
Free Educational Sites

SCHOLASTIC LEARN AT HOME

PBS LEARNING MEDIA

nj.pbslearningmedia.org

NAT GEO 4 KIDS

kids.nationalgeographic.com

ABCYA

abcya.com

FUN BRAIN

funbrain.com

HIGHLIGHTS KIDS

Highlightskids.com

WONDEROPOLIS

wonderopolis.org

GO NOODLE

Gonoodle.com

2020 Parents' Guide to Google Classroom

<https://www.youtube.com/watch?v=2lowi-gmbys>

COVID-19 SCHOOL AT HOME

Mentalfloss.com

- Quizzes

to test your science, knowledge, and pop culture.

-Lists

Including "8 Tips to manage your coronavirus and social distancing anxiety."

-Videos

Science, pop culture and arts

- Amazing Facts

Live-smarter Entertainment

Khan Academy Kids

Khanacademy.org

Have to sign up FREE learning practice and games

-Library with digital books

-Reading

-Math

-Social Learning and Creativity

Khan Academy

Khanacademy.org

Free online courses, lessons and practice + SAT prep

Includes Webinars for parents and teachers to help and guide during COVID-19 school closures.

-MATH by subject by grade Pre-K-12th grade

-SCIENCE & Engineering

-Arts & Humanities

History, Grammar, Storytelling and Government

-TEST PREP



SAT, MCAT, LSAT, GMAT

-College, Careers and Finance

-ELA-READING COMP

Grades 2-8

CrashCourse Youtube Channel

-MATH, HISTORY, US WORLD, BIOLOGY, SCIENCE, HUMANITIES, ECOLOGY, CHEMISTRY, LITERATURE, ECONOMICS, FILM, SOCIOLOGY, ETC.

CrashCourse Kids Youtube Channel

Science and Language (arabic)

Scishow Youtube Channel

Scishow Kids Youtube Channel

Shapeamerica.org

-Virtual resources for Health & P.E.

Time4learning.com

Cost: \$19.95/ mo Pre-K-8th \$30/mo 9-12th Includes Printable worksheets.

Familyeducation.com

At-home learning resources for the COVID-19 outbreak.

Printable resources to reinforce social, self-care, ED skills.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

COVID-19 AT-HOME LEARNING PLAN

BEFORE 9 AM	Wake up. Brush teeth, get dressed, make bed, eat breakfast, etc
9 AM	Set an intention and plan for the day
10 AM	Screen-free academic time
11 AM	Feelings check-in
12 PM	Get moving and eat lunch
1 PM	Downtime and rest
2 PM	Free-choice reading and snack
3 PM	Get moving
4 PM	Reflect
5 PM	Dinner and family time

BERTRAND LEARNING FROM HOME SCHEDULE

Before 9:00	Wake up (make bed, clothes in hamper, breakfast, brush teeth, watch a show)
9:00-10:00	Morning Exercise
10:00-11:00	Academic Time (Scholastic, Classkick, workbook)
11:00-12:00	Creative Time (Painting, crafts, baking, music)
12:00-12:30	Lunch
12:30-1	Chores (sanitize)
1:00-2:30	Reading/Quiet Time
2:30-4:00	Math Time (prodigy, xtra math, handouts)
4:00-5:30	Afternoon Play Time
5:30-6:00	Shower
6:00-7:00	Dinner
7:00-8:30	TV/Movie

COVID-19 Resource for People with IDD

English and Spanish Version

We wanted to make you aware of a resource on COVID-19 developed by Green Mountain Self-advocates for individuals with ID/DD. This resource is an 8-page booklet about the Coronavirus written in plain language. It was created by and for people with developmental disabilities. It focuses on "need to know" information. They made an **English version** <<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>> and **Spanish version** <<https://protect2.fireeye.com/url?k=88472f2b-d4133657-88471e14-0cc47adc5fa2-f828b3da80ea7c47&u=https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Spanish-Plain-Language-Information-on-Coronavirus.pdf>>. We ask that you share these resources as they not only help people with disabilities but after viewing myself it would be help all paid and natural supports remember the facts and plan as there are statements urging the person to communicate with people in their life about this.

AUTISM

English and Spanish available

<https://www.autismspeaks.org/covid-19-information-and-resources>

<https://www.washingtonpost.com/lifestyle/2020/03/17/parenting-autistic-kids-coronavirus/>

Helping children cope with emergencies.

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

ADD/ADHD

<https://www.additudemag.com/daily-schedule-coronavirus-home-school/>