

Resources to inspire calm

<https://free.healthjourneys.com/> - free meditations for kids and adults

<https://www.uclahealth.org/marc/mindful-meditations> - more free meditations

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view> - a short, illustrated flipbook to help children understand the coronavirus

Educational resources

www.khanacademy.com – math lessons for grades K - 14

<https://www.schools.nyc.gov/learn-at-home/activities-for-students>

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

<https://www.common Sense Media.org/lists/best-documentaries-on-netflix> (this website also provides information to help parents decide which media - including games, books, websites, and movies - are age appropriate for their children)

<https://www.starfall.com/h/> - learning games for grades pre-k through 3nd