

## **Stay At Home Resources**

### **Resources for Kids:**

[CCHMC](#) – steps to help ease kids’ fears and anxieties about COVID-19

[Early Childhood Technical Assistance Center](#) – tele-intervention and distance learning

[What is Coronavirus?](#)

[Resource for Families](#) – Talking to kids about Coronavirus, Managing Stress & Anxiety, Resources for Crises or Extra Support

### **Educational Videos:**

[COVID-19 from the CDC](#)

[How to Talk to Your Kids About Coronavirus](#) – PBS (Daniel Tiger to Sesame Street) songs & videos

### **Easy to Read Booklet about Coronavirus:**

This easy to read booklet about the Coronavirus is from SARTAC. It is in English and Spanish. It was written by and for people with developmental disabilities. It focuses on “need to know” information (not “nice to know” information). Please share it widely. Our goal is to keep people with disabilities healthy during this national crisis. Let us know if you have suggestions on how to improve this booklet.

Plain Language Booklet on Coronavirus

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

Spanish Plain Language Booklet on Coronavirus - many thanks to the California DD Council for translating our booklet into Spanish.

<https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

### **Museums offering free virtual tours:**

The Louvre <https://www.louvre.fr/en/visites-en-ligne>

The Museum of Natural History <https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>

The Met <https://www.metmuseum.org/art/online-features/met-360-project>

National parks & Landmarks virtual tours

Yellowstone <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Yosemite <https://www.virtualyosemite.org/>

Hawaii <https://earth.google.com/web/@20.94186509,-157.02059303,200.7307319a,2371691.57671183d,35y,-0.0000121h,0.66156264t,0r/data=Ci4SLBlgYzVhNjFjZTg3ODFmMTFlOWFhYWVvknzY5Mzk1NTJiOTgiCG92ZXJ2aWV3>

Blarney Castle <https://www.virtualvisittours.com/blarney-castle/>

Carlsbad Caverns <https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>

Bryce Canyon <https://artsandculture.withgoogle.com/en-us/national-parks-service/bryce-canyon/sunset-point-tour>

Kenai <https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

Dry Tortugas <https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>

Magic Kingdom <https://www.google.com/maps/@28.418732,-81.5813006,3a,75y,90t/data=!3m6!1e1!3m4!1svIXS5W-lSh3-Op7hbptVCA!2e0!7i13312!8i6656>

Roller Coaster [https://www.youtube.com/watch?v=Cz\\_c6WTyxwo](https://www.youtube.com/watch?v=Cz_c6WTyxwo)

Ellis Island <http://teacher.scholastic.com/activities/immigration/webcast.htm>

Zoo and Aquarium virtual tours/ live cams

San Diego <https://zoo.sandiegozoo.org/live-cams>

Georgia Aquarium <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Monterey Bay <https://www.montereybayaquarium.org/animals/live-cams>

National Zoo <https://nationalzoo.si.edu/webcams>

<http://samuraivirtualtours.com/example/nadc/index.html>

[https://www.youtube.com/watch?v=mY8\\_n13tKM&feature=youtu.be](https://www.youtube.com/watch?v=mY8_n13tKM&feature=youtu.be)

Shedd Aquarium <https://www.sheddaquarium.org/exhibits/underwater-beauty-exhibit>

Cincinnati Zoo <https://www.facebook.com/cincinnati-zoo/>

The Metropolitan Opera in New York City-

The renowned opera house is closed to the public through March 31 at the time of writing but will stream a performance starting at 7:30 p.m. EST every night they're closed. For now, the schedule is published through March 22, but updates will be listed on the Met Opera's website.

The recordings will be available on the [Met Opera homepage](#) for 20 hours after they're streamed at night.

[www.metopera.org](http://www.metopera.org)

### **Virtual Museum Tours:**

- NATIONAL MUSEUM OF NATURAL HISTORY:  
<https://naturalhistory.si.edu/visit/virtual-tour>

- 20 VIRTUAL FIELD TRIPS TO TAKE WITH YOUR KIDS:

[https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR02zFxFIJBuFvHI-VT\\_UYUe62zlAaoBxHWRbzUmKXBi1J0wwH6jSLNh9Q](https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR02zFxFIJBuFvHI-VT_UYUe62zlAaoBxHWRbzUmKXBi1J0wwH6jSLNh9Q)

- THE LOUVE:

<https://www.louvre.fr/en/visites-en-ligne>

- ARTS AND CULTURE MUSEUMS

<https://artsandculture.google.com/partner?hl=en>

- YELLOWSTONE NATIONAL PARK:

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

- VIRTUAL YOSEMITE TOUR:

<https://www.virtuallyosemite.org/>

- THE ULTIMATE GUIDE TO VIRTUAL MUSEUM RESOURCES:

<http://mcn.edu/a-guide-to-virtual-museum-resources/>

- VIRTUAL DISNEY:

<https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg> (virtual Disney)

### **Virtual Zoo Tours:**

- SAN DIEGO ZOO:

<https://zoo.sandiegozoo.org/live-cams>

- GEORGIA AQUARIUM:

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

- MONTEREY BAY AQUARIUM:

<https://www.montereybayaquarium.org/animals/live-cams>

### **Virtual Fitness:**

- YMCA COLUMBUS:

<https://ymcacolumbus.org/> (Free virtual workouts)

- POPSUGAR FITNESS:

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>(kickboxing, dance, yoga, Zumba, lots of workouts)

### **Music:**

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

### **How To Videos:**

- FREE CARTOON LESSON, LIVE LESSONS TUE-THUR @ 1:00PM:

www.Howtotoon.com

-SCIENCE EXPERIMENTS TO DO AT HOME:

<http://www.sciencekids.co.nz/experiments.html>

-COOL CRAFT IDEAS:

<https://www.parents.com/fun/arts-crafts/kid/how-to-videos/>

-CLASSES ON ANIMATION, ART, & MUSIC:

<https://www.skillshare.com/?via=header>

-DRAWING CLASSES:

<http://www.klinecreative.com/free-online-art-lessons.htm>

### **Education:**

KHAN ACADEMY:

<https://www.khanacademy.org/> might be good for any people that like school activity or for any kiddos home from school who need their routine

### **Things To Do:**

Read or listen to an audio book <https://clc.overdrive.com/> (link to audio books through the library)

- Watch a movie
- Play a game
- Have a scavenger hunt
- Do a puzzle
- Have a spa day
- Have a fashion show
- Do crafts or color
- Clean!
- Cook something new
- Look up new recipes to try
- Call a friend or family member
- Go for a walk
- Go for a drive
- Play video games
- Try exercise videos (there are lots of short workouts on youtube if you look up workouts for kids)
- Have a dance party
- Build a fort or go "camping" in the living room
- Create a quiz for your roommates or staff
- Karaoke
- Have an indoor picnic
- Make homemade face masks. Here are a few. For sanitary reasons, I would give everyone their own bowl: <https://www.readersdigest.ca/health/beauty/homemade-facial-masks-recipes/>

- For ladies, have everyone bring their own nail polish and have a salon day.
- Watch funny kitties and dog videos.
- Make snacks or learn how to make something simple together and enjoy.
- Find exercise videos. Try Zumba, yoga, aerobics, and anything else that you've always wanted to try. Some great videos can be found on youtube.
- Play cornhole or a board game.
- Find some tongue twisters and see who can say them the best the fastest. These can be found online.

### **Wellness Resource Guide:**

A shareable, FREE Wellness Resources Guide.

It contains significant amounts of information relevant to disability communities.

[https://docs.google.com/document/d/10UfN6r7gvvexpBtfcntr-6bTaZkGa7eZCb1Q\\_H\\_sl](https://docs.google.com/document/d/10UfN6r7gvvexpBtfcntr-6bTaZkGa7eZCb1Q_H_sl)