

Name	URL	Type	Subject	Audience (Students, Parents, Educators)	Suggested Grade Levels	How is this helpful?
Brain Child Show	https://www.brainchildshow.com/	Educational	STEM, Science	Students	All	Brain Child is a show about science concepts and is on Netflix and the site offers free home or classroom curriculum and student activities. Key STEAM and grade-appropriate concepts are expanded to home schooling and the classroom along with hands-on student demos and experiments. All 13 episodes have specific curriculum and activities and are available at two levels, elementary (3rd to 5th grades) and middle school (6th to 8th grades). Lessons are aligned with standards from Next Generation Science Standards, Common Core Learning Standards in Literacy and Math, and National Health Standards. All lesson plans can be adapted for lower grades and upper grades.
Crash Course	https://thecrashcourse.com/	Educational	English/Language Arts, Science, Social Studies	Students	9-12	At Crash Course, we believe that high quality educational videos should be available to everyone for free. The Crash Course team has produced more than 15 courses to date, and these videos accompany high school and college level classes ranging from the humanities to the sciences. Crash Course transforms the traditional textbook model by presenting information in a fast-paced format, enhancing the learning experience.
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 Online Mindfulness Classes for Kids	https://www.mindfulschools.org/free	Educational	Social/Emotional Learning	Students	K-5	We are designing these LIVE online mindfulness classes with K-5 students in mind – AND please know that students and adults of all ages are welcome to participate. We are aware that many families are away from school and work, and we hope this is a resource that families can enjoy together. Classes scheduled for Tues, Wed, and Thurs and include fun and interactive activities for kids such as mindful eating, movement, and more and 30 minutes of mindfulness and a restful break from the busyness of daily life w/ experienced teachers from the Mindful Schools Training Team.
Khan Academy Schedules for School Closures	https://docs.google.com/document/	Educational	English/Language Arts, Math, Science, Social Studies	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 Practice	https://www.khanacademy.org/sat	Educational	Miscellaneous	Students	9-12	To help students keep their college readiness skills sharp when many schools are closed, College Board and Khan Academy will continue to provide free resources online, including full-length practice tests and personalized learning tools.
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.
A Teen's Guide for Managing Stress	http://www.fosteringresilience.com/	Informational	Social/Emotional Learning	Students, Parents, Educators	6-12	Resource from Dr. Ken Ginsburg about helping teens foster resilience
Affects of Corona Virus on Post-911 GI Bill	https://www.facebook.com/gibillEdu	Informational	Coronavirus	Students	All	Facebook post regarding how COVID-19 related school closures could impact GI Bill benefits (https://www.benefits.va.gov/gibill/#20200317)
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.
Center for Parent and Teen Communication	https://parentandteen.com/category	Informational	Social/Emotional Learning	Students, Parents, Educators	6-12	Strategies for teens about communicating more effectively with parents and ideas for managing stress and staying healthy.

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COVID-19 Information By and For People with Disabilities	https://cts.vresp.com/c/?PEATC/c5	Informational	SPED	Students, Parents, Educators	All	Professional DevelopmentF explaining Coronavirus for those with disabilities
Fighting Invisible Tigers: Stress Management for Teens	https://www.amazon.com/Fighting-I	Informational	Social/Emotional Learning	Students	6-12	Stress is something we all experience. But research suggests that adolescents are affected by it in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive Social/Emotional Learning-f- talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I'm stressed out!"
NPR Comic Explaining COVID-19 for Kids	https://www.npr.org/sections/goatsa	Informational	Coronavirus	Students	All	A comic designed to explain coronavirus to kids
The Struggle to be Strong	https://www.amazon.com/Struggle-f	Informational	Social/Emotional Learning	Students	6-12	In 30 first-person accounts, teens tell how they overcame major life obstacles. Many aren't the everyday problems most kids encounter, which makes their stories especially compelling—and their successes especially inspiring.As teens read The Struggle to Be Strong, they discover they're not alone in facing life's difficulties. They learn about seven resiliencies—insight, independence, relationships, initiative, creativity, humor, and morality—that everyone needs to survive and thrive in even the toughest times. Vivid, articulate, and candid, this book will motivate readers of all ages to build the skills and strengths they need to triumph over adversity.