

At-Home Activities and Resources for Youth and Families



Be sure to check the ARNG CYS Website regularly for updates to this guide, as well as other resources available to youth and families: www.arngcys.com

Updated: 08.10.20

NOTE: This guide does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors. This is simply designed to be a tool to help families as everyone figures out how to positively navigate the challenges posed by the COVID19 coronavirus outbreak.

The Spring 2020 outbreak of the COVID19 coronavirus in the United States, and its on-going impacts, have forced many schools and youth organizations to suspend classes and meetings for an extended period of time. These actions can present new challenges for families, as they adjust to a 'new normal' over the next few weeks. In response to this, the Army National Guard (ARNG) Child and Youth Services (CYS) Program has developed this activity and resource guide. Our hope is that the information contained within the guide helps keep youth engaged in learning until classes are able to resume in schools.

As always, if you have questions, or need additional resources, please feel free to contact your local ARNG CYS Team. You can locate relevant contact information by visiting our ARNG CYS Website – simply click on the following link: <https://arngcys.com/my-local-cys-program>.

RESOURCES FOR YOUTH AND FAMILIES

The following resources have been categorized by topic.

HEALTH, SAFETY & AWARENESS

- **Autism Little Learners** provides free, downloadable resources to help our youngest learners better understand the world around them and the ‘new normal’ everyone is currently experiencing.
 - **LINK:** <https://www.autismlittlelearners.com/search/label/COVID-19?fbclid=IwAR0UTasKw6m-A-xhXMO2HuYgVD0QzJbVqyBi7Mua8fw84GidqOmBDu1wYU0>
- **Centers for Disease Control and Prevention (CDC)**
 - Overview of COVID19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - Impact on the US: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
 - Preparation: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
 - Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- **Center for the Study of Traumatic Stress (CSTS)** – Fact sheets and other valuable information related to the COVID19 Outbreak.
 - “Helping Homebound Children During the COVID19 Outbreak”
 - **PDF LINK:** https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
 - “Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks”
 - **PDF LINK:** https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf
- **Connecticut Children’s Hospital** has created a guide to help parents/guardians (and vested adults) have meaningful conversations with youth about COVID-19, quarantining and uncertainty in the world. There are many links to other free resources contained within the document.
 - “Helping Your Family Cope with COVID-19: A Resource List for Child and Parents/Guardians”
 - **PDF LINK:** <https://www.connecticutchildrens.org/wp-content/uploads/2020/04/Helping-Your-Family-Cope-with-COVID-Resources.pdf>
- **McGruff** is offering free, no-cost Safe Kids ID Kits. You simply need to go to their website and enter the information to request the kit(s) be shipped directly to you.
 - **LINK:** <https://www.mcgruffsafekit.com/united-states-fb-post?hsCtaTracking=e6066e08-686c-4934-8d23-a5176066c322%7C8ddd5368-044a-4451-8835-561566bf2bc5>
- **Mind Tools** has created a free toolkit/support pack for families designed to support physical and emotional well-being.
 - **LINK:** https://www.mindtools.com/pages/article/covid-19_support_pack.htm?utm_source=cons&utm_medium=email&utm_campaign=support_pack&utm_content=cta

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- **World Health Organization (WHO)**

- New and Updates: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Protective Measures: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- COVID19 Overview: https://www.youtube.com/watch?time_continue=20&v=1APwq1df6Mw&feature=emb_logo

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



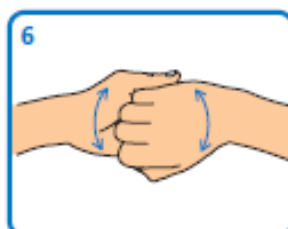
Rub hands palm to palm



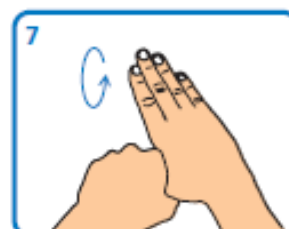
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



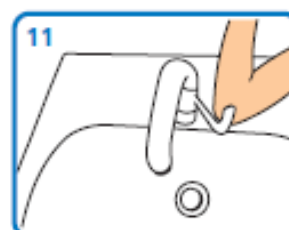
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

SOCIAL, EMOTIONAL AND MENTAL HEALTH RESOURCES

- **Child Mind Institute**
 - “What to Do (and Not Do) When Children Are Anxious”
 - **LINK:** <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- **Common Sense Education**
 - “Reduce Student Anxiety (and Your Own) During Uncertain Times”
 - **LINK:** https://www.common sense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457638&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
 - “Explaining the News to Our Kids”
 - **LINK:** https://www.common sensemedia.org/blog/explaining-the-news-to-our-kids?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457640&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
 - “Ready to Play Digital Compass™?” Educator Guide
 - **LINK:** https://www.common sense.org/education/digital-compass?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457641&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
- **Conscious Discipline**
 - “COVID-19: Five Helpful Responses for Families”
 - **LINK:** https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/?fbclid=IwAR0NSsIDceVrPAhtPlrgyGL_GcPwP-8WsWmPQqXVLwKlnXhxsSSewEew_r0
- **Darkness to Light** offers resources and information about identifying and preventing child sexual abuse. The organization also offers various online trainings, to include a free training entitled “Talking to Kids About Safety From Sexual Abuse”. Go to their website and enter the code: TALK2020 to access the free training.
 - **LINK:** <https://www.d2l.org/protective-steps/>
- **Headspace** offers various resources for youth related to developing mindfulness and increasing self-regulation skills. Most of their resources are shared via their Facebook page.
 - **LINK:** <https://www.facebook.com/Headspace>
- **Kids Health**
 - “Anxiety Disorders”
 - **LINK:** <https://kidshealth.org/en/parents/anxiety-disorders.html>
- **Military Family Research Institute** has created a dedicated Facebook group to help families tackle tough times together as a result of COVID-19.
 - **LINK:** <https://www.mfri.purdue.edu/families-tackling-tough-times-together/>
- **Psychology Today**
 - “12 Tips to Reduce Your Child’s Stress and Anxiety”
 - **LINK:** <https://www.psychologytoday.com/us/blog/dont-worry-mom/201302/12-tips-reduce-your-childs-stress-and-anxiety>

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EDUCATIONAL/ACADEMIC SUPPORT AND RESOURCES

- **Amazing Educational Resources** contains a database of various educational resources and supports available to youth and their families. Each resource listed is designed to help support academic growth at all age levels. NOTE: Some links may require the user set-up a profile and/or provide some personal information – please exercise caution when utilizing each website if you do not wish to have your name, email or other identifying information released to a third party.
 - **LINK:** <http://amazingeducationalresources.com/>
- **Curriculum Associates** has developed a website in response to many schools closing over concerns of the COVID19 coronavirus. The website provides parents/guardians with printable activity packs for mathematics and reading, starting with Kindergarten and going through eighth grade.
 - **LINK:** <https://www.curriculumassociates.com/supporting-students-away-from-school>
- **Google Classroom: A Parent's Guide** provides an overview of the Google Classroom platforms, tips for users and other resources to make at-home/virtual learning positively impactful for youth.
 - **LINK:** https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobileresent?fbclid=IwAR3aYxF3mOVn8CjHf12lgvvmklzaJfReOW5L-hUAel2M1cZdFfr1j0o9L9M&slide=id.g4f60ec15fb_1_0
- **Have Fun Teaching** provides families with access to Coronavirus Relief Packs (by grade level) to foster continuous learning at home.
 - **LINK:** https://www.havefunteaching.com/resources/relief-packs/?fbclid=IwAR2adiBm3ztnFKaFMPSPgBibEv7UqKpD14VnqkV3Hk_Hxyx3IXGdHGmZSSk
- **Homeschool.com** provides hundreds of printable activity sheets and worksheet for children grades PreK – 12. The site also contains samples of different curriculum, worksheets and puzzles to keep all kids engaged.
 - **LINK:** <https://www.homeschool.com/>
- **Military OneSource Morale, Welfare and Recreation Digital Library** provides free, online resources to Service Members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job
 - **LINK:** <https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library?fbclid=IwAR3dNidlFnW7uRPuMsbDUjG6SycsbDWI014v90mZNVvKUNvRxBDsoolgM>
- **Otis for Educators** offers a variety of online resources and trainings for those in the education and youth service fields. Many of these resources are available by visiting their website. After signing-up for a free account, you can request an upgraded subscription for free!
 - **LINK:** <https://otis.teq.com>



- **OutSchool** has created an entire online environment where parents/guardians can go to access tips, tools, resources and strategies for supporting home learners. Following sign-up/registration, users can access online training, view archived training, and even register for a free Zoom account.
 - **LINK:** <https://sites.google.com/outschool.com/teaching-online/home>
- **Scholastic Learn at Home** is offering daily lessons and projects to keep youth engaged in learning at all ages.
 - **LINK:** <https://classroommagazines.scholastic.com/support/learnathome.html?caching>
- **Smithsonian Distance Learning** provides teachers and students access to millions of digital resources from across the Smithsonian’s museums, research centers, libraries, archives and more.
 - **LINK:** <https://learninglab.si.edu/distancelearning>
- **Starfall.com®** opened in 2012 as a free public service to teach children to read. Since then, it has gone on to include language arts and mathematics for youth in grades PreK through third grade. Starfall’s emphasis is on phonemic awareness, systematic sequential phonics and common sight words.
 - **LINK:** <https://www.starfall.com/h/>
- **Teaching Tolerance** provides information and resources for infusing inclusivity and tolerance in schools and organizations. Their “Speak Up Guide” is a great (free) resource for parents/guardians and educators.
 - **LINK:** https://www.tolerance.org/sites/default/files/2019-04/TT-Speak-Up-Guide_0.pdf?fbclid=IwAR3zW7eDTpIUqfaih6nIUqkhluzZURugZkBsPNeusakADTXZxvzTJcoajhc
- **Youth Development Toolbox** is a free mobile app developed by the Boys and Girls Club of America (BGCA). The app provides users with easy access to high-quality activities, energizers and information.
 - **ACCESS:** The Youth Development (TD) Toolbox can be downloaded from Google Play or the Apple App Store by searching “YDToolbox”

Additional Resources:

VIRTUAL AND DIGITAL ACTIVITIES, TOURS AND RESOURCES

- **Animal Cameras**

Throughout the country are various zoos and animal care facilities with live cameras. These live cameras allow people to observe different types of animals from the comfort of home.

- **LINK (San Diego Zoo):** <https://zoo.sandiegozoo.org/live-cams>
- **LINK (Monterey Bay Aquarium):** <https://www.montereybayaquarium.org/animals/live-cams>
- **LINK (Panda Cam Zoo Atlanta):** <https://zooatlanta.org/panda-cam/>
- **LINK (Houston Zoo Cams):** <https://www.houstonzoo.org/explore/webcams/>
- **LINK (Georgia Aquarium):** <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

- **Colonial Williamsburg**

Take a step back in our nation's history by visiting Colonial Williamsburg via multiple live cameras. Get a glimpse into life back at the time of our country's development.

- **LINK:** <https://www.colonialwilliamsburg.org/webcams/>



- **Ellis Island**

Many families currently living in the United States can trace their history back to the time when Ellis Island served as the landing place for many ships traveling from across Europe and around the world. Take a look into this intriguing history and the role this location played in the growth and expansion of our country.

- **LINK:** <http://teacher.scholastic.com/activities/immigration/webcast.htm>

- **Farm Food 360**

Have you ever wondered how a lot of the food we eat is grown? Do you wonder what it would be like to live on a farm? Farm Food 360 allows people to observe farm life through its 360 degree virtual cameras. Learn about raising pigs, cows, even apples and eggs.

- **LINK:** <https://www.farmfood360.ca/>

- **Google Maps**

Did you know you can explore almost any destination around the world simply by using Google Maps (street view)? Take a look at this view from Pompeii in Italy. Where would you like to explore?

- **LINK:** https://www.google.com/maps/@40.7489468,14.4848331,3a,75y,228.21h,78.56t/data=!3m6!1e1!3m4!1s1e-bu_kis-dL1BnVGZhDdw!2e0!7i13312!8i6656?hl=en

- **Louvre Online Tours**

Are you into art? Wish you could escape away to Paris and visit the Louvre Museum? If so, your wish just came true! The Louvre is now offering virtual online tours of the museum at no cost. Check this site out!

- **LINK:** <https://www.louvre.fr/en/visites-en-ligne>

- **Mars Curiosity Rover**

Have you ever wanted to explore another planet but your spacecraft is in the repair shop? Take a look at the images provided by the Mars Rover of the surface of Mars, the Red Planet.

- **LINK:** <https://mars.nasa.gov/msl/home/>



- **Ouwehand Park Polar Bear Cubs**

Take a virtual trip across the Atlantic Ocean to the Netherlands, where you can watch the live cameras at the Ouwehand Park Polar Bear attraction. Gain a deeper understanding of polar bears and what we can do to help protect them and ensure their longevity on this planet.

- **LINK:** <https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>

- **San Diego Zoo Kids**

Do like animals and watching how they interact with each other? Check out the website created by the great people from the San Diego Zoo, one of the best zoos in the country. Gain access to videos, activities and games...learn more about your favorite animals.

- **LINK:** <https://kids.sandiegozoo.org/animals>

- **Seattle Symphony**

Do you enjoy listening to music? If so, check out this website as it provides insights and access to classical music and concerts. Enjoy one of the best symphonies in the country from the comfort of your own home.

- **LINK:** https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR11aQ8iI5p-NDDeWh58u0yUNCX2c3_Lo69jITdHrJI40VedvwrZu6c3NvM

- **Smithsonian National Zoo**

Explore the various live cameras the zoo operates throughout the year to catch a glimpse of different animals residing at the zoo.

- **LINK:** <https://nationalzoo.si.edu/webcams>



- **The Big List of Independent Resources** – This site provides a list of resources for parents and youth to use as a means of fostering continued inquiry and learning.

- **LINK:** <https://letgrow.org/independent-learning-resources/?fbclid=IwAR2qo0q6T0p1qycHekjyCuZZv85OaVOb6vCIs4OSLZaD55gNokKH83IV3D8>

- **The Great Wall of China**

Did you know The Great Wall of China is the only man-made structure visible from space? Use the following link to explore this amazing piece of craftsmanship that has been standing for over 2,000 years.

- **LINK:** <https://www.thechinaguide.com/destination/great-wall-of-china>

- **Travel and Leisure (Virtual Museum Tours)**

This website has compiled a list of museums around the world offering free online/virtual tours. This is a great resource for all youth of all ages.

- **LINK:** https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&fbclid=IwAR36tVeUF6JEAWEg0z3JjURQkfBn8mXWCmTMnRBIE9L8TXKkKwSyNijQVjm4

- **Yellowstone National Park Virtual Field Trip**

Check out one of the most beautiful natural places in the country. Yellowstone National Park is home to so many varieties of animals and plants. Discover some of the popular park sites like the Mud Volcano, Mammoth Hot Springs and so much more.

- **LINK:** <https://www.nps.gov/yell/learn/kidsyouth/index.htm>

Additional Resources:

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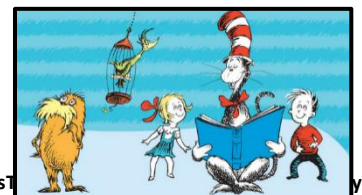
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ACTIVITIES FOR YOUTH

The following pages contain different activity worksheets for youth that can be done from the comfort of home and without a stockpile of supplies and materials. Use the time youth are out of school to help them explore new hobbies and interests. Whether it is learning how to cook a meal or participating in a virtual trip around the world, there are many resources available for youth and their family.

- **Boys and Girls Clubs of America (BGCA)** created the MyFuture.net online space for kids to interact with each other, share ideas and build positive connections. This site is free from cyberbullying and available at no cost.
 - **LINK:** <https://myfuture.net/>
- **Busy Toddler** is a site with more than forty different games and activities for kids under the age of five. Take a moment to explore the different activity ideas. Most of the activities do not require a large amount of materials; many utilize materials you may already have around the house.
 - **LINK:** https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0AwghzxgnhwOajc4auX6o12_xw
- **Centervention** provides free tools, resources and activities to support social and emotional learning (SEL) in youth. For many youth SEL is not a new concept, as they encounter aspects of it each day at school. Take a moment to explore these free SEL resources made available through Centervention.
 - **LINK:** <https://www.centervention.com/social-emotional-learning-activities/>
- **Commonsense.org** is a great resource providing many vetted and educationally-validated lessons, activities and resources for use both in and out of the classroom. Click the link below to be taken to their Educator Toolkit, focused on fostering increased social and emotional learning in youth. Scroll to the bottom of the page to explore SEL activities based on individual character strengths.
 - **LINK:** <https://www.commonsense.org/education/toolkit/social-emotional-learning>
 - **LINK:** <https://www.commonsemmedia.org/resources-for-families-during-the-coronavirus-pandemic>
- **Created by Crayola** is a site where parents/guardians and educators can access art-based lesson plans, resource guides, learning kits and other information on DIY crafts.
 - **LINK:** https://created.crayola.com/homelearning?utm_source=invitation&utm_medium=email&utm_campaign=thankregister&utm_content=resourcebox&utm_source=EDU_FULL-Registration-List-March-Webinar&utm_medium=email&utm_campaign=03172020_attended_webinar&utm_content=https%3a%2f%2fcreated.crayola.com%2fhomelearning%3futm_source%3dinvitation%26utm_medium%3demail%26utm_campaign%3dthankregister%26utm_content%3dresourcebox&EncodedEmail=ZXJpbi5iZXJyeUBkeXNOZWNoLmNvbQ==
- **Education.com**, similar to Scholastic and Teacher.org, offers a variety of free lesson plans and activities for youth of all ages and all interests. Search for activities either by subject area or grade level, and print the information in the comfort of your home.
 - **LINK:** <https://www.education.com/lesson-plans/>

- **Fun Brain** is a great website for different education and fun games and activities for youth and families. Set-up learning challenges among family members or take the time to read one of the many books available online at no cost.
 - **LINK:** <https://www.funbrain.com/>
- **Highlights Kids** takes the magic of its activity books and puts everything online for easy access. Get youth engaged in various games and activities, explore new areas of learning, and stay engaged in educationally-based lessons.
 - **LINK:** <https://www.highlightskids.com/>
- **Houghton Mifflin Harcourt** has created a website with many ideas for activities youth can complete at home. Activities can be sorted by grade level or subject, and include everything from creative writing activities to following Carmen Sandiego around the world.
 - **LINK:** <https://www.carmensandiego.com/resources/>
- **NASA** is making their entire media library publically accessible and copyright free. If you have an interest in our solar system, visit this site to see some out-of-this-world pictures!
 - **LINK:** <https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR0jmN8gOTkwgh5sFssYa6lv5jpD0GB2SsOZHhCNbjC1cWiOm01Bu3LlkfU>
- **NASA STEM ENGAGEMENT** contains a wealth of information, activities and ideas with educational ties to STEM. Whether it is building rockets or solving puzzles, the activities on this site are bound to keep all kids actively engaged in learning!
 - **LINK:** <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
- **PBSkids** offers educational games and activities for youth. Additionally, parents/guardians, caregivers and educators can sign-up to receive daily activities and tips for helping youth play and learn at home.
 - **LINK (Games & Activities):** <https://pbskids.org/>
 - **LINK (Tips & Resources):** <http://public.pbs.org/PBSKIDSDaily?source=pbskids.org>
- **Read, Write, Think** offers free lesson plans, complete with material lists, for youth of various ages. Most of the lessons can be completed in under half an hour (30 minutes), with nothing more than access to the Internet being required. Get started by exploring this lesson plan on animals...
 - **LINK:** <http://www.readwritethink.org/parent-afterschool-resources/activities-projects/take-virtual-field-trip-30290.html?main-tab=2#tabs>
- **Scholastic**, a company many know about by way of their various book clubs, offers teachers and educators a variety of different lesson plans for youth of all ages. All lesson plans and activities have been vetted by those in the education field and align with the multiple learning standards schools follow. Whether your youth likes reading or exploring the great outdoors, this website has a lesson plan for just about every interest and academic area.
 - **LINK:** <https://www.scholastic.com/teachers/lessons-and-ideas/>



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- **Seussville.com** is dedicated to the parents of small ones. These activities, crafts, and printables provide hours of Seussian ideas to engage your child in playful learning. Add a snack based on favorite books or characters from our tasty recipes, or search our themes for a curated collection of all of the above. So team up with your kid and get creative...there is fun to be done!
 - **LINK:** <https://www.seussville.com/> (click on the 'Parents' tab to access resources and activities)
- **STEM/STEAM LEARNING ACTIVITIES** are likely woven into most of the activities youth do in the classroom. Keep that focus going over the next few months by exploring these great websites.
 - **LINK:** <https://thestemlaboratory.com/stem-activities-for-kids/>
 - **LINK:** <https://www.sciencebuddies.org/stem-activities>
 - **LINK:** <https://stemactivitiesforkids.com/>
 - **LINK:** <https://theeducatorsspinonit.com/stem-activities-for-kids/>
- **STEM Learning Network (The Ohio State University)** has compiled a list of various lessons, resources and activities for parents/guardians to do at home while their youth are out of school. Information available on the various websites can be used to continue learning from the classroom and support educational growth.
 - **LINK:** https://osln.org/2020/03/school-closure-resources-for-parents/?utm_source=salesfusion&utm_medium=email&utm_content=School+closure+resources+for+parents&utm_campaign=FY20_osln#everyone
- **Storyline Online** is a great resource for youth and their parents/guardians. Have you ever wanted to spend a day having some of your favorite actors, musicians and other celebrities read to you? If so, check out the Storyline Online website and YouTube Channel by clicking the link below. What a great way to keep youth excited about reading!!
 - **LINK:** <https://www.youtube.com/user/StorylineOnline>
- **Switch Zoo** is a great website where youth can go and learn more about different types of animals, play games, and take virtual field trips. There is even a page dedicated to teacher resources, where visitors can access lesson plans and educational games and activities.
 - **LINK:** <https://switchzoo.com/>
- **Teacher.org** offers a variety of free lesson plans and curriculum for youth in grades Kindergarten through twelfth grade. You can search for lesson plans by grade level or interest/subject area. Lesson plans uploaded to this website were created by classroom teachers and have been utilized in classrooms across the country and around the world.
 - **LINK:** <https://www.teacher.org/lesson-plans/>
- **Teachers Pay Teachers** is a website designed by educators for educators. Many of the lesson plans and activity worksheets can be downloaded for free, and cover a variety of ages and topics. In no time at all, you can have multiple learning aids available and at your fingertips. Take a look at this zoo field trip worksheet and an aquarium field trip activity for youth...
 - **LINK:** <https://www.teacherspayteachers.com/Product/Zoo-Field-Trip-Questions-Worksheet-Free-3576051>
 - **LINK:** <https://www.teacherspayteachers.com/Product/Aquarium-Field-Trip-Activities-FREEBIE-2863490>



- **EXTEND THE LEARNING:** Why stop at just these worksheets and activities? Capture youth imagination by extending the learning and completing the following project ideas:
 - Research a favorite animal and create a travel and tour guide for that animal. What are some interesting facts about the animal, where does it normally live, what can people do to help ensure the safety of this animal in zoos and the wild?
 - Create a miniature diorama for one of your favorite animals. With simple materials like an empty shoebox, paper, crayons, markers and glue, youth can build a world of wonder about one or more of their favorite animals.
- **The Family Dinner Project** offers families ideas for easy meals that the whole family can prepare, as well as links to various activities and projects the family can do together during this time in our country.
 - **LINK:** <https://thefamilydinnerproject.org/>
- **The National Education Association (NEA)** is the largest professional entity in the country for those in the education field. Beyond providing information on national and state standards for learning, NEA also includes a section where educators and parents/guardians can access different lesson activities to support continuous learning in youth.
 - **LINK:** <http://www.nea.org/tools/LessonPlans.html>
- **Travel the World** is a website that contains a variety of free and for-purchase mobile apps you can install on most devices and gain access to travel destinations around the world. Spend the morning in Rio de Janeiro, Brazil and the afternoon in Venice, Italy. It is possible with many of these app. (NOTE: Prior to installing any mobile apps, ensure you conduct a little research to ensure the app is made available and managed by a reliable source)
 - **LINK:** <https://www.oculus.com/experiences/go/section/168408707194936/>
 - **EXTEND THE LEARNING:** Why stop at just viewing a destination online? Extend the learning and have youth create travel guides for various locations after they take their virtual tour. This is a great way to extend learning and tie-in academic areas like writing, grammar, spelling and research.
 - **EXTEND THE LEARNING:** Another quick activity is to have youth create individual postcards for the destinations they visit while online. Challenge them to create a postcard that makes others want to visit the destination when they travel – virtually or in real life.
 - **EXTEND THE LEARNING:** Put on your tour guide hat and have youth create a travel itinerary for some of the destinations they visit online. They can research things like important sites to see, travel logistics, items to pack and other aspects of travel.
- **United through Reading (UTR)** works to connect military families who are separated – for deployment or military assignment – by providing the bonding experience of shared story time.
 - **LINK:** <https://unitedthroughreading.org/>

Additional Resources:

MILITARY-THEMED READING LIST

(Compiled by Shae Weyant and Joe Duerksen – VA ARNG CYS Coordinators & DysTech Contractors)

A Flicker of Hope by Julia Cook
A Very Long Time by Geri Timperley
A Yellow Ribbon For Daddy by Anissa Mersiowski
Coloring My Military Life— by Christina Rodriguez
Countdown 'til Daddy Comes Home
Crow Call by Lois Lowry
Daddy You're My Hero by Michelle Ferguson-Cohen
Dear Blue Sky by Mary Sullivan
Deployment Journal for Kids by Rachel Robertson
Don't Forget, God Bless Your Troops by Jill Biden
H is for Honor: The Military Family Alphabet by Devin Scillian and Victor Juhasz
Hero Mom/Hero Dad by Melinda Hardin
Home Again by Dorinda Silver Williams
I Miss You!: A Military Kid's Book About Deployment by Beth Andrews
I'm Here for You Now by Janice Im, Claire Lerner, Rebecca Parlakian and Linda Eggbeer
Impossible Patriotism Project by Linda Skeers
Lily Hates Goodbyes by Jerilyn Marler
Lion's Pride A Tail of Deployment by Grace Anne Remey
Love Lizzie: Letters to a Military Mom by Lisa McElroy
Military Kids' Life
Military Life: Stories and Poems for Children
Mommy Wears a Uniform by Shunsee Wilson and Jenny Burgei
My Dad is DEPLOYED
My Dad/Mom Is Going Away But He Will Be Back One Day!: A Deployment Story
My Dad's Deployment/My Mom's Deployment
My Red Balloon by Eve Bunting
Night Catch by Brena Ehrmantraut
Nubs: The True Story of a Mutt, a Marine & a Miracle by Major Brian Dennis
Operation Celebration by Stephanie Skolmoski
Over There by Dorinda Silver Williams
Paper Hug by Stephanie Skilmoski
Piper Reed Navy Brat by Kimberly Holt
Red, White, and Blue Goodbye by Sarah Tomp
Scarlet Says Good-Bye by Christine Thompson and Hillary Hempstead
Soldier Mom by Alice Mead
Sometimes We Were Brave by Pat Brisson
The Invisible String by Patrice Karst
The Magic Box: When Parents Can't Be There to Tuck You In by Marty Sederman
The Wishing Tree by Mary Redman and Christina
Uncle Sams Kids: When Duty Calls by Angela Sportelli-Rehak
We Serve 2! By Kathleen Edick
Welcome Home Daddy, Love Lexi
We're Moving Today!: A Moving Story
What Will I Play While You Are Away?
When Dad's At Sea by Mindy Pelton
While You Were Away: Absence Journal for Teens Paperback by Eileen Spinelli
Why My Dad? A Story About Military Deployment
You and Your Military Hero by Sarah Jensen Fritz

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PARENT/GUARDIAN RESOURCES

- **American Academy of Child & Adolescent Psychiatry** has created a single list of resources for helping kids and parents/guardians cope with COVID-19.
 - **LINK:** https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx
- **Centers for Disease Control and Prevention (CDC)** developed a quick reference document to help better ensure all youth and adults understand what it takes to thoroughly wash their hands, as well as when hands should be washed.
 - “Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About”
 - **PDF LINK:** <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- **Huffpost** recently released an article addressing the importance of maintaining schedules with kids while school is not in session. This article provides practical information and templates for use by parents/guardians. The overall goal is to maintain as much ‘normalcy’ for youth in a time when things seem to change each day.
 - “Sample Schedules for Kids Home From School During Coronavirus Outbreak: Not Being in the Classroom Doesn’t Mean They Have to Stop Learning”
 - **LINK:** https://www.huffingtonpost.ca/entry/sample-kids-home-schedule_ca_5e6e5904c5b6747ef11f12ce?fbclid=IwAR1X7Sr4Z8EievIxFggzxUP0SPcuqslVPUscdulCNfVVGumGXyldFVrQ8s
- **Khan Academy** has developed free online learning resources for parents/guardians to help support youth impacted by school closings.
 - **LINK:** <https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->
- **National Child Traumatic Stress Network (NCTSN)** developed a guide to help families better prepare and respond to the COVID19 coronavirus outbreak. The guide breaks-down important information, highlighting readiness and response protocols.
 - “Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID19)”
 - **PDF LINK:** https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
 - **PDF LINK SPANISH:** https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf
- **Office of Children, Youth and Families, Military Community and Family Policy** will launch a new research-based early care and education curriculum this fall.
 - **LINK:** <https://www.militaryonesource.mil/media/news-and-releases/boost-learning-at-home-with-tips-from-early-learning-matters>
 - **LINK (Early Learning Matters):** <https://www.purdue.edu/hhs/life360/2019-fall/getting-an-early-start.html>
- **SAMHSA (Substance Abuse and Mental Health Services Administration)** developed a free guide for talking with youth during times of infections and disease outbreaks. The guide provides information and strategies by age group, and offers a variety of resources to support all youth during this challenging time.
 - “Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks”
 - **PDF LINK:** https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

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- **The Search Institute** has developed a checklist for helping build positive developmental relationships with youth during the COVID-19 Outbreak. This is a great resource for parents/guardians and educators!
 - **PDF LINK:** <https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist.pdf>



School Support Services

A Driving Force for Student Success

ONLINE LEARNING RESOURCES

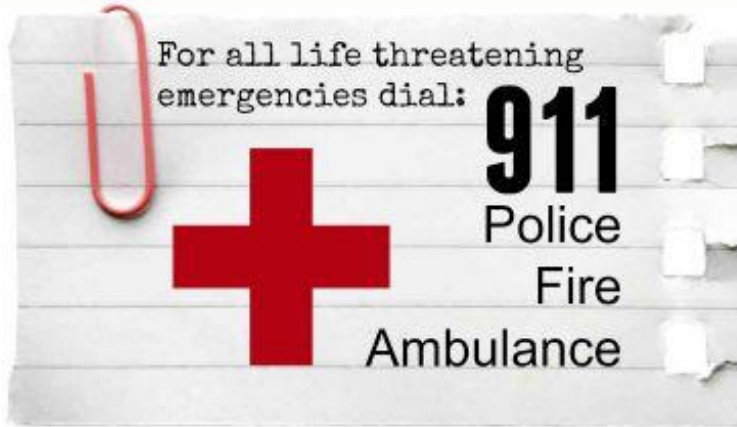
RESOURCE	WEBSITE	DESCRIPTION
Tutor.com	tutor.com/military	Online tutoring
Khan Academy	khanacademy.org	Online tutoring & lessons
Sesame Street	sesamestreet.org	Educational games & videos
PBS Kids	pbskids.org	Educational games & videos
Brain Pop Junior	brainpopjr.com	Educational resources by subject
Highlights Kids	highlightskids.com	Interactive reading activities
Storyline Online	storylineonline.net	Actors reading children's books
Read Works	readworks.org	Reading comprehension
ABCya	abcya.com	Reading games by grade level
Spanish Children's Stories	thespanishexperiment.com	Free Spanish lessons and stories
Scratch	scratch.mit.edu	Writing
Poetry Foundation	poetryfoundation.org	Poems for Children (menu tab)
Math Playground	mathplayground.com	Math games
Extra Math	xtramath.org	Math lessons
Math-Drills Worksheets	math-drills.com	Free printable math worksheets
You Cubed	youcubed.org	Math games & courses
Prodigy	play.prodigygame.com	Final Fantasy style math game
National Geographic Kids	kids.nationalgeographic.com	Science experiments and lessons
NASA Kids Club	nasa.gov/kidsclub	Science games & activities
Bill Nye the Science Guy	youtube.com/user/TheRealBillNye/featured	Full length clips from 100 shows
SciShow Kids	youtube.com/user/scishowkids/featured	Science concepts for young minds
Crash Course Kids	youtube.com/user/crashcoursekids/about	Grade school science
World Atlas	worldatlas.com	Geography information
50 States	50states.com	Information about USA
Eyewitness to History	eyewitnesstohistory.com	History readings/videos
Ben's Guide	bensguide.gpo.gov	Elementary government studies
4-H Stem Lab	4-h.org/parents/stem-agriculture/youth-stem-activities/	Hands-on STEM activities
Scratch	scratch.mit.edu	Programming (ages 8-16)
Code	code.org	Computer science
Built By Kids	builtbykids.com	Engineering 101
Sci Girls	youtube.com/user/scigirlstv/about	PBS STEM series for kids 8-12
Google Art Project	artsandculture.google.com	1,000 works of art
The Learning Station	learningstationmusic.com	Music and movement
Cosmic Kids Yoga	youtube.com/user/cosmickidsyoga.com	Yoga and mindfulness
NICERC	nicerc.org/2020/03/nicerc-home	fundamentals of cybersecurity
Audible (Amazon)	stories.audible.com/start-listen	Free audiobooks for children and teens
College Board - AP	apstudents.collegeboard.org/coronavirus-updates#free-ap-classes	AP Free AP Review Classes on the AP YouTube Channel. Review of skills and concepts from the first 75% of the class.
Learning Keeps Going	learningkeepsgoing.org/parents	Website for parents and educators to provide resources and support.
Scholastic	scholastic.com/teachers/teaching-tools	Day-by-day projects

"No official U.S. Army endorsement implied"

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Emergency Contacts

www.tootsweet4two.com



Police (non-emergency): _____

Fire Department (non-emergency): _____

Poison Control: _____

Additional Emergency Contact Numbers:

MEDICAL CONTACTS

Hospital: _____ Family Doctor: _____
Other Doctor: _____ Dentist: _____
Pharmacy: _____ Vet: _____

UTILITY CONTACTS

Gas/Propane: _____ Electric: _____
Water: _____ Telephone: _____
Cable: _____ Other: _____

INSURANCE CONTACTS

Medical/Health Insurance: _____
Homeowners Insurance: _____
Automobile Insurance: _____

FAMILY CONTACTS

Name: _____	Phone: _____
Name: _____	Phone: _____
Name: _____	Phone: _____
Name: _____	Phone: _____
Name: _____	Phone: _____

VIRTUAL MEETING PLACES

The world has entered a new normal, as it relates to how we engage and interact with each other. With the need for social distancing increasing each day, some may worry about losing valuable connections and relationships with others. If you are looking for information and resources to help maintain connections, and ensure important items are addressed with others, consider checking-out the following virtual meeting options (please note that not all of these resources may be available/accessible to everyone):

PLATFORM	ASSOCIATED COSTS	IMPORTANT DETAILS
SKYPE https://www.skype.com/en/	The basic version is available for download at no cost to the user	<ul style="list-style-type: none">• Allows for screen sharing• Incorporates live subtitles• Easy to download on most devices
ZOOM https://zoom.us/	The first 45 minutes of use are available for free – costs associated based on additional time needed/utilized	<ul style="list-style-type: none">• Can be utilized directly from a computer, tablet or cell phone• Utilization can be with/without use of camera• Incorporates a chat function• Does not require account set-up
FACETIME https://apps.apple.com/us/app/facetime/id1110145091	The Facetime feature is available to Apple device users at no additional cost	<ul style="list-style-type: none">• Users must be Apple device users in order to download the app/features• Can be utilized with phone cameras
FREE CONFERENCE CALL https://www.freeconferencecall.com/	The basic version of this service is free to the user – Additional features may require upgrading/cost	<ul style="list-style-type: none">• Provides user with dedicated call-in number for use in the future• Can be utilized on both Android and Apple phones• Includes a video conference and screen sharing feature• Host receives a report at the end of each call
CONFERENCE OKC https://conference-okc.apps.mil/conference	No associated costs to the user	<ul style="list-style-type: none">• Only works from Government computers – CAC required

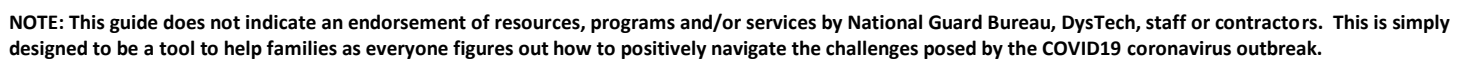
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		<ul style="list-style-type: none"> • Includes a chat feature • Allows conversations to be recorded
GOOGLE HANGOUTS MEET https://gsuite.google.com/products/meet/	Features of the Enterprise Edition of G Suite available for free through July 1, 2020	<ul style="list-style-type: none"> • Requires download prior to use • Can accommodate up to 250 participants per call (Enterprise Edition)
GOOGLE CLASSROOM https://edu.google.com/products/classroom/?modal_active=none	G Suite and Classroom are free for schools	<ul style="list-style-type: none"> • Requires download prior to use • May have associated costs for non-educational institutions and programs • Offers a 24/7 tech support option • Incorporates multiple layers of security
MICROSOFT TEAMS https://www.microsoft.com/en-us/microsoft-365/microsoft-teams/group-chat-software	Basic version is available for free download	<ul style="list-style-type: none"> • Required download prior to use • Associated costs with higher capable versions • User must register and establish an account prior to use

Additional Resources:

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This guide developed and produced by the ARNG CYS/DysTech Program Management Team.

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