

Name	URL	Type	Subject	Audience (Students, Parents, Educators)	Suggested Grade Levels	How is this helpful?
12 Art Lessons on YouTube	https://homeschoolhideout.com/art/	Educational	Fine Arts, Art	Parents, Educators	Preschool, K-5	Listing of YouTube art lessons. Probably most appropriate for younger learners, but may appeal to a wide range.
ABC Mouse	https://abcmouse.com	Educational	English/Language	Parents	Preschool, K-2	ABCmouse.com is offering their lessons in different subjects like math, science and art for free thanks to UNICEF. All you have to do is go to ABCmouse.com/redeem and type in the code "AOFUNICEF"
Free Health and Fitness Videos from YMCA	https://ymca360.org/	Educational	PE, Health	Students, Parents, Educators	All	Free on-demand programs available on YMCA360.org include some of the Y's most popular group exercise classes like Boot Camp, Barre, Yoga and low impact programs for seniors. Each class is led by a YMCA instructor and reflects the same great programming people already expect from the Y – except these classes will be from the comfort of their own homes! The Y plans to release more exercise classes for adults as well as youth activities and classes throughout March and April.
Free Social Emotional Learning Activities	https://www.centervention.com/soci	Educational	Social/Emotional L	Parents, Educators	K-8	Free lessons, activities, and printables in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation. These resources are age-appropriate for elementary and middle school students and are typically used in a classroom or a small group setting. And in most cases, if materials are required for the activity, they are items that you already have in your classroom or office.
Khan Academy Schedules for School Closures	https://docs.google.com/document/	Educational	English/Language	Students, Parents, Educators	All	Khan Academy has Social/Emotional Learning-paced, interactive content--exercises, videos and articles--for students in every grade and in most major subject areas. It is all free and non-commercial and is made possible by philanthropic support. Teachers and parents can also use our teacher tools to monitor progress and assign specific work. This could be made even more powerful if it is complemented with Google Hangout, Zoom or Skype video conference sessions with teachers and classmates. Find suggested schedules and activities for grades K-12
SAT Study Suggestions During School Closures	https://khanacademy.zendesk.com/	Educational	Miscellaneous	Students, Parents	9-12	Suggestions for preparing for the SAT while at home. Find advice, schedules, and other recommended strategies.
Scholastic Learn at Home	https://classroommagazines.schola	Educational	Literacy, English/L	Parents, Educators	PK-8	Even when schools are closed, you can keep the learning going with these special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!
Special Education - Illinois Partnership	https://l.ead.me/bbTE3n?fbclid=lv	Educational	SPED	Parents, Educators	All	This toolkit includes visual supports for children with autism to use during the COVID-19 school closures.
United Through Reading	https://unitedthroughreading.org/	Educational	Literacy	Parents	Preschool, K-5	The United Through Reading App puts our Story Station in the hands of every military family through your phone. The United Through Reading App is a fun, free, and secure way to stay connected through the read aloud experience. Service members download the App (through the Apple App Store or Google Play), record a story, share that story and then head to our site to get another book to record and send to family.
Vivify STEM Resources	https://www.vivifystem.com/blog/20	Educational	STEM, Science, Te	Parents, Educators	All	TONS of ideas for helping stay curious and learn science and engineering concepts, including an editable calendar that includes 12 weeks of daily STEM activities. Requires an email to subscribe to their site. Once you sign up, you'll get a password to unlock the resources and activities.
Military Times article: "Here's financial help for military families caught in a coronavirus quandary"	https://www.militarytimes.com/pay-t	Financial	Coronavirus	Parents		Military Times article sharing how military relief societies can help
United Way COVID-19 Community Response and Recovery Fund	https://www.unitedway.org/recovery	Financial	Coronavirus	Parents	All	United Way Worldwide has established the COVID-19 Community Response and Recovery Fund to support communities affected by COVID-19. Donations from the fund will help the most vulnerable populations receive critical financial and social service support during this global crisis.
10 Tips for Talking about COVID-19 with your Kids	https://www.pbs.org/newshour/health	Informational	Coronavirus	Parents, Educators	All	If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone. Families the world over are with you on this one. Here are some tips to get you through as the outbreak continues.

30 Educational Netflix Shows to Stream in Your Classroom	https://www.weareteachers.com/edu	Informational	Miscellaneous	Parents, Educators	All	List of educational shows streaming on Netflix grouped by elementary, middle, and high school
40 Free Educational Sites Parents Can Access While Schools are Closed	https://www.popsugar.com/family/fr	Informational	Miscellaneous	Parents, Educators	All	Challenge your kids' minds using the sites listed that teach everything from chemistry to reading comprehension.
5 minute speech therapy activities you can do at home	https://www.home-speech-home.co	Informational	SPED	Parents, Educators	All	Twenty strategies for doing 5 minute speech therapy activities at home from a certified speech therapist.
A Teen's Guide for Managing Stress	http://www.fosteringresilience.com/	Informational	Social/Emotional L	Students, Parents, Educators	6-12	Resource from Dr. Ken Ginsburg about helping teens foster resilience
Answering Kid's Questions about Coronavirus from Children's Hospital Colorado	https://www.youtube.com/watch?v=	Informational	Coronavirus	Students, Parents, Educators	All	It can be tough for parents to have the right answers to questions about an illness like COVID-19, the condition caused by the novel coronavirus (SARS-CoV-2). In this video, a curious 9-year-old asks our experts common kid questions about the virus. They cover topics from traveling to taking care of family and playing with friends. Watch this video to learn how to talk to kids about the coronavirus pandemic.
AP Updates for Schools Impacted by Coronavirus	https://apcentral.collegeboard.org/a	Informational	Coronavirus	Students, Parents, Educators	9-12	Updates from the College Board regarding the Advanced Placement exams, including free remote learning resources.
CDC Travel Restrictions	https://wwwnc.cdc.gov/travel/noti	Informational	Coronavirus	Parents	All	Travel Health Notices inform travelers and clinicians about current health issues that impact travelers' health, like disease outbreaks, special events or gatherings, and natural disasters, in specific international destinations.
Center for Parent and Teen Communication	https://parentandteen.com/category	Informational	Social/Emotional L	Students, Parents, Educators	6-12	Strategies for teens about communicating more effectively with parents and ideas for managing stress and staying healthy.
Coronavirus: DOD Response	https://www.defense.gov/Explore/	Informational	Coronavirus	Parents	All	Information on staying healthy during the outbreak. The Department will issue follow-on guidance on this directive prior to implementation.
Coronavirus: How to Talk to Your Child	https://kidshealth.org/en/parents/co	Informational	Coronavirus	Parents, Educators	All	Your kids are hearing about coronavirus (COVID-19). You want to make sure they get reliable information — and you want them to hear it from you. Here's how to talk about it (also available in Spanish)
COVID-19 Information By and For People with Disabilities	https://cts.vresp.com/c/?PEATC/c5	Informational	SPED	Students, Parents, Educators	All	Professional Development F explaining Coronavirus for those with disabilities
Education Week Map of School Closures in the US Based on Corona Virus	https://www.edweek.org/ew/secti	Informational	Coronavirus	Parents, Educators	All	Interactive map that tracks school district closures from Education Week. UProfessional Developmentated twice daily.
Educational Companies Offering Free Subscriptions due to School Closings	https://docs.google.com/spreadshe	Informational	Miscellaneous	Parents, Educators	All	List of companies offering free subscriptions as collected by the "Amazing Educational Resources" facebook group
Free printable worksheets, word lists, and activities	https://www.greatschools.org/gk/wo	Informational	Math, Reading, Sci	Parents, Educators	Preschool, K-5	Downloadable worksheets from GreatSchools.org for a variety of subject areas
How to Talk with your Child about Coronavirus	https://kidshealth.org/en/parents/co	Informational	Coronavirus	Parents, Educators	All	Guide for talking with your children about Coronavirus
Ideas for At-Home Service Projects	https://docs.google.com/document/t	Informational	Miscellaneous	Parents, Educators	All	Compiled list of service projects you can do when confined at home
Library of resources about Coronavirus from Florida Atlantic University	https://libguides.fau.edu/COVID-19/	Informational	Coronavirus	Parents, Educators		This page contains information on where to find library and literature resources regarding COVID-19 (the Coronavirus).
List of education companies offering free subscriptions due to school closings from KidsActivities Blog	https://kidsactivitiesblog.com/13560	Informational	Miscellaneous	Parents, Educators	All	Worth navigating the ads on this blog to see all the companies that are offering free subscriptions to support learning at home
MCEC Webinar: Creating Strong Families	http://militarychild.adobeconne	Informational	Webinar	Parents	All	We address qualities that make our families strong and examine daily habits that build permanent connections and enduring relationships with children as well as share suggestions for nurturing and strengthening relationships in the family.
MCEC Webinar: Developing Positive Coping Strategies	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar helps parents identify challenges and children's needs. It focuses on discussing five positive coping strategies that enable children to thrive despite changes and challenges.
MCEC Webinar: Effective Listening and Discipline	http://militarychild.adobeconne	Informational	Webinar	Parents	All	In this webinar, we share strategies to help with discipline and also learn the importance of and how to become an effective listener.
MCEC Webinar: Encouraging Military Kids to be Healthy and Fit	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar helps families understand the importance of physical activity. It discusses ways to foster an active lifestyle for the entire family. Families also learn ways to incorporate healthy eating choices into their daily lives.
MCEC Webinar: Facing Challenges Together: Raising Secure Children in an Uncertain World	http://militarychild.adobeconne	Informational	Webinar	Parents	All	Join Dr. Paula Rauch, Associate Professor of Psychology at Harvard Medical School, Director, Marjorie E. Korff Parenting At A Challenging Time (PACT) Program and Member, MCEC Science Advisory Board Executive Committee as she shares tools parents can use to be an informed and steady guide to their children through challenging times.

MCEC Webinar: Fostering Resilience in Military Children	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar helps parents understand resilience and its importance in fostering resilience in children. It is based on Dr. Ginsburg's 7 C's of Resilience, discussing each component and sharing tips on incorporating each component in everyday life.
MCEC Webinar: Growth Mindset	http://militarychild.adobeconne	Informational	Webinar	Parents	All	In this webinar we provide an overview of Dr. Carol Dweck's theory of growth and fixed mindsets, as well as share tools, strategies and resources to guide parents on how to help their children better approach obstacles and challenges, increase effort, utilize constructive criticism, and learn to improve.
MCEC Webinar: Helping Military Children Navigate Change	http://militarychild.adobeconne	Informational	Webinar	Parents	All	In this webinar we look at the impact change can have on military children and some strategies and resources to help navigate these changes. Along with change, can come stress. We discuss stress and provide strategies to help overcome stress in children.
MCEC Webinar: Internet Safety for Elementary School Children	http://militarychild.adobeconne	Informational	Webinar	Parents	K-5	This webinar starts with a discussion of how children use the internet, followed by understanding the benefits and also the risks of the internet. It addresses cyberbullying and concludes with lots of tips on keeping children safe when they are online.
MCEC Webinar: Internet Safety for Middle & High School Students	http://militarychild.adobeconne	Informational	Webinar	Parents	6-12	This webinar starts with a discussion of how children use the internet, followed by understanding the benefits and also the risks of the internet. It addresses cyberbullying and concludes with lots of tips on keeping children safe when they are online.
MCEC Webinar: Kids and Anxiety with Dr. Eric Flake	http://militarychild.adobeconne	Informational	Webinar	Parents	All	Childhood anxiety and pervasive depression in youth are concerns for educators and parents alike. In this webinar recording that took place at the MCEC National Training Seminar in Washington D.C., Dr. Eric Flake, Program Director, Department of Defense (DoD) Developmental Behavioral Pediatrics Fellowship, Joint Base Lewis McChord, shared diagnostic and treatment information, along with the beginnings of Information Guides that can be shared among parent, military and educator groups.
MCEC Webinar: Kids in the Kitchen	http://militarychild.adobeconne	Informational	Webinar	Parents	All	Meal prep time offers many great opportunities to introduce STEM concepts to your children while working together to put food on the table.
MCEC Webinar: Parent Teacher Conferences (in case parents need to hold virtual conference)	http://militarychild.adobeconne	Informational	Webinar	Parents	All	Learn how to communicate effectively during a parent-teacher conference. We will share ideas on how to plan for the conference, stay in touch with your child's teacher after the conference, and discuss a teambuilding approach to resolving any issues that might arise.
MCEC Webinar: Persistent and Challenging Behaviors	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar identifies childhood behaviors that are difficult for parents to handle, discusses common triggers, describes appropriate alternative methods or strategies to deal with or prevent persistent and challenging behaviors, and matches specific strategies to address the different age groups.
MCEC Webinar: Supporting Kids with Autism and Other Developmental Challenges	http://militarychild.adobeconne	Informational	Webinar	Parents	All	Dr. Eric Flake discusses best practices to identify, evaluate and treat children with developmental disabilities/Autism, recognize the type of individualized treatment methods required for a military child with an Autism Spectrum Disorder or developmental disability, and discuss challenges military families who have a child with Autism.
MCEC Webinar: Supporting Military Children During Separation: Training, Deployment, Humanitarian Aid and Disaster Relief	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar will offer ideas and techniques to maintain involvement during separation, provide support techniques for the deployed parent and the remaining parent/caregiver and manage stress, both for parents/caregivers and for the child(ren)
MCEC Webinar: The Importance of Sleep in Children and Teens	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar will help parents understand the importance of sleep as well as tips and tools for helping children and adolescents get to sleep and stay asleep.
MCEC Webinar: The Magic of the Family Meal	http://militarychild.adobeconne	Informational	Webinar	Parents	All	In this informative webinar we share what research says about the benefits of eating meals together as a family, discuss tips and strategies to help picky eaters enjoy meal time and share ways to engage the whole family during the family meal, even teenagers!
MCEC Webinar: Turning Stress into Strength	http://militarychild.adobeconne	Informational	Webinar	Parents	All	This webinar discusses the characteristics of positive and negative stress and highlights some tips on how to reduce stress and formulate a stress management plan for children.
Military OneSource Coronavirus Updates	www.militaryonesource.mil/coronavirus	Informational	Coronavirus	Parents	All	Department of Defense-related coronavirus Updates and impacts
Resources for Educators During the Coronavirus Pandemic	https://www.common Sense.org/edu	Informational	Miscellaneous	Parents, Educators	All	Get free tips and tools to support school closures and transitions to online and at-home learning, including tips for virtual learning, resources for learning at home, and resources for digital citizenship and well-being

Resources from the Center for the Study of Traumatic Stress regarding the Coronavirus outbreak	https://www.cstsonline.org/resource	Informational	Coronavirus	Parents, Educators	All	This page contains fact sheets and other resources to support the health and well-being of communities impacted by COVID-19.
Talking to Children About COVID-19 (Coronavirus): A Parent Resource	https://www.nasponline.org/resource	Informational	Coronavirus	Parents, Educators	All	Tips and information from the National Association of School Psychologists to have conversations with your kids about the outbreak. Additional articles with related topics linked at the end of the article.
Talking to Kids About the Coronavirus	https://childmind.org/article/talking-t	Informational	Coronavirus	Parents, Educators	All	Advice from the experts at the Child Mind Institute about how to talk about Coronavirus with your kids
Talking to Kids About the Coronavirus	https://www.scetv.org/stories/health	Informational	Coronavirus	Parents, Educators	Preschool, K-5	Resources from SCETV, PBS Kids, and PBS Parents
The Best Places to Find Audiobooks for Kids	https://www.walkingbytheway.com/t	Informational	Miscellaneous	Parents, Educators	All	Blog post with ways to find free/inexpensive audiobooks
What to do When COVID-19 Says You're Now a "Have To" Homeschooler	https://www.militaryspouse.com/mili	Informational	Coronavirus	Parents	All	MilitarySpouse.com article with tips for homeschooling