COVID-19 Resource Directory
The Child Life Specialists at the University of Vermont Children’s Hospital recognize the challenges that children and families are facing during this COVID-19 pandemic. Taking into account school closures for the remainder of the year and the daily reminders about social distancing/stay at home orders in place, the team has created a directory of resources to help support families during these difficult times.

Please utilize this directory in whatever way seems comfortable to you and your family. You will find a range of educational resources addressing COVID-19, parenting support, and supportive resources. We encourage you to collaborate with your child when choosing the resources to ensure a good fit.

As information about COVID-19 is changing rapidly, please seek out the most up to date information from the Center for Disease Control and Prevention (CDC) [https://www.cdc.gov/](https://www.cdc.gov/) and the World Health Organization (WHO) [https://www.who.int/](https://www.who.int/)

Feel free to reach out and share additional resources that have been helpful for your family.
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Information on COVID-19

Burlington Pediatrician Dr. Joe Hagan - Video / Book Recommendation - Coronavirus E-Book by Arlan Gaines & Meredith Polsky

COVIBOOK- Understanding COVID-19 (Multiple Languages Provided) - https://www.mindheart.co/descargables

fbclid=lwAR0GhVlwk_xzPC95s2r9K3KCkblTcQA6MrU1obgpj_9MfrxWZf4K9E5HTiA


Time to Come in, Bear: A Children’s Story about Social Distancing - https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=lwAR2p52JZrfTY_bukL13FQsnHceh6j8Ei8yEwKHSCgsXeUv8L5GEHxapafXQ


Yale School of Medicine – COVID-19 - An Illustrated Scientific Summary - (Adolescent-Older Teen) - https://medicine.yale.edu/media-player/4989/

Supporting Your Child When They Have Questions about COVID-19 from Wonders and Worries - https://www.childlife.org/docs/default-source/covid-19/ww_covid19acrosticflyer_activitysheet.pdf?sfvrsn=c02e8a4d_2
Children with Special Health Care Needs

Social Distancing Social Story - https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615&fbclid=IwAR2tush9MGcXhQJlqTLDLWszjOHOi6N24Xv1TuYCW Sq1XVI58pTI34hiY

Coronavirus: An ASL Social Story - https://www.youtube.com/watch?v=eb2SnJ4W95E&feature=youtu.be&fbclid=IwAR3U2yRXYDzdWAj76mGVTVVZjGqQ1B 6ENSvTOIZizX0BDVjrNL-mkPCEOc0


Parenting Support

First with Kids https://www.youtube.com/playlist?list=PL95AF4ACA35A15A25

Medium - Talking to Your Children About School Closures - https://medium.com/waospi/talking-to-your-children-about-school-closures-aeb3e6be6456


Child Mind Institute - Video: Talking to kids about Coronavirus

Care for your Coronavirus Anxiety - https://www.virusanxiety.com/?fbclid=IwAR2IdLmUHFnoUso0OLhr24QT72FZba_rG0xYNLlmCuPhNTFzVPAuX0M8


Supporting Children During a Parent’s Hospitalization with COVID-19: Acute and Critical Care https://www.wondersandworries.org/covid-19-resources/
All Encompassing Websites


Resources for Supporting Children through COVID-19 - https://docs.google.com/spreadsheets/d/1ksuDlb4XWWrG0n6kDbA-W0f3_doCgXtdLpQsniAanDo/htmlview#


Emotional and Physical Health

WORRY


EXERCISE & SELF CARE


Action for Healthy Kids - https://www.actionforhealthykids.org/game-on-activity-library/?locationfilter%5B%5D=Home

Cosmic Kids Yoga - https://www.youtube.com/user/CosmicKidsYoga

Go Noodle - https://www.gonoodle.com/

Training the Monkey Mind - https://www.youtube.com/watch?v=qxyVCjp48S4


Shelburne Farms – Walking trails are still open - https://shelburnefarms.org/about/our-response-to-covid-19

Playworks – Games at Home with Little to No Equipment https://www.playworks.org/get-involved/play-at-home/

Action for Healthy Kids https://www.actionforhealthykids.org/game-on-activity-library/?locationfilter%5B%5D=Home
Academics

FREE ACADEMIC SUBSCRIPTIONS

Kids Activities Blog - https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/

Khan Academy Kids - https://learn.khanacademy.org/khan-academy-kids/

TED Ed: Lessons Worth Sharing - https://www.youtube.com/channel/UCsooa4yRKGN_zEE8iknghZA

ABC Mouse - www.abcmouse.com

PODCASTS


Brains On! - https://www.brainson.org/

READING

Scholastic Learn at Home- Watch the story and video, read the book and do the activity - https://classroommagazines.scholastic.com/support/learnathome.html

Raz-Kids - https://www.raz-kids.com/

Audible - https://www.audible.com/

WRITING

Think Written - Journal and Writing Prompts https://thinkwritten.com/writing-prompts-for-kids/

Rock Your Homeschool - Harry Potter Writing Prompts https://rockyourhomeschool.net/harry-potter-inspired-writing-fun/

LANGUAGE

Rosetta Stone (Learn a Language) - https://www.rosetastone.com/learn-language/

Duolingo - https://www.duolingo.com/register

MATH

Ten Frames - https://www.coolmath4kids.com/manipulatives/ten-frame
Academics (cont.)

DRAWING

Mo Willems Livestream Doodle - https://www.washingtonian.com/2020/03/16/mo-willems-is-hosting-a-livestream-doodle-starting-today/


SCIENCE & HISTORY

Zoos

San Diego Zoo - https://kids.sandiegozoo.org/?mod=article-inline

Memphis Zoo - https://www.memphiszs.org/animal-cams?utm_source=Adwords&utm_medium=cpc&utm_campaign=Nationwide&utm_term=+zoo%20+webcams&utm_content=355720140170&device=c&matchtype=b&placement=&copy=[name]&random=554765544261893616&gclid=EAIaIQobChMIkPmeKae6AIVFeDtCh3XXAtAEAAwASAEgKcVavD_BwE

Houston Zoo - https://www.facebook.com/houstonzoo/?mod=article-inline

Cincinnati Zoo & Botanical Gardens - https://www.facebook.com/cincinnatzoo/?mod=article-inline

National Geographic Kids - https://www.natgeokids.com/uk/

Animal Web Cams

Safari Cam - https://www.familyvacationcritic.com/go-on-virtual-safari-with-these-animal-web-cams/art/

Decorah Eagle Cam - http://www.decoraheaglecamalerts.com/

Atlanta Zoo Panda Cam - https://zooatlanta.org/panda-cam/?mod=article-inline

Museums

Montshire Museum of Science – Norwich, VT - https://www.montshire.org/online-resources


The British Museum - https://britishmuseum.withgoogle.com/?mod=article-inline
Academics (cont.)


Easter Island [https://artsandculture.google.com/story/4wXhfs-0ooroMQ?hl=en&mod=article_inline](https://artsandculture.google.com/story/4wXhfs-0ooroMQ?hl=en&mod=article_inline)

Spy Museum [https://www.spymuseum.org/calendar/upcoming/1/](https://www.spymuseum.org/calendar/upcoming/1/)

The Guggenheim Museum [https://www.guggenheim.org/plan-your-visit/guggenheim-from-home](https://www.guggenheim.org/plan-your-visit/guggenheim-from-home)

National Gallery of Art, Washington DC [https://www.nga.gov/index.html](https://www.nga.gov/index.html)


**Space**

Surface of Mars [https://accessmars.withgoogle.com/?mod=article_inline](https://accessmars.withgoogle.com/?mod=article_inline)


**Aquariums**

Monterey Bay Aquarium [https://www.montereybayaquarium.org/animals/live-cams?mod=article_inline](https://www.montereybayaquarium.org/animals/live-cams?mod=article_inline)

Georgia Aquarium [https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/?mod=article_inline](https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/?mod=article_inline)

Academics (cont.)

Nature

The Nature Conservatory of Oklahoma - https://www.newspin.com/tour/?site=42&scenename=815&mod=article_inline

Virtual Dives at the National Marine Sanctuary - https://sanctuaries.noaa.gov/vr/?mod=article_inline

Farm Tours - https://www.farmfood360.ca/?mod=article_inline

National Parks


Yellowstone National Parks - https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?mod=article_inline

College Tours

https://www.youvisit.com/collegesearch/

Distraction

ARTS AND CRAFTS

Homemade Playdough - https://www.iheartnaptime.net/play-dough-recipe/

Shadowing Drawing - https://www.simplemost.com/this-shadow-drawing-project-is-perfect-for-enteraining-your-kids-this-summer/


Free Photography Class - https://online.nikonschool.com/

STAY CONNECTED WITH LOVED ONES

Caribu - Video-call with fun games and activities - https://caribu.com/

Zoom Video Conferencing - https://zoom.us/
Distraction (cont.)

STAY CONNECTED WITH LOVED ONES

Stay at Home/Hospital Room Activities - https://www.childlife.org/docs/default-source/covid-19/msav_general-hospital_or-schedulers-may-breakfast_flyer_8-5x11.pdf?sfvrsn=4f008a4d_2


VIRTUAL GAMES


THEME PARK RIDES

Virtually Ride the Rides at Disney Theme Parks - https://www.familyvacationcritic.com/virtual-rides-at-disney-parks/art/

MOVIES

Have a Netflix Party - https://www.netflixparty.com/

Virtual Birthday Celebrations - https://www.familyvacationcritic.com/how-to-host-a-virtual-birthday-party/art/


SOURCES


https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200314&utm_term=7728056
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“PROFESSIONALS WITH EXPERTISE IN HELPING CHILDREN AND THEIR FAMILIES OVERCOME LIFE’S MOST CHALLENGING EVENTS.”