

# SRV@ Home Resource Page



## Introduction

As we navigate these challenging times, we would like to offer you a variety of resources that you can access in one place, as needed. While we will strive to make sure these are working links and that most of them have been viewed, we ask that you do your own vetting before providing immediate access to your children. Most of these resources are free (even though some may require that you sign in), and we attempted to curate some of the better options within each category. They are in no particular order. If you have suggestions or feedback, please contact Susie Metrick at [sumetrick@gmail.com](mailto:sumetrick@gmail.com).

## Educational Resources

Link	Type	Description
<a href="#">Audible stories</a>	Audible app & website	Stories for kids read aloud for free
<a href="#">Edpuzzle</a>	Website (for teachers)	Great videos that pause and allow you to pose inferential or multiple-choice questions.
<a href="#">Google Earth</a>	Website (must	Amongst other options,

	use Google Chrome browser)	takes kids on a poetry tour around the world
<a href="#">But Why?</a>	podcast	Vermont Public Radio podcast for the whole family
<a href="#">Rockalingua</a>	website	Music-based Spanish learning that includes videos, songs, & games
<a href="#">Spanish Word Toss</a>	website	Abcya offers games like Bingo to practice Spanish vocabulary
<a href="#">Spanish in Flow</a>	website	Games to learn & review Spanish vocabulary
<a href="#">Spanish Games</a>	website	Games to learn & review Spanish vocabulary
<a href="#">Japanese Lesson</a>	website	Ways to learn & practice hiraganas in Japanese
<a href="#">Duolingo</a>	website	Free language instruction
<a href="#">Math Games</a>	website	Free math games
<a href="#">Into the Book</a>	website	Reading comprehension activities
<a href="#">abcya</a>	website	Educational activities for preschool through grade 6, some good phonics lessons
<a href="#">FUNBRAIN</a>	website	Offers some online books such as Diary of a Wimpy Kid, other educational games preschool through grade 8
<a href="#">PBS Kids</a>	website, app	Games, videos, apps
<a href="#">Storyline</a>	website	Kids stories read by actors

		such as Betty White, Wanda Sykes, Viola Davis, Kristen Bell, Oprah
<a href="#">Highlights</a>	website	Like the kids magazine, it offers activities, games, and more
<a href="#">Scholastic</a>	website	Learning/reading activities categorized by grade
<a href="#">Readworks</a>	website	Reading materials K-12, especially helpful reading comprehension activities. May be more especially helpful for teachers
<a href="#">Bamboo Learning</a>	app & website	Voice-based instructional tools; can be used with Alexa
<a href="#">New American History</a>	website	American History learning
<a href="#">Belouga</a>	website	Educational videos sorted by age and grade, including videos on growth mindset, the sport of rodeo, etc.
<a href="#">Poptropica</a>	app & game	Game that takes players through islands of different educational topics
<a href="#">Science 360</a>	app	App for science activities
<a href="#">Franklin Institute</a>	website	An entire virtual science platform
<a href="#">Khan Academy</a>	website	Math learning
<a href="#">Seussville</a>	website	All things Dr. Seuss
<a href="#">The kids should see this</a>	website	Curated educational videos
<a href="#">Wow in the World</a>	podcast	Guy Roz's family-friendly

		podcast about science & technology (NPR)
<a href="#">Education.com</a>	website	A variety of digital learning resources categorized by grade & topic
<a href="#">Justin Roberts</a>	website	Music for kids and their grown-ups; musical projects
<a href="#">From the Top</a>	website	Celebrating the stories, talents, & character of young classically-trained musicians
<a href="#">Kindermusik</a>	website	Music classes for children birth to age 7
<a href="#">JazzKids</a>	website	Kids learn how to play piano, play jazz, & improvise (based on method from Berklee College of Music grad)
<a href="#">SFSKIDS</a>	website	Fun with games & music offered by the San Francisco Symphony Orchestra
<a href="#">NY Philharmonic Kids Zone</a>	website	Musical games and activities from the New York Philharmonic
<a href="#">MTNA musical websites for kids</a>	Website page	Websites for kids curated by the Music Teachers National Association; organized by category such as "performance-based"
<a href="#">noteflight</a>	Free software	Music notation software that is user friendly
<a href="#">Rock Garden School of Music</a>	website	Peter Delaplane's website with links to their YouTube channel; online lesson content in a variety of instruments

<a href="#">Music Together</a>	website	Great early childhood musical programs
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## For Fun

Link	Type	Description
<a href="#">San Diego Zoo</a>	website	Live cams, videos
<a href="#">Smithsonian National Zoo</a>	Website	Live cam of cheetah mom & her new cubs
<a href="#">Yellowstone National Park</a>	website	Wolf videos, live cam of Old Faithful, video of a mud volcano
<a href="#">Mars for Kids</a>	NASA website	Mars map, how to make 3D glasses, space coloring sheets, paper spacecraft models, etc.
<a href="#">Monterey Bay Aquarium</a>	link to live cams	At least 10 live cams of aquarium sea creatures
<a href="#">FarmFood360</a>	website	Videos of farm tours including dairy, grain, and pig farms
<a href="#">Louvre Museum</a>	website	Virtual tour of the Louvre in Paris
<a href="#">Great Wall of China</a>	website	Virtual tour of the Great Wall of China
<a href="#">Boston Children's Museum</a>	website	Virtual Tour of the Boston Children's Museum
<a href="#">National Gallery of Art</a>	website	Make sure to check out the NGAkids Art Zone app which offers many art-related activities and printables
<a href="#">Smithsonian National Museum of</a>	website	Virtual tour. Check out the

<a href="#">Natural History</a>		dinosaurs
<a href="#">Metropolitan Museum of Art</a>	website	Virtual tour
<a href="#">Barnes Foundation Takeout</a>	YouTube Playlist	Daily videos about Barnes Foundation artwork
<a href="#">Dali Theatre-Museum</a>	website	Virtual tour
<a href="#">NASA Langley Research Center</a>	website	Virtual tour
<a href="#">National Women's History Museum</a>	website	Virtual tour
<a href="#">Legoland</a>	website	Virtual tour of Legoland Denmark
<a href="#">Sea World Orlando</a>	website	Virtual tour
<a href="#">Wild Atlantic Way</a>	website	Virtual tours of Ireland
<a href="#">Philadelphia Orchestra</a>	website	Many virtual performances

## Emotional Health

Link	Type	Description
<a href="#">Fablefy</a>	website	Making mindfulness easy for children
<a href="#">Blissful Kids</a>	website	Bite-sized mindfulness suggestions
<a href="#">Positive Psychology</a>	website	Mindfulness games
<a href="#">Child Mind Institute</a>	website	Help for childhood anxiety,

		some advice is specific to coronavirus
<a href="#">Go Noodle</a>	website	Movement and mindfulness for children
<a href="#">The Well</a>	website	Mindful music moments, music and poetry, partnerships with orchestras and musicians
<a href="#">Virtual Relaxation Room, Shapa Counseling</a>	website	Videos demonstrating different breathing techniques
<a href="#">Glitter Jar Song</a>	Youtube video	Calming technique for “big feelings”
<a href="#">Breathe, Think, Do</a>	app	App from Sesame Street that teaches emotional regulation
<a href="#">Calm</a>	app, website	Offers guidance for meditation, sleep, & relaxation
<a href="#">Headspace</a>	app, website	Similar to Calm
<a href="#">Mindful Family</a>	app	Mindfulness for children & families
<a href="#">Super Stretch Yoga</a>	app	Yoga for kids
<a href="#">Dreamy Kid</a>	App (free for a limited time), some web-based activities	Different types of meditation & relaxation activities
<a href="#">Cosmic Kids Yoga</a>	YouTube channel	Yoga and mindfulness; yoga moves while listening to & acting out storybooks

<a href="#">Yoga for Classrooms</a>	YouTube channel	Daily mindfulness videos for kids
<a href="#">Guided Imagery (Long version)</a>	YouTube video	15 minute guided imagery video (undersea footage) from Johns Hopkins Hospital for Children; suitable for 1st grade and up
<a href="#">Guided Imagery (short version)</a>	YouTube video	6 minute guided imagery video from Youthful Yogis; suitable for Preschool-2nd Grade
<a href="#">Tibetan Buddhist Meditation Center</a>	website	Online, non-sectarian meditation classes

## Coping with COVID-19 Specifically

Link	Type	Description
<a href="#">Just for Kids: A Comic Exploring the New Coronavirus</a>	website	Comic strip designed to inform kids about the coronavirus (NPR)
<a href="#">Responding to Children's Emotional Needs During Times of Crisis</a>	website	Guidance from the American Academy of Pediatrics
<a href="#">Helping Children Cope with Emergencies</a>	website	Guidance from the Centers for Disease Control and Prevention
<a href="#">Talking to Kids About Coronavirus</a>	website	Guidance from Child Mind Institute



<a href="#">7 Crucial Findings That Can Help People Deal with COVID-19</a>	website	Guidance from the American Psychological Association
<a href="#">Helping Children Cope with Changes Resulting from COVID-19</a>	website	Guidance from the National Association of School Psychologists
<a href="#">FACE COVID - How to Respond Effectively to the Corona Crisis</a>	YouTube video	Video for adults from Dr. Russ Harris teaching us to focus on what we can control during this crisis (5 minutes)
<a href="#">How to Cope with Sheltering in Place</a>	website	Guidance from the Substance Abuse & Mental Health Services Administration
<a href="#">NAMI COVID-19 Resource &amp; Information Guide</a>	web-based guide	Resources from the National Alliance on Mental Illness
<a href="#">Disaster Distress Helpline</a> 1-800-985-5990	Website and hotline	Counseling support from the Substance Abuse and Mental Health Services Administration

## Other Types of COVID Help & Resources

Link	Type	Description
PA Department of Human Services 1-855-284-2494	hotline	Toll-free support line (state)
Disaster Distress Helpline		Toll-free support line

1-800-985-5990	hotline	(national)
<a href="#">Responding to COVID-19 in PA</a>	website	Guide to the Commonwealth's response
<a href="#">Guide to COVID-19 Economic Stimulus Relief</a>	website page	Eligibility, procedures, and timelines provided by the Consumer Financial Protection Bureau
<a href="#">WIC</a>	website	Guidance about eligibility and services
<a href="#">Medical Assistance</a>	DHS website page	Guidance about eligibility and health care
<a href="#">SNAP</a> DHS helpline 1-800-692-7462	DHS website page	Supplemental Nutrition Assistance Program; additional coronavirus aid available through this program (& the recently passed CARES Act)
<a href="#">TANF</a>	DHS website page	Temporary Assistance for Needy Families
<a href="#">CHIP</a>	website	Children's Health Insurance Program eligibility & services
<a href="#">Subsidized Child Care</a>	DHS website page	Guidance about eligibility for Child Care Works Subsidized Child Care Program
<a href="#">DHS Coronavirus Landing Page</a>	DHS website page	Provides information & links regarding open child care facilities, guidance for children & families, unemployment eligibility, & other resources