

# Tips and Resources for Children and Families During Social Distancing and COVID-19

The following tips and resources have been provided by WFP's Educational Consultant, Rachel Gladstone, M.Ed., M.S. Counseling. Please note that Rachel Gladstone is available for phone consultations at this time if you find that you need extra support or guidance in navigating home education while your kids out of school. We understand that this is a big change for many families. Rachel Gladstone's contact information can be found at the bottom of this document.

## Educational Apps / Websites

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

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

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

<https://classroommagazines.scholastic.com/free-trial.html>

<https://learn.khanacademy.org/khan-academy-kids/>

<https://www.storylineonline.net/>

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

<https://kids.nationalgeographic.com/>

<https://www.historyforkids.net/>

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

## Virtual National Park Tours:

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

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

<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

## Movement for Kids:

<https://www.youtube.com/watch?v=izYtNWjQiK0>

<https://www.youtube.com/watch?v=fnO-IGEMOXk>

## Art and Other Fun Activities:

<https://fun-a-day.com/>

<https://sparketh.com/>

## Some additional tips for making the most of your time at home with your kids while school is out:

- **Have a morning meeting--start your day on a positive note.** Tips for a morning meeting--check in on how everyone is doing, review the calendar, weather, goals and hopes for the day, offer a daily journal prompt for kids to work on throughout the day (ex. What is something that happened today that made you happy? or What is something you are most proud of accomplishing today?)
- **Meal plan and/or consider having your kids create a weekly menu.** This is a great time to talk about healthy nutrition
- Have your kids work on a talent skit for a family talent show (ideas are: work on a song, dance, gymnastics routine, or magic show)
- Make playdough
- Bake together
- Name your "homeschool" and create a homeschool motto (Here at The Smith School we have fun and do our best every day). Consider making a "school" pledge of how everyone can do their part to make it great. (Ex. We pledge to: have fun, treat each other with kindness, use gentle hands, help each other and to do our best every day).
- Set aside time to exercise together (go for a walk, run, nature walk, practice yoga, play soccer, set up an obstacle course)
- Create a scavenger hunt
- Play board games / cards together
- Have a dance party
- Encourage your child to write a book or record their thoughts, ideas and feelings in their journal
- Get out in nature
- Get creative
- Garden
- Stay connected with family and friends--set aside time to call friends, neighbors and family. Consider writing letters, making phone or facetime calls part of your daily routine, make a painting or creation for someone you care about or make a video and send it to a friend.

Keep in mind that some kids (and grownups too), thrive on structure and routine. If this is your kiddo, it may be very helpful to create a daily schedule that reflects what they are used to at school. Here is a sample schedule, but please keep in mind that you may need to modify it to meet your child's needs. Also, give your children and yourselves permission to allow flexibility in the schedule, especially if your child is immersed in an exploration.

## Daily Sample Schedule:

7:00-7:15	Wake Up (brush your teeth, get dressed, make your bed)
7:15-7:45	Morning Exercise (Yoga, cosmic kid movement break)
7:45-8:30	Breakfast/Meal Prep/Clean Up/Chores
8:30-9:00	Morning Meeting: See note above include a daily book
9:00-10:00	Backyard Play/Nature Walk/Science Exploration
10:00-10:30	Snack and Story Time
10:30-11:00	Quiet time (A small amount of independent time may be great for all. Consider encouraging independent reading, journaling, puzzles)
11:00-12:00	Math exploration (Zearn or a math game)
12:00-12:30	Lunch
12:30-1:30	Outdoor Activity
1:30-2:30	Elective--Baking, Gardening, Nature, Art, Music
2:30-3:30	Rest/Peace Time/Journal or Reading
3:30-3:45	Snack
3:45-4:45	World Study/Project Based Learning
4:45-5:15	Screen time (there are some awesome educational options--see above)
5:15-6:00	Meal Prep/Dinner/Clean Up
6:00-6:30	Family game time or after dinner walk
6:30-7:30	Bath/Shower time, toothbrushing, Pj's, story time
7:30	Bedtime

## Contact Information for Rachel Gladstone

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