



Activity Resources

Last updated: 5/7/2020

Lutheran Social Services of Indiana has developed this list of activity resources to assist individuals and families during the COVID-19 pandemic. The intent of this list is to provide one central document to use as a reference for possible activities and resources. The responses and relevance of the listed organizations could quickly become obsolete due to the fluid nature of COVID-19 crisis and response. As such, your use and our responsibility for this list is subject to the limitations set forth at the end of this list of resources.

For more information or additional COVID-19 resources, visit www.lssin.org/covid19

Activities:

Scholastic:

<https://classroommagazines.scholastic.com/support/learnathome.html>
http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf

Facebook:

Cincinnati Zoo & Botanical Garden: Weekdays on their page at 3pm eastern standard time they will do a fun and educational live each day.

Indiana Wild: Will be offering free encounters/classes/experiences on Facebook page Starting Monday March 16th at 2pm eastern standard time.

Free Educational activities:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Virtual Field Trips:

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR3vgwCs4YVtSHEdXBJAO2q8EuI7xRqeX8b-OtM6jqxefYQtOUVGRc-5pKg>

ABCYA:

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

Starfall:

<https://www.starfall.com/h/>

27 indoor activities for children:

https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus?utm_source=dynamic&utm_campaign=bffbbuzzfeedniftyscience&ref=bffbbuzzfeedniftyscience

Discovery Ed:

<https://www.discoveryeducation.com/solutions/experience/>

Mystery Science:

<https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ>

Kids Activities:

<https://kidsactivitiesblog.com/category/kids-activities/family-activities/>

<https://kidsactivitiesblog.com/124392/25-screen-free-activities-for-kids/>



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Mangahigh:

Games: <https://www.mangahigh.com/en-gb/games>

San Diego Zoo

<https://kids.sandiegozoo.org/>

Mud Volcano

<https://www.nps.gov/thingstodo/yell-mud-volcano-trails.htm>

Mammoth Hot Springs

<https://www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm>

Yellowstone Virtual Tours

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

Surface of Mars

<https://accessmars.withgoogle.com/>

Live Cam San Diego Zoo

<https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium

<https://www.montereybayaquarium.org/animals/live-cams>

Panda Cam

<https://zooatlanta.org/panda-cam/>

Houston Zoo Cam

<https://www.houstonzoo.org/explore/webcams/>

Aquarium Cam

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Jellyfish Cam

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

Whale Cam

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Georgia Aquarium Cams

<https://www.georgiaaquarium.org/webcam/indo-pacific-barrier-reef/>

Farm Food

<https://www.farmfood360.ca/>

US Space & Rocket Center 2018

<https://www.youtube.com/watch?v=9Qe5RqyMNhc>

Discovery Polar Bears Info

<https://www.discoveryeducation.com/learn/tundra-connections/>



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"STEM"

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

"Technology"

<https://www.manufactureyourfuture.com/VirtualFieldTrip/US>

The Louvre

<https://www.louvre.fr/en/visites-en-ligne>

The Great Wall of China Info

<https://www.thechinaguide.com/destination/great-wall-of-china>

Boston Children's Museum Tour

<https://www.bostonchildrensmuseum.org/museum-virtual-tour>

PBS:

<https://indiana.pbslearningmedia.org/>

Joe Wick – Nation's PE Teacher

https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-youtube-186068?fbclid=IwAR35CZIDhMpnbbFXknOV5zxkhtjLw_bqeAFNWTGn7oKJ2hzlPbZ4v2Ssr8g

Playworks

<https://www.playworks.org/game-library/>

Healthy Behaviors

https://www.jumpinforhealthykids.org/userfiles/file/news/5210_Challenge_Healthy_Behaviors_Tracker.pdf

Online Kids Dance

https://kidsdanceoutreach.org/online_classes/

GoNoodle

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

Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

Catch.org – kids exercise activities

<https://www.catch.org/pages/health-at-home>

Kitchen Classroom

<https://www.americastestkitchen.com/articles/2253-kitchen-classroom-week-1->

Social, Emotional

<https://insidesel.com/2020/03/12/covid-19/>

Baby Shark – Wash your hands:

<https://www.youtube.com/watch?v=L89nN03pBzI&feature=youtu.be>



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Spring break at home:

https://docs.google.com/presentation/d/e/2PACX-1vSZXD1sc3D1iAohMV1DIgMLtAsf76wGiLB4gKIJWCSyUvpgcB3PO10TXeRyJbh9s6uWcjXHBf1J-cce/pub?start=false&loop=false&delayms=3000&slide=id.g82864a470a_0_424

PNC Grow Up Great

www.pncgrowupgreat.com

Science Experiments:

<http://www.sciencefun.org/kidszone/experiments/>

Vooks: Improve literacy and impact your child's future with Vooks, a library of animated read aloud storybooks that are kid-safe and ad-free. One month free <https://www.vooks.com/>

Going on a Bear Hunt

<https://buggyandbuddy.com/going-bear-hunt-map-activity/>

ABC Sensory

<https://www.fantasticfunandlearning.com/abc-sensory-bins.html>

Dolly Parton – Free reading books:

<http://imaginationlibrary.com>

Education Resources for E-Learning:

Indiana Department of Education:

<https://www.doe.in.gov/safety/health/covid-19-resources-indiana-schools>

Curriculum Information:

<https://www.doe.in.gov/elearning/2020-covid-19-remote-learning>

Making Connections during Social Distancing:

<https://mccoyouth.org/resources-during-covid19-distancing/?eType=EmailBlastContent&eld=2c1c4eca-3f3f-42cc-be81-430d9486c1a3>

Scholastic Teacher:

<http://teacher.scholastic.com/activities/immigration/webcast.htm>

Social Emotional:

https://drive.google.com/file/d/1P_ak9ISsaZt8KE7Gnj6Y8bKtGlxcUtOV/view

Tips for E-Learning:

Stratford School – E-Learning Tips for Parents

<https://www.pasadenanow.com/pasadenaschools/stratford-school-shares-distance-learning-tips-for-parents/>



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McMillen Health Center Art Contest:

<https://www.facebook.com/mcmillenhealth/posts/10158589764334683>

We are doing a health-related art contest, called Share Your heART. We are asking students of all ages to help inspire the community to stay healthy by submitting artwork that displays what health or healthy living means to them. Students (or their parents) can submit art through Facebook and Instagram direct message or by email (mwilkinson@mcmillenhealth.org). Submission should be a good quality photo, scan, or digital file of the student's art. Submissions are accepted April 20 through May 11, 2020. 1st prize will receive a \$25 Target gift card; 2nd and 3rd place will each receive \$10 gift cards.

Coloring for Covid19 – age appropriate coloring books for children to provide some education on coronavirus and preventative health measures, to provide a fun activity for kids, and to hopefully ease some fear and anxiety regarding our current situation. <https://www.coloringforcovid.com/>

Virtual Turnstone Resources

Turnstone is a not-for-profit organization providing a comprehensive continuum of supportive services addressing the unique needs of people with disabilities and their families.

In response to the shifting routines of citizens in our community and world-wide prompted by the COVID-19 pandemic, Turnstone Center continues to offer many of its support services to the community and our clients remotely. Virtual Turnstone programming information, including therapy activities, caregiver information, and more can be found on Turnstone's website <https://turnstone.org/turnstone-covid-19-information>

Virtual resources for all ages/ all disabilities are available on YouTube at www.youtube.com/MyTurnstoneCenter. Content includes but is not limited to: adaptive exercise sessions for all levels, yoga, adaptive sports training, and a children's book reading program.

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FUN AND FREE WAYS TO LEARN FROM HOME

MATH:

Prodigy
play.prodigygame.com



Khan Academy
www.khanacademy.org



READING:

Squiggle Park
www.squigglepark.com



Storyline
www.storylineonline.net/



SCIENCE:

Mystery Doug
mysterydoug.com



National Geographic
kids.nationalgeographic.com



WRITING:

Typing Club
www.typingclub.com



SOCIAL STUDIES:

History for Kids
www.historyforkids.net



THAT FUN TEACHER

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HOW TO PLAY

Learn new ways to appreciate nature as you observe the diversity found in your own backyard.

listen closely, do you hear the quick *chirp-chirp* of a robin?

look closely, can you spot some multi-legged friends working in your garden's soil?

Grab your family and friends, and head outside as you work to find nature items listed on this activity card.

- ✎ Print and place in your pocket as you explore your own backyard! Search high and low for nature items.
- ✎ Don't forget to take a pencil along your adventure to cross off and fill in your nature findings.
- ✎ Make it reusable! laminate or place activity card in a plastic folder pocket. Use dry erase markers for endless games.
- ✎ Find 5 nature items in a row and you win!
- ✎ Be careful where you step! Practice "leave no trace" as you find native animals and animal homes.
- ✎ If you want to enjoy nature from the indoors, print and hang activity card by a window for some intentional nature observations.


Share your nature memories and family connection time with the Fort Wayne Children's Zoo. Use #fwkidszoo or email education@kidszoo.org to share how you used these supplemental activities!

Connecting kids and animals, strengthening families, and inspiring people to care.

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ANIMAL TRACKS What animal do you think made it? -----	PINNECONE	FAVORITE NATURE SCENT -----	CLOUD What does the cloud look like? -----	SOMETHING SMOOTH -----
SOMETHING TALLER THAN YOU -----	2 DIFFERENT LEAF SHAPES	SQUIRREL What is the squirrel doing?	NEST	YELLOW FLOWER
SPIDER WEB What shape is the web?	SOMETHING ROUGH -----		ANTS How many did you find?	A SEED OR NUT
WORM	FROG CALLS What does it sound like?	MUSHROOMS	SOMETHING REFLECTIVE -----	TREE STUMP How many tree rings can you count?
WATER TRICKLING	PURPLE FLOWER	SOMETHING YOU THINK IS AMAZING -----	2 DIFFERENT BIRDS What are the bird's colors?	BUTTERFLY

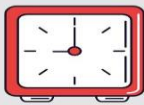
COPING WITH COVID-19

With the recent and abrupt changes in our community, schools, and home lives, there are some lifestyle choices that can help minimize worries and promote overall well-being. A key to feeling better is using wellness strategies aimed at helping you cope with the stressors in your life.



1 EXERCISE AS A FAMILY

Exercise is a natural stress reliever and can have a positive effect on mood. Try a short family walk for 15 to 20 minutes every day. Physical wellness and mental health go together.



2 TAKE TIME FOR FUN

Take some time to do things you and your children enjoy. This can help improve your mood and outlook on life to help you better manage stress.



3 START WITH YOU

Make sure to take care of your own worries before talking with your children or answering their questions about what stresses you. Children model behavior of the adults around them.



4 SAFETY FIRST

Focus on what you're doing to stay safe and emphasize those precautions when talking with your children. Youth feel empowered when they know what to do to keep themselves safe.



5 HAVE A ROUTINE

Stick to routines – even in times of uncertainty. Staying rooted in routines and predictability is going to be helpful for children. Structure days with regular mealtimes and bedtimes to keep children happy and healthy.



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds

2

Dance party for 1 minute



3

Stand up and sit down 10 times



4

Read standing up

5

Hot laval
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for thirty seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC **18** ↻ ↻

Practice spelling, do a squat for every vowel

19

Run in place for 30 second, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30 second plank



22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

WORD WORKOUTS FOR KIDS!



Keep the kiddos active with an easy, kid-friendly workout! Don't forget to warm-up for 5 minutes before spelling! Spell the word with the exercise for each letter. For a more challenging workout, complete the word multiple times!

A - 5 Jumping Jacks	J - 30 Sec. High Knees	S - Run in place for 30 Sec.
B - 5 Jumping Jacks	K - Kick your left foot as high as you can	T - Run with High Knees
C - 10 Jumps	L - 5 Jumping Jacks	U - 10 Jumps
D - Hop on one foot 5 times	M - 10 Jumps	V - 10 Mtn. Climbers
E - Touch toes 10 times	N - Balance on 1 Leg for 30 Sec.	W - Balance on 1 Leg for 30 Sec.
F - Crab Walk for 10 sec.	O - 5 Sit-Ups	X - 5 Sit-Ups
G - 5 Sit-ups	P - 5 Push-Ups	Y - 5 Jumping Jacks
H - 10 Mtn. Climbers	Q - 10 Mtn. Climbers	Z - Hop on one foot 5 times
I - 5 Push-ups	R - Kick your right foot as high as you can	

Today's word is: **SPELL YOUR NAME**

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QUINGO

quarantine bingo!

take a 30 minute social media break	hydrate! (1/2 your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800-273-8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to you! What did you do? _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____	create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email

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BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves.
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



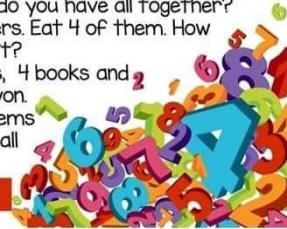
INDOOR SCAVENGER HUNT

- Find a Fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



MATH SCAVENGER HUNT

- Find 2 pencils and 1 blue crayon. How many items do you have now?
- Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left?
- Find 4 socks and 2 stuffed animals. How many items do you have all together?
- Find 8 crackers. Eat 4 of them. How many are left?
- Find 3 spoons, 4 books and 2 orange crayon. How many items do you have all together?



INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



RAINBOW SCAVENGER HUNT

- ☁ Find something red.
- ☁ Find something yellow.
- ☁ Find something orange.
- ☁ Find something green.
- ☁ Find something blue.
- ☁ Find something purple.
- ☁ Name a fruit that is red.
- ☁ Name an animal that is yellow.
- ☁ Name a vegetable that is orange.
- ☁ Name a plant that is green.
- ☁ Name a flower that is purple.
- ☁ Name something outside that is blue.



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