

# **Resources for Families**

## **Dickinson Public Schools**

**March 18, 2020**

- 1. Resources for Talking to Kids About Coronavirus**
- 2. Social-Emotional Learning Resources**
- 3. Online Learning/Enrichment Resources**
- 4. Mental Health Resources**

## **Resources for Talking to Kids About Coronavirus:**

### **Talking to Children About COVID-19**

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

### **PBS Kids: How to Talk to Your Kids About Coronavirus**

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yA+rYtQoC-AH0P3H1D5QgEqQneurbBPnE\\_L6Omv30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yA+rYtQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook)

### **Just for Kids: A Comic Exploring the New Coronavirus from NPR**

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

### **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

### **How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

### **Resources to Help You Talk to Your Kids About COVID-19**

<https://blackwellcounselors.weebly.com/>

## Social-Emotional Learning Resources

### **Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

### **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

### **Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

### **Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

### **Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

### **Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

### **Interactive Tool for Job Seekers and Students to Learn More About Their Career Options**

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

### **Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

### **Mindfulness Websites/Activities**

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

### **Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2heh hhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

### **Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgl5U3ea2sRtlGBKpEVHclB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

### **Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

### **Coping Skills Resources**

[https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\\_coping.html](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)

### **10 Days of Live 'Choose Love' Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

### **Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>

## **Online Learning/Enrichment Resources**

### **Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources**

<http://www.amazingeducationalresources.com/>

### **Free Personalized Learning Resource**

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

### **Free Online Learning Resources for Teaching Your Students Virtually**

[https://www.weareteachers.com/free-online-learning-resources/?utm\\_content=1584109337&utm\\_medium=social&utm\\_source=facebook#elementary](https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary)

### **Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere**

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

## Kahoot! Offers Free Distance Learning Tools During the Coronavirus Outbreak

<https://kahoot.com/coronavirus-remote-offer/>

### FUN AND FREE WAYS TO LEARN FROM HOME

<p><b>MATH:</b></p> <p>Prodigy   <a href="http://play.prodigygame.com">play.prodigygame.com</a></p> <p>Khan Academy   <a href="http://www.khanacademy.org">www.khanacademy.org</a></p>	<p><b>READING:</b></p> <p>Squiggle Park   <a href="http://www.squigglepark.com">www.squigglepark.com</a></p> <p>Storyline   <a href="http://www.storylineonline.net/">www.storylineonline.net/</a></p>
<p><b>SCIENCE:</b></p> <p>Mystery Doug   <a href="http://mysterydoug.com">mysterydoug.com</a></p> <p>National Geographic   <a href="http://kids.nationalgeographic.com">kids.nationalgeographic.com</a></p>	
<p><b>WRITING:</b></p> <p>Typing Club   <a href="http://www.typingclub.com">www.typingclub.com</a></p>	<p><b>SOCIAL STUDIES:</b></p> <p>History for Kids   <a href="http://www.historyforkids.net">www.historyforkids.net</a></p> <p style="text-align: right; font-size: small;">THAT FUN TEACHER</p>

## West Dakota Family and Parent Resource Center

- West Dakota Parent & Family Resource Center is a collaborative partnership with parents and communities providing skills, resources and support through education to families in Region VIII.
- Telephone: 701-456-0007  
[parentresource@dpsnd.org](mailto:parentresource@dpsnd.org)

## **Mental Health Resources:**

### **For Depression and/or Suicide Risk**

- **Call 211:** Statewide 24-hour helpline, health and human services information and referral
- **National Suicide Prevention Lifeline:**
  - 1.800.273.8255
  - 24-hour crisis intervention if you or someone you know are having suicidal thoughts

### **Text a Tip**

- 701.260.7804

### **Roughrider North Human Services (Stark County Social Services)**

- Provides services that help vulnerable North Dakotans of all ages to maintain or enhance their quality of life, which may be threatened by lack of financial resources, emotional crises, disabling conditions, or an inability to protect themselves.
- Supports the provision of services and care as close to home as possible to maximize each person's independence while preserving the dignity of all individuals and respecting their constitutional and civil rights.
  - 701.456.7675

### **Sanford Fit**

It's going to take a village to shape a generation with *fit* choices. Our free resources are designed to support parents, educators, coaches, child care providers, and community leaders. Together we can make a difference by helping kids make healthy choices for life.

- <https://fit.sanfordhealth.org/>