



At-Home Resource Ideas During the School Closure

River Grove is scheduled to begin distance learning on March 30. We want to set you up for success between now and then, so we've written down some fun ideas to get you through this unprecedented time.

These helpful ideas are not part of the distance learning core curriculum that you will get from the teachers by March 30.

A *River Grove At-Home Resource List* can be found at the end of this document (starting on page 3).

Making a schedule can be very important to help your children feel grounded and safe. *Having a schedule doesn't mean that you have to be working with your child all day. We understand that parents are working, and that this is an additional job.* Even if having a schedule means, let's watch "Word World" every morning on PBS 2.4 at 10 am, that is better than no schedule. The PBS schedule can be found here:

<https://pbskids.org/tv-times/#page=schedule&day=20200323&provider=Broadcast>.

Please remember to adjust your kids' schedule to fit your child. Being too rigid with a schedule is worse than no schedule. Above all, your children need to feel comforted and loved, so don't sweat it if your child can't do school work for 1-2 hours. Break it up into chunks. Give plenty of free-time rewards for getting something done. Let the school work slide when it's too much of a battle. First and foremost is your children's mental health, so make this time full of fun and laughter.

You may like to print a few worksheets for younger kids. Free printable worksheets for each grade level are available from these websites:

<https://www.greatschools.org/gk/worksheets/>

<https://www.education.com/worksheets/>

Kids can also learn online on these free websites:

[Khan Academy](https://www.khanacademy.org/) (Go here to make a free account for grades K-12)

pbskids.org (Lots of fun educational games)

[abcya.com](https://www.abcya.com) (Here you can find educational games organized by grade and subject)

[Prodigy](https://www.prodigy.com) (This is a math game that some kids enjoy)

[abcmouse.com](https://www.abcmouse.com) (Educational program for ages 2-8; free trial for 30 days)

Involve your children in meal planning and preparation as part of their schedule. This will help them feel in-control even in our current situation when so many things are out of our control. Sit down with your child and each of you write down your favorite dinners (or lunch/breakfast). Then decide together which night you will make each meal and who will make it. Next make a shopping list for anything you need to make those meals. Your kids will feel more grounded knowing that "it's Tuesday, so it's taco night" or "it's Friday, so it's pizza night."

You can also differentiate the days of the week using non-food themes. Maybe Monday is beach day, Tuesday is sports day, Wednesday is picnic day, Thursday is Mad Lib day, etc. Brainstorm a list of themes with your child and have her/him assign each theme to a day. Here is a list to get you started: Mad Lib day, picnic day, story club day (write short stories), sports day, cookie day, baking day, pie day, pretend library day, biking day, ice cream day, beach day, park day, hot cocoa day, pancake day, painting day, craft day, obstacle-course day, balloon volleyball day, etc. These activities can take as few as 5-10 minutes per day.

One more great way to make each day special during this time is to assign a different movement break (aka exercise) to each day. Maybe Monday you do [GoNoodle](#) with your student, Tuesday you do [Cosmic Kids Yoga](#), Wednesday balloon volleyball, etc. There are many exercise channels on Youtube. You could even pick a different [GoNoodle](#) channel for each day to keep it simple.

Speaking of keeping it simple: that's the name of the game. Don't make a complicated schedule that will be hard to follow. Make your plans easy, and allow your kids to help make the schedule so they will feel an appropriate amount of control and willingness to follow it.

So... what will that schedule look like? Click this link to view schedules for various age-groups provided by Khan Academy:

https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub

Here is a sample schedule used by one of our parents/paras at River Grove (this is just an example):

9:00	Eat breakfast – <i>Independent or Parent Led</i>
9:30	Read (My kids read a book that has a reading for each day of the year.) – <i>Independent for older kids, Parent Led for young kids (young kids would only read 5-10 mins)</i>
10:00	Write in a journal: gratitude journal, prayer journal, what I'm hoping for today, what I read, etc. – <i>Independent</i>
10:30	Writing/reading worksheet or Khan Academy – <i>Independent (semi independent for youngsters)</i>
10:45	Writing/reading game on computer – <i>Independent</i>
11:00	Math worksheet or Khan Academy – <i>Independent (semi independent for youngsters)</i>
11:15	Math game on computer – <i>Independent</i>
12:00	Lunch – <i>Independent or Parent Led</i>
12:30	Talk or clean – <i>Independent or Parent Led</i>
1:00	Play with toys (legos, blocks, build tower to ceiling; who can make the coolest spaceship from legos) – <i>Independent</i>
2:00	Play outside – <i>Independent or Parent Led</i>
5:00	Make dinner – <i>Independent or Parent Led</i>
6:00	Eat dinner – <i>Parent Led</i>
6:30	Clean up – <i>Independent or Parent Led</i>
7:00	Family movie or family game – <i>Parent Led</i>
8:30	Get ready for bed – <i>Independent or Parent Led</i>
9:00	Read and sleep – <i>Independent or Parent Led</i>

Resource Idea List

These helpful ideas are not part of the distance learning core curriculum that you will get from the teachers by March 30. There are about a zillion free resources online to entertain your children. For more ideas, see the lists on these websites:

- <https://schoolclosures.org/enrichment>
- <https://stillwaterschools.org/district/district-news-e-news/home-learning-resources-families>
- <https://www.facebook.com/HollyGJury/posts/10160193011426515>
- <https://www.dpsk12.org/coronavirus/at-home-activities/>

Free Internet

Internet Essentials from Comcast

Qualified low income households can apply for 2 free months of internet service

<https://www.internetessentials.com/>

Fun how-to videos with personal instruction made specifically for right now

Lunch Doodles with Mo Willems

Daily doodle time with author of popular children's book [Don't Let the Pigeon Drive the Bus!](#)

New episode posted weekdays at 12:00pm central time

*Specifically geared toward kids at home right now

<https://www.kennedy-center.org/education/mo-willems/>

"School Cancellation Kids Cooking Lessons" with Erin Chase

Kid-friendly cooking lessons from Erin and her children

<https://www.youtube.com/user/5dollardinners>

Art

Free coloring sheets from museums and institutions

Great for older kids or those looking for more detailed coloring sheets

History and science coloring sheets

*After you click on an institution, scroll down and click on the link at the bottom

<https://library.nyam.org/colorourcollections/>

Virtual tours of famous museums and works of art

<https://artsandculture.google.com/>

Smithsonian Open Access

Free access to thousands of high-resolution images from the Smithsonian Institution!

View museum collections or cut and paste to make a "collag-asaurus"

<https://www.si.edu/openaccess>

Music/Listening

Weather for the Blind

Listen to the weather! Real time synthesizer music streamed from New Orleans. Sounds are connected to rain, sun, wind, and temperature. Every day/time is different! Helps with calm and focus, can be used for meditation. *Great for kids who respond to music/listening, but need a real-world connection to stay interested.

<https://weatherfortheblind.org/>

Rare and Strange Musical Instruments

Facebook page with videos of rare/homemade instruments and instruments from other countries!

<https://www.facebook.com/RareAndStrangeInstruments/>

Reading

Free audiobooks for kids and teens

Audible is offering free audio books for kids and teens, no strings attached.

<https://stories.audible.com>

Audible free 30 day trial for adults

*14.95 after 30 days, cancel before 30 days to avoid charge

<https://www.audible.com/>

"25 Ways Kids Can Read Free eBooks"

<https://www.weareteachers.com/download-free-ebooks/>

Eric Carle, author of *The Very Hungry Caterpillar*, reads his book:

<https://www.youtube.com/watch?v=vkYmvxP0AJI>

Interactive Simulations

What did Earth look like ____ years ago?

Plug in your address and watch the continents shift!

<https://www.smithsonianmag.com/smart-news/map-lets-you-plug-your-address-see-how-neighborhood-has-changed-over-past-750-million-years-180971507/>

Photos of the Day

Smithsonian Photo Contest Photo of the Day

Amazing photos from around the world with a brief description

<https://www.smithsonianmag.com/photocontest/photo-of-the-day/>

Nasa Astronomy Picture of the Day

“Each day a different image or photograph of our fascinating universe is featured, along with a brief explanation written by a professional astronomer”

<https://apod.nasa.gov/apod/astropix.html>

Game Idea

Play “What’s That Smell?”

Use headbands for blindfolds, hold up food or other items – pickles, etc. and guess the smell!

<https://www.facebook.com/photo.php?fbid=10111691581244261&set=pcb.10111691587606511&type=3&theater>

Social Distancing Outside

Go on a “bear hunt”

Listen to the popular book We’re Going on a Bear Hunt. Collaborate with your neighbors to put teddy bears in their windows and then go on a walk or drive to spot the bears!

<http://oskynews.org/oskaloosa-bear-hunt/>

Lyrid Meteor Shower, April 16-30: best nights April 21-22.

“Up To 100 Meteors Per Hour. Unlike other meteor showers, the Lyrid shower meteors don't always have trains that you can track across the sky. **You're more likely to see balls of fire.**”

<https://www.onlyinyourstate.com/minnesota/lyrid-meteor-shower-mn/>

Links to Comprehensive Lists

“Best Social Studies Websites for Kids and Teens”

48 links to virtual field trips, tours, and simulations including – The Great Wall of China, San Diego Zoo, and Yellow Stone National Park

<https://www.weareteachers.com/social-studies-websites/>

"Best Online PE"

Links to popular children's movement videos

<https://www.weareteachers.com/virtual-pe-classes/>

"50 Brain Breaks Kids Will Love"

"Quick, easy activities to help kids re-energize, refocus and give their brains a boost"

<https://www.weareteachers.com/brain-breaks-for-kids/>

"26 Best Podcasts for Kids in Elementary, Middle, and High School"

<https://www.weareteachers.com/best-podcasts-for-kids/>

"25 Easy Activities to do with Kids at Home"

<https://fit.sanfordhealth.org/blog/25-easy-activities-to-do-with-kids-at-home>

Helpful Blog Posts

"The Thing About Routines" by Katy Smith

<https://www.katysmithmn.com/blog>

Newspaper Articles

"Ways to entertain your kids (and keep your sanity) during the coronavirus outbreak"

<https://theknow.denverpost.com/2020/03/18/how-keep-kids-entertained-coronavirus/235533/>

ASD Resources

"Autism and Coronavirus Quarantine – How to Manage the Daily Routine"

<https://www.themomkind.com/autism-and-coronavirus-quarantine-how-to-manage-the-daily-routine/>