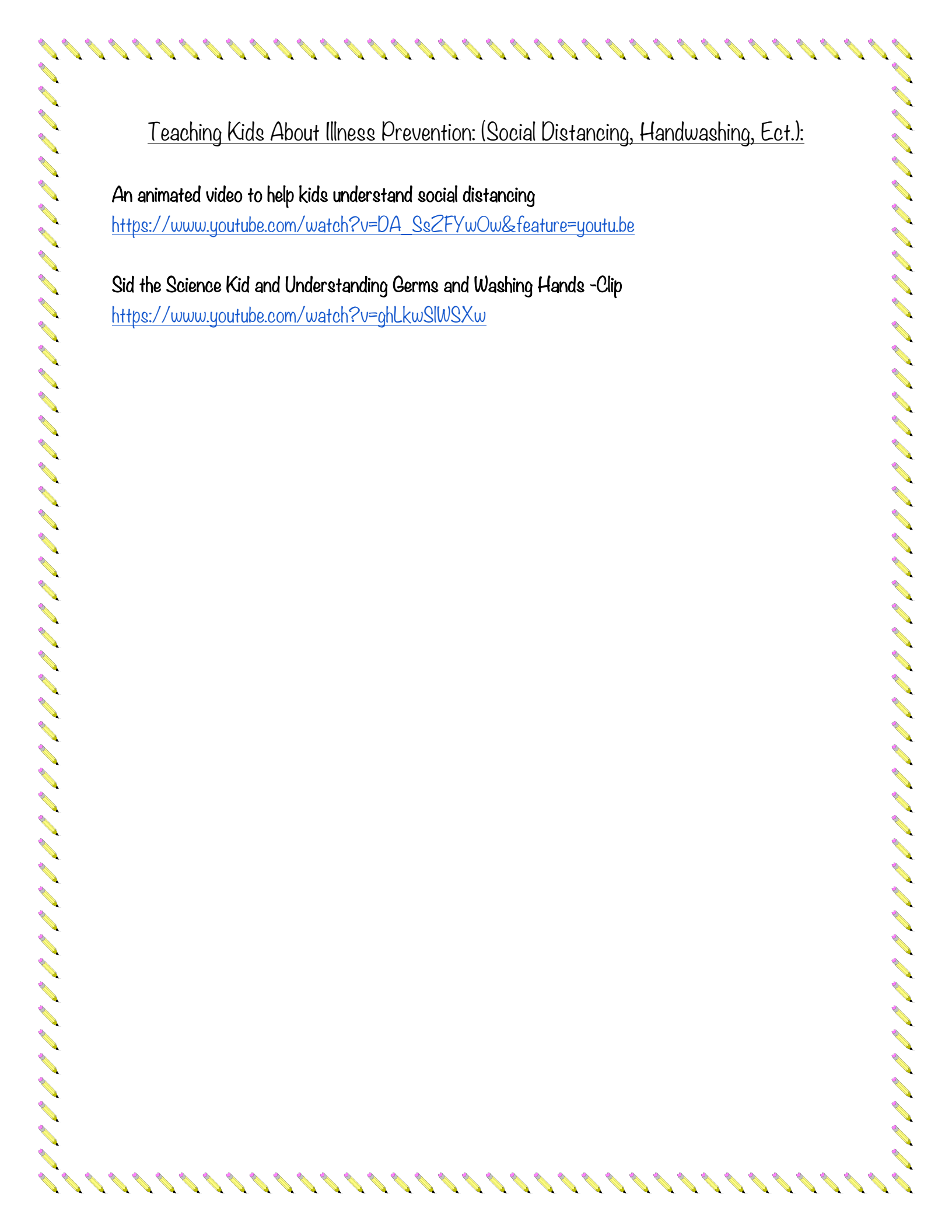
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Flu/Illness Kids Teaching Story

https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

PDF on the Corona Virus for Kids

<http://cdn.mos.cms.futurecdn.net/zQiC5uQqBYwwaiogGXTX7n/live-science-ultimate-kids-guide-to-coronavirus-covid-19.pdf>



Teaching Kids About Illness Prevention: (Social Distancing, Handwashing, Ect.):

An animated video to help kids understand social distancing

https://www.youtube.com/watch?v=DA_SsZFYwOw&feature=youtu.be

Sid the Science Kid and Understanding Germs and Washing Hands -Clip

<https://www.youtube.com/watch?v=ghLkwSlWSXw>

Resources for Kids and Families with Disabilities During COVID-19:

A list of resources from National Association of School Psychologists, including coping with anxiety, depression, grief and loss etc.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/family-and-educator-resources>

Autism Speaks Coping with Schedule Disruptions- Routine and Breaks at Home

<https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>

Sensory, Fine and Gross Motor Skills Activities at Home

<https://www.theotttoolbox.com/>

Dallas ISD Special Education Lesson Plans and at Home Resources

<https://sites.google.com/dallasisd.org/athomelearningplans/special-educationsection-504dyslexia?authuser=0>

Free List of Free Educational Tools and Subscriptions due to COVID 19

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

Resources for Schooling at Home During COVID-19:

Dallas ISD At Home Learning Elementary School Students: Grade specific TV programming, at home activities, online resources **English and Spanish*

<https://sites.google.com/dallasisd.org/athomelearningplans/elementary-school-students?authuser=0>

Free Online Learning Platforms

<https://sites.google.com/dallasisd.org/athomelearningplans/optional-pk-12-free-online-resources?authuser=0>

Scholastic Learn at Home List and Programs

<http://www.scholasticlearnathome.com/>

Learn at Home: Homeschool Lessons with videos and at home lesson plans, and stories:

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

Lesson plans and Remote Learning Tools

<https://www.weareteachers.com/free-online-learning-resources/>

Khan Academy Home School Schedules and Lesson Plans per Grade Level:

https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVA1JrFwxz29Sa6zGOqOCNRms6Z7DZNq-tQWS30huVCUbh_p-WmksHAzbsrk9d/pub

Educational Character and Movie Lesson Plans Worksheets and Activities: (*Dr. Seuss, Magic Tree House, Shrek, Snoopy, ect.:*)

<http://ymiclassroom.com/categories/language-arts/>

Crash Course: Free Educational and Fun Videos on Any Subject and Topic:

<https://thecrashcourse.com/>

PBS Educational Lesson Plans, Interactive Games, Videos

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



Time for Kids Subscription and App: Chose Personalized Grade Level

**Now Free for Kids due to COVID-19*

<https://time.com/tfk-free/>

ACL Summer Reading List Grades K-2:

<http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf>

Khan Academy Kids App: Free Stories with Audio

<https://learn.khanacademy.org/khan-academy-kids/>

CDC Home Schedule, Chore, and Reward Charts for Children- PDFs

<https://www.cdc.gov/parents/essentials/activities/activities-structure.html>

Parenting While at Home:

CDC Positive Parenting Consequences Toddlers-KG Clip

<https://www.youtube.com/watch?v=bsCMWwyaWTK>

CDC Creating Structures for Toddlers- KG -Clip

<https://www.youtube.com/watch?v=98c9MWERO80>

CDC Giving Clear Directions and Managing Expectations Toddlers-KG -Clip

<https://www.youtube.com/watch?v=zUSosdCjefo>

CDC Communicating with Children Positively- (Increase Positive Behavior and Relationship) -Clip

<https://www.youtube.com/watch?v=zUSosdCjefo>

CDC How to Use Time Out- Clip

<https://youtu.be/teJlcO4769U>

CDC More Parenting Resources and Tips

<https://www.cdc.gov/parents/essentials/videos/index.html>

Parenting and Staying Calm During COVID-19

<http://www.incredibleyears.com/download/resources-for-parents/Keeping-Calm-and-Providing-Supportive-Parenting-During-the-Coronavirus.pdf>

[Rules, Routines and Limit-Setting Handouts from Preschool Basic Program](#)

[Positive Discipline Strategies Handouts from Preschool Basic Program](#)

[Play and Coaching Handouts from Preschool Basic Program](#)

Fun Recreational Activities to Do at Home:

Tour the Kennedy Center with Pigeon from “Don’t Let the Pigeon Drive the Bus” by Mo Willems - App

<https://www.kennedy-center.org/education/tour-the-kc-app/>

CDC “Color Me Safe” Coloring Book

https://www.cdc.gov/injury/pdfs/colormesafe_eng-a.pdf

NASA Space Racers Games and Apps for Kids

<https://www.spaceracers.com/>

Virtual Museums Around the World

<https://artsandculture.google.com/partner?hl=en>

Virtual National Parks

<https://artsandculture.withgoogle.com/en-us/national-parks-service>

Live Zoo and Aquarium Cameras

<https://www.montereybayaquarium.org/animals/live-cams>

<https://nationalzoo.si.edu/webcams>

<https://www.houstonzoo.org/explore/webcams/>

Story Books Read by Astronauts from Space- Clips

<https://storytimefromspace.com/library/>

Skype A Scientist: Sign up to Meet with a real Scientist Over Skype

<https://www.skypeascientist.com/for-families.html>