




CU Department of Psychiatry's List of Resources for Homeschooling, Keeping Children Occupied, and Keeping Families Well During Crisis

Below is a list of family-friendly resources collected from around the internet, vetted by educators and parents, to be used by families who need to keep kids occupied while learning and working remotely. Where possible, we suggest filling your child's days with a mix of the activities below, particularly: structured learning in specific disciplines, physical movement, outdoor/play-based activities, reading, healthy eating/cooking, child-selected activities such as project based learning in one of your child's specific interest areas, and activities to support mental health/socio-emotional development such as meditation, yoga, or walking. If you need advice or help putting together a schedule, the hotline below is a free resource for all parents in the United States.

We have also included specific community resources at the bottom of this list to help support those in our community who may be struggling financially, emotionally, or otherwise. You will see icons to indicate some important details you may find helpful such:

	Activities with a fee associated
	Links that include a video
	Activities without screen time

In the absence of these symbols, you can assume the link takes you to a free, electronic resource.



CDC guidance and Resources:

- [Resources for Home](#)





Education hotline: Relief for families transitioning to schooling at home. Advice from educators, health and safety specialists, and homeschoolers:


- Hotline number: 1-855-264-2051

Homeschooling: If you're looking for a comprehensive approach to the day and don't want your child(ren) to miss out on learning, consider a full-day curriculum:






- [Daily schedules for students ages 4-18 \(Khan Academy\)](#)
- [Khan Academy](#) – Math, science & engineering, art & humanities, test prep, College info, ELA beta, computing, economics and finance, Khan Kids for age 2-7 
- [Denver Public Schools](#) – Guides per grade
- [A comprehensive list of all free educational resources](#)
- [A comprehensive list of all educational YouTube channels for certain age groups including: Math, Computer Science, Science, History, Physics, Engineering, Story Times, Interactive Videos, Learning the Alphabet, and more!](#)
- [A comprehensive list of physical activity resources, journaling, and more](#) 

Supplementary homeschooling materials:

- [Scholastic Learn at Home](#) – in-depth projects for all ages
- [List of documentaries](#) for children and families from Common Sense Media 
- [Virtual field trips to art museums, zoos, aquariums, national parks, etc.](#) 
- [Museum virtual tours](#) from Google 
- [PBS Kids for Parents](#)
- [KQED At-Home Learning Resources](#)
- [New America Tips and Resources for Online Learning](#)
- Common Sense: [Resources for Educators During the Coronavirus Pandemic](#) 
- [Free School](#)
- The [Week Junior magazine and podcast:](#)
- [But Why: The podcast for curious kids](#)

- [Outschool](#) Connects teachers to kids for small classes on a variety of topics
- [Crash Course](#) Tons of free video courses on all subjects 

Children Ages 0-3: The current guidance is to limit screen time for children under three.
Here are some options to keep kids busy with limited screen interventions




- [Zero to Three](#) Great parent-child activity list
- [Vooks](#) A library of ad-free streaming storybooks for kids
- [Tinkergarten](#) Outdoor, play-based learning lessons 
- Scavenger hunts (indoor/outdoor) 
- [Screen-free play ideas \(ages 2+\)](#) 
- [Epic](#) Digital library for students 0-12
- [Akili and Me](#) 
- [Alphabets and phonics](#) 
- [Free printables](#)

Highschool/College/Parent Learning: Online resources to learn a new skill or keep skills sharp while away from college

- [EdX](#) 
- [Coursera](#) 
- [Online courses](#) – Free Ivy League classes

Subject-Specific Options: If you're looking for more "pick-and-choose" options, or ways to supplement homeschool curriculum, here are great options:

- **Art**

- [Lunch doodles livestream \(11am MST every day\) and playback \(anytime\)](#)

- [Art kits delivered at home— free delivery](#) 
- [Lunch doodles with Mo Willems](#) daily at 1 pm ET on YouTube 
- [DIY.org](#) Creative projects, videos on photography, drawing, animation, and music

- **Math**


- [Prodigy Game](#)
- [Kindergarten to Grade 2 Math & Reading courses – free for 21 days](#)
- [Khan Academy](#) (including a [Google Docs schedule](#) and a [resources/how to page](#) for parents and teachers)
- [Dreambox](#) 2,000 math lessons for K-8 (Y1-Y9)
- [Hit the Button](#) (ages 6-11)
- [Cool Math 4 Kids](#) (K-6th grade)
- [Marble Math](#) (Math problem mazes with marbles; Available in Apple Store)
- [Bedtime Math](#) (ages 3-9)

- **Language Acquisition/Immersion:**

- [Duolingo](#)
- [Babbel](#)
- [Busuu](#)

- **Reading**

- [Squigglepark](#) – reading skill-building (ages 3 to 15+)

- [Storyline](#) – on-demand videos of pre-recorded read-alouds 
- [Operation Storytime](#) authors, celebrities, etc. read books aloud
- [Audible kids free books](#) (free for now)
- Primary/elementary school:
 - [Fluency & Fitness](#) Kindergarten to Grade 2 Math & Reading courses – free for 21 days
 - [Epic](#) Digital library for students 0-12
 - [Spelling City](#) Build vocabulary for grades 1-6 (free resources available but premium membership 💰)
 - [OxfordOwl](#) Free e-book library for ages 3-11.
 - [BBC BiteSize](#)
- Middle/high school:
 - [Best Middle School Books, As Chosen by Teachers](#) 💰
 - [US common core middle school books](#) 💰
 - [A teacher-created list of 100 books](#) high school students should read 💰
 - [K-12 reading list by age](#) — a list for each grade level 💰
 - [121 Books: A Very Subjective Guide to the Best Kids Books of All Time](#) 💰
- **Science and Computing**
 - [Lesson Plans](#) – K thru grade 5
 - [Mystery Doug](#)
 - [National Geographic Kids](#)
 - [Mysterydoug.com](#) Five-minute inquiries used to start the day
 - [National Geographic Kids](#)
 - [Frontiers for Young Minds](#) Distinguished scientists write about their discoveries in accessible language for young readers, and then kids—with

the help of “science mentors”—provide feedback and help the authors improve the articles before publication.

- [Skype a Scientist](#) Matches a scientist with a family for discussion




Computing:

- [Code.org](#) Online coding classes
- [Typing Club](#)

YouTube channels for science and computing:




- [Crash Course Kids](#) Fifth grade science made cool.
- [SciShow Kids](#) (ages 3-7)
- [TheBrainScoop](#) Natural History Museums
- [SciShow](#)
- [Science Max](#) Science experiments at home
- [Geek Gurl Diaries](#) [Carrie Anne](#) Women in science and technology
- [Mike Likes Science](#) Math and science raps

• Social studies





- [History for Kids](#)
- [Geography Focus](#) Maps, country descriptions, flags, and more.
- [Mr. Bett's history rap videos](#) 
- [CrashCourse: age 13&up](#) 
- [AP US History & AP Euro history & other history related videos](#)  mid school and up
- [History Lessons by Stanford](#): Free just have to create log-in mid school and up.

Family/Community Resources:


- **Mindfulness:**





- [Take a Deep Breath](#) - Guided meditations, breathing, mindfulness, journaling, yoga
- [Headspace](#) – Meditations (free during COVID-19) (some )
- [Ten tips from a chronically ill person for surviving social distancing](#) – coping
- [Mindfulness for kids](#) – free 
- Advice from a [teacher on how to stay calm and focus](#)
- [Guide on how teachers and parents can sustain well-being](#)
- The meditation app Calm included in its free resources for pandemic anxiety [three meditations aimed at kids](#) age seven and up
- [Soul Pancake Kid President](#) Inspirational videos for the whole family 

- **Physical Movement:**

- [Just Dance 2020](#) 
- [Cosmic Kids Yoga](#) Great yoga options for children 
- [GoNoodle](#) Movement breaks and activities for children 
- [Physical Education/Movement](#) (April) - [Spanish version](#)
- [Computerphile](#) 


- **Meals/Cooking:**


- [Denver Public Schools](#) – breakfast, lunch, and dinner food distribution by location
- [Denver Metro Area Food Distribution for Children](#) Map of food distribution locations for other school districts around Colorado
- [Colorado Department of Education Food Distribution](#) – spreadsheet with food distribution locations
- [Everyplate](#) 💰 \$1.66-\$4.99 per serving; Delivery
- [Instacart](#) 💰; Delivery
- [Baking with kids](#) 

- [Raddish Kids](#), the kids culinary subscription kit; giving away 10,000 free kits 
- [Gordon Ramsay's Ultimate Home Cooking Show](#) 
- **Unemployment, Mental Health, and General Assistance:**
 - [Colorado unemployment](#)
 - [Trans/Queer relief](#) – basic supplies, funds, food
 - [Colorado 211](#) – tax assistance, housing and shelter, food assistance, legal, employment, health services, crisis and emergency, mental health and addiction, children/youth with special needs, pregnant and new parents, childcare and education, aging and disability, immigrants and refugees, basic needs and financial
 - [Addicts](#) – free online meetings 
 - [Facebook live discussions with child psychologist](#) – from the Child Mind Institute, Mon-Friday at 10 a.m. and 4:30 p.m. 
 - [Daily tips to support children during COVID-19](#) – sign up for e-mail blast
 - [Supporting teens through COVID-19](#)
 - [Childrens' mental health resources for families](#)
 - **Xcel Energy:**
 - Xcel energy has said the following: "We will not disconnect service to any residential customers until further notice. If you are having difficulty paying your bills, contact us and we will arrange a payment plan that works for you."
 - Residential customer service: 800-895-4999

Autism-Specific Resources:

- [Coronavirus social story](#)
- [School closure social story](#)
- [Coronavirus \(COVID-19\) Health and Safety Guide](#)

- [Coping with Anxiety \(For Individuals with Autism\) - a 30-minute course](#) 
- [Be Well, Think Well: An Overview of Anxiety](#)
- [Visual Schedule Resources](#)
- [Going to the Doctor Social Story](#)

- **Volunteer Opportunities:**
 - [For Coloradans who want to volunteer re: COVID-19 response](#) 
 - [Charity Miles](#) US mileage tracker app that donates money to charities based on the number of miles you walk, run, or bike 