

RESOURCES FOR FAMILIES DURING ISOLATION

PLANNING & SCHEDULE RESOURCES

Using chalk or tape, create the longest hopscotch course in the world (or at least one long enough to get excited about). Think about ways to make it more exciting than a regular hopscotch course (could people dance in certain spots? Are there places where people need to jump or twirl around?). Once completed, challenge family members (and yourself) to work through it at least a few times. Send Jays Care a photo of your hopscotch course and/or a video of you working through it to earn your points.

Sample weekly and daily home school schedules can be found from the following sites:

Confessions of a Home Schooler:

http://shared.confessionsofahomeschooler.com/momstuff/Daily_Schedule_Prek.pdf

Thought & Co:

<https://www.thoughtco.com/daily-homeschool-schedules-1833506>

Your Morning Basket:

https://pambarnhill.com/_sample_homeschool_schedule/

EDUCATIONAL RESOURCES

Below are links to gratis educational materials to supplement existing or help guild new lesson plans on myriad topics for students of all ages:

WORKSHEETS & LESSONS:

Ontario Federation of Teaching Parents Resource Library:

Online or downloadable lessons, worksheets and activities

Scholastic:

Free worksheets and activities

EdHelper.Com:

Free, printable worksheets for K-12

Mariana McDougall

The ultimate list of free homeschooling resources

VIDEOS:

Khan Academy:

Video tutorials on a variety of subjects for K – University students

- You must create a free account to access lessons

Free School:

YouTube channel with short educational videos on a range of topics

Ted-Ed:

Free video-based lessons on myriad subject from the makers of Ted Talks

National Geographic Kids

Videos, games & lessons on science & history (predominantly US history)

GAMES AND QUIZZES:

Free Homeschool Deals:

List of websites with games and quizzes on myriad subjects

Education.Com:

Library of educational games teaching math, vocabulary and grammar for younger students

Homeschool Gameschool:

Free printable board games and resources to incorporate game play into schooling

PHYSICAL EDUCATION AND EXERCISE RESOURCES

In addition to the videos Jays Care will post every week, these videos provide fun and entertaining ways to keep children physically active indoors.

- **Savvy Schooling:** Top 5 YouTube Videos for Kids
- **Go Noodle:** Fresh Start Fitness
- **Go Noodle:** Movement and Mindfulness
- **Very Well Family:** Easy Exercises for Kids
- **Fitness Blender:** 25 Minute Fun Workout for Kids
- **What Moms love:** Active Indoor Games for Kids to Burn Energy

ANXIETY REDUCING RESOURCES

Uncertainty and change may provoke anxiety in some children. The resources below provide guidance on techniques to reduce stress and anxiety:

Toronto Blue Jays-Themed Colouring Pages:

Colouring pages of everyone's favourite bird, ACE!

Greenchildmagazine:

30 guided relaxation scripts to use with kids to promote mindfulness

Calm:

Download the Calm app to follow along with different breathing and meditation techniques and anxiety reducing strategies

20 Ways to Use Sticky Notes:

Different ways to use sticky notes to help us feel calm by staying organized, motivated and inspired

Pathway 2 Success:

5 FREE mindfulness activities for kids including colouring sheets, breathe boards, positive affirmations and more

Art of Social Work:

Create a mindful breathing wand to teach children how to notice their breath and paying attention to their body can help them calm down

Creating a Thoughtful Classroom:

Teaching mindfulness to kids by using “breathing buddies”

VIDEOS:

CosmicKidsYoga:

YouTube channel featuring yoga episodes for kids to follow

Mindful Kids:

Calming music for bedtime, mindfulness and relaxation

GoNoodle (Breathing):

YouTube series with breathing techniques for kids

Storyline Online:

An online read-aloud for kids featuring celebrities and interactive illustrations

Just Dance:

Follow-along YouTube videos with dancing tutorials for youth

ARTS AND CULTURAL RESOURCES

These free or low-cost projects can be done indoors and are designed to stimulate creativity while keeping children occupied. Most can be done with household items.

- **Its Always Autumn:** 50 Best Indoor Kid Crafts
- **Today Show:** 7 Rainy Day Crafts for Kids
- **Babble Dabble:** 80 Easy Crafts for Kids
- **My kids Time:** 50 Rainy Day Activities for Kids
- **Taste of Home:** 20 Easy Baking Recipes for Kids
- **FoodNetwork:** Cooking with Kids: Simple, Healthy Recipes
- **150 Spring Crafts for Kids:** A variety of spring-related crafts
- **Homeschool Preschool:** Egg Carton Recycling Projects for Kids
- **Parents.com:** 8 Craft Ideas That Kids Can Make From Household Items
- **Origami for kids:** Origami tutorials with easy set-by-step instructions and illustrations to follow
- **Just Bright Ideas:** 8 Musical Instrument Crafts That Kids Can Make and Play
- **This Tiny Blue House:** 25+ Easy DIY Bird Feeders for Kids

VIDEOS:

Carla Sonheim's:

YouTube channel with art tutorials and online classes for kids

MoLunchDoodles:

YouTube episodes teaching children how to draw and doodle with a famous artist, Mo Williems

5 Minute Crafts:

YouTube channel featuring fun DIY projects and crafts you can create with materials found around the house

Art for Kids Hub:

A fun family YouTube channel teaching children how to draw with new lessons uploaded weekly

Maple Leaf Learning Playhouse:

Educational YouTube channel with simple crafts, colouring sheets, songs and activities for kids

How to Make Paper Airplanes:

A YouTube video instructing how to create 5 different paper airplane models

Some of the world's premier arts and cultural institutions are offering free virtual tours:

People.com:

List of museums, zoos, aquariums and cultural sites around the world offering free, virtual tours including The Louvre, Metropolitan Museum of Art, Buckingham Palace and Great Wall of China.

Art Gallery of Ontario:

The museum's entire collection is searchable on their webpage.

These podcasts and audio stories are a great, relaxed way to keep kids entertained:

Save with stories:

Celebrities are reading stories over Instagram and Facebook for youth

Wired:

Kids' podcasts

StoryNory:

Audio books, poems and sing-a-longs for children