

## Coronavirus Disease 2019 (COVID-19)



# Help Children Learn at Home Help Children Learn

Keep Children Learning While School's Out

Updated May 20, 2020

<u>Print</u>

# Stay in touch with your child's school

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

# Create a flexible schedule and routine for learning at home

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.

# Consider the needs and adjustment required for your child's age group

- The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

# Look for ways to make learning fun

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-toface contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

## Ask about school meal services

Check with your school on plans to continue meal services during the school dismissal. Many schools are keeping school facilities open to allow families to pick up meals or are providing grab-and-go meals at a central location.

## Fun Online Family Activities

Free, federal resources to learn something new from the comfort of your own home

## Games



#### NASA Kids' Club 🗹

Engage your children in space and Earth science through interactive games and videos.



#### FBI Kids and Teens

Learn more about the FBI through age-appropriate games, tip, stories, and interactivities.



#### Nutrition.gov Kids' Corner 🗗

Teach children about the importance of nutrition and physical activity through interactive activities and games.

O MYMO	
****	Resources for Youth Merey and Adverse for youth set of the second
	Compared and particle that the state of the fing particular basis rate and the fing particular basis rate and other and particle that a descentee.      Dense of particle state and the final state and the final state and the state of t

#### MyMoney.gov Resources for Youth

Find games, fun activities, and information about money and budgeting for kids and youth.

<ul> <li>A state and the owner process.</li> <li>A state and the owner process of the owner process of the state of the owner process of the owner proces of the owner pr</li></ul>					
SEPA COMPANY					
Antoneous Tapla Land Replation Date 171.	tand if a pr				
Relative law ray and having alout the build water. (1971)	an - ( ) 🖲 😸				
Games, Quizzes, and Videos about t Environment	he				
We process that the effective interface industry transmiting and and and the	Society in others				
Re Budlis Index	date for				
Cardina & 1 Mar shade you de advest to de (padhy notice à compe <sup>14</sup> at the distributed 11, foliai, and tool)					
tion on his Hit management in the st.	testing's man deal				
Without DN, You Dog DN Patient the Endogrammi Autority Real	PT1-101-0-001-				
Rectange (Phy Pare New York Parent) (Phy Exchanges), Add yor Rect.	many limber of an address				
	mitalate and to				
Charles N.M. McCarlow, etc. (An United Street Stree	and the fill effect where				
from the other and the sector of the local sector and the sector and	straightfor a strategy				
animal descriptions trade point the Marchael Incar of African Auriga	sorting of the address of				
trutto.	treating the second strategy				
Ender 14	-				
When a part of the location of a section student has been as a section of					

#### EPA's Teaching and Learning about the Environment

Challenge yourself to riddles, quizzes, puzzles and science experiments about the environment.



CDC activities for kids and teens, solve an outbreak! game, and play CDC Health IQ Resources to help kids and teens learn about healthy lifestyle choices. You also have the opportunity to be a real-life disease detective by solving an outbreak.



### Videos and activities



#### Ready Kids 🖪

Disasters happen everywhere, and every member of the family can prepare. Find activities intended to help the entire family prepare and act during a disaster.

#### National Gallery of Art

Find activities, lesson plans, films and other materials to bring the art world in your home.





#### US Forest Service National Forests

Find a webcam with live critters, photos, and videos of kids camping and exploring nature.



#### Association of Zoos and Aquariums

Although many zoos are currently closed, you can still connect with animals through online events and live videos.

		Student Activ	ities	
trans k konstanten mense k organje filo	2	Ether and the fac	400	a) Broak)
14 1-10		Section 110 Sociely and Departments Factors (	formula the Courter of Hard	
479 9-0		Baylee for a terr of an order of a segre- plective for the provide terror of NP18		partie cusie Barks
		teresteren 1-1 Seethere opproaches is Dampe		
		Notice garantee to targe value and to its derivative during the CA		alger in hards of each

#### EDSITEment <sup>[</sup>]

National Endowment for the Humanities: Explore key moments throughout history with interactive maps, guided poetry readings and discussions.



#### National Park Foundation

Find park activities that you can do from the comfort of your own home, from immersive audio experiences to virtual tours of parks.

#### More Information

ASL Video Series: Tips to Keep Children Healthy While School is Out

ASL Video Series: Answers to Questions from Children about COVID-19

Essentials for Parenting Toddlers and Preschoolers

Last Updated May 20, 2020