

APPROVED RESOURCES

Early Childhood (0-3):

Even for our little ones, the results of COVID-19 Social Distancing can be tough.

School-Age Children: Probably the last thing you expected out of 2020, was that your children would be going to school...at HOME! Your day probably involves making sure your children are joining into virtual classes and keeping track of assignments. As tiring as this is, you then need to find ways to keep them busy outside of school. Below is a list of activities and resources you might find helpful to use, as they are educational and fun!

To Calm Down:

- ☐ [Meditations for Kids](#) -
- ☐ [Meditation Talks for Kids](#)
- ☐ [Bloom App](#): This App can be used to create relaxing atmospheric music, with gentle colors like droplets on water. Use this to create your own relaxing soundscape.
- ☐ [Printable Yoga Flashcards](#): Help you and your kiddos de-stress with some yoga flashcards. Print of these free yoga pose cards! There are even sets of cards to go with books as well!

To Release Energy:

- ☐ [Go Noodle](#): Go Noodle has a variety of free movement, instructional, and music videos for children. Follow along for creative tutorials, dancing, and “brainercises!”
- ☐ [A Frozen Yoga Adventure](#)
- ☐ [Old Town Road Kidz Bop Dance Along](#)
- ☐ [Fun Family Workout](#)

To Cope and Understand:

- ☐ [Time to Come in Bear](#): A social distancing story for kids
- ☐ The Rhino Who Swallowed A Storm: Download [The Rhino Who Swallowed A Storm](#) book for free
- ☐ Virus and Mask Social Stories: from Shannon...PDF Files (how do I put them here?!...who knows!)

To Music:

- ☐ Virtual Concerts: Search the hashtag “#togetherathome” for free 30 minute concerts from artists such as Chris Martin from Cold Play and John Legend
- ☐ [NPR Tiny Desk Concerts](#): Watch free NPR concerts performed by artists at across the country and world at home for free!

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Early Childhood (0-3) ...continued

To Music:

- ☐ [NPR Performance List](#): Check out NPR's list of virtual concerts and performances from around the world of music dance, opera, and theatre.
- ☐ [Chrome Music Lab](#): Kids can create their own music easily at home.
- ☐ [Virtual Musical Instruments](#): Play instruments such as piano, bongos, guitar, and even a drumset online!
- ☐ [Garage Band App](#): Music making app that comes standard with iPads
- ☐ [Songify App](#): Turn a spoken phrase into music, instantly! Great for practicing speech and communication skills. For example, record yourself saying "I want to play outside," to model a phrase for practice, and let the app create a beat and music to go with it. A fun way to practice communication skills...by singing!
- ☐ [Glee Karaoke App](#): Have a family karaoke jam session at home!
- ☐ [Singing Fingers App](#): Record sounds while drawing. Trace or touch your drawing or lines to hear your voice re-played back to you. Could be used while drawing letters, symbols, or for other academic practice while practicing speech skills or vocal approximations. OR, just use it to be silly!
- ☐ [Thumb Jam App](#): Use this app to play numerous types of instruments in a variety of keys and scales.
- ☐ [SongPop](#): Music quiz game you can play with friends, or others ready for the challenge!
- ☐ [PianoTiles App](#): Tap the tiles as they go across the screen ; great for fine motor skills
- ☐ [Magic Piano App](#): Tap the dots as they fall from the top of the screen to play the piano notes ; also great for motor skills.
- ☐ [Incredibox App](#): Make a beat with various styles ; Get the right combination of beats to unlock a short, friendly music video (SMALL PRICE TO PURCHASE)
- ☐ [DPM App](#): Create your own beats ; "Tutorial" Mode: Press the correct boxes in rhythm to create a melody/ beat & with a certain percentage of accuracy to move on to the next lesson. One player or two player

To Educate:

- ☐ [Free Online Events List for Kids](#): This website is a great place to start if you're looking for something to do with your kids. They have really comprehensive lists of links to virtual classes, educational and creative activities resources and ideas, audiobooks and virtual storytimes, games, and even virtual museum zoo tours!
- ☐ [Pawling Library Quarantine Resources](#): Pawling library has compiled a really nice list of live virtual events (including lunch doodles with Mo Willems, story hour with Pete the Cat creator James Dean and live concerts on weekdays with Laurie Berkner), other online resources, and free e-books for families during quarantine.