Parents and guardians are an essential part of the education process. This was clearly demonstrated in March of 2020 when 1000's of schools across the US and Idaho closed their doors. This document was created to support parents and guardians across Idaho as they continue to partner with their public and private schools in educating their children. The competencies were derived from several sources listed at the end of the document. The competencies, or what parents and guardians need to know and be able to do, were incorporated into the document to help support navigation of the document.

Each competency includes some examples to help define and further explain the competency. Resources, curated by Idaho educators, are linked below each competency.
This document is a result of the work of a subcommittee of the Digital Divide Taskforce convened by Gov. Brad Little.

Key Competencies
1. Parents and guardians develop and maintain a supportive academic home environment
2. Parents and guardians will encourage physical activity for their children
3. Parents and guardians will support student mental health and encourage social connections with friends and classmates
4. Parents and guardians support student learning by monitoring student performance and academic progress
5. Parents and guardians will work to encourage and motivate their children in learning
6. Parents and guardians will work to stay positive in support of their student's academic progress
7. Parents and guardians will be able to access free academic resources to support learning when necessary

Competency One
Parents and guardians develop and maintain a supportive academic home environment

Further Explanation:
Examples:
- Parents/guardians work with their school to secure appropriate devices to support student learning at home
- Parents/guardians work with their school to secure appropriate connectivity (internet) to support student learning at home
- Parents/guardians provide a consistent learning space for students
- Parents/guardians limit distractions during "school time"
- Parents/guardians create and follow a schedule to support student learning
- Parents/guardians organize learning spaces to maximize student learning
- Parents/guardians work with their school to access resources available to them

Resources in English	Resources in Spanish
- https://www.air.org/sites/default/files/READINESS_StratResrchFam-508.pdf American Institutes for Research (AIR) outline key components for supportive spaces for learning at home focusing on the needs of parents. - https://www.air.org/sites/default/files/Prt2-LEARNING-SUPPORT_Rev06052020.pdf AIR explores what it means to create a supportive learning environment, how to use this information to create learning support at home, things to look for, and shares materials to explore. - Idaho recommendation for **minimum standards for connectivity** for learning at home (provided by connectivity committee) - Idaho recommendation for **minimum standards for device configuration** (provided by device committee) **Idaho broadband and internet company** resources and plans for families with students at home **Broadband information, including providers in your area:** - Remote Learning Bandwidth needs - Regional Internet options - Identified Internet Providers in Idaho - How to test your Internet speed - State Website: https://commerce.idaho.gov/broadband/ **Regional Community Access points:** - How to use a hotspot: Instructions for Hotspots - City Hotspot Finder *Hotspots in your region* - Community Resources for WiFi or learning centers.	- https://www.air.org/sites/default/files/READINESS_StratResrchFam-Sp-508 .pdf American Institutes for Research (AIR) outline key components for supportive spaces for learning at home focusing on the needs of parents. - https://www.air.org/sites/default/files/Prt2-LEARNING-SUPPORT-Spa-508_Rev06052020.pdf (Spanish) AIR explores what it means to create a supportive learning environment, how to use this information to create learning support at home, things to look for, and shares materials to explore. - Idaho recommendation for **minimum standards for connectivity** for learning at home (provided by connectivity committee) - Idaho recommendation for **minimum standards for device configuration** (provided by device committee) **Idaho broadband and internet company** resources and plans for families with students at home **Federal grant access** for parents (working on securing this grant)

(This resource is incomplete; comes from Toni Broyles / Kelly Packer's work)
This resource includes places identified as having Covid-ready physical facilities in place, including libraries, extension service locations and other identified community center locations

- Regional school hotspots
(*specific link to be provided by school district,* **Example**: Sample District ParkingLotWifi)
- Suggestions for other community locations (*link to be provided by school district*

Device management – responsible use:
- Password Tips
- How strong is your password?
- Example of care of District-issued Device
- Example of Responsible Use Agreement for Students
- Mobile Device Agreement template (signed by parent and student)
- Technology Consent Use Form template
- How to clean and disinfect devices
- **Example**: Responsible use of Technology Expectations

Internet safety
- Digital Footprint **Lesson Plan**
- What is a Digital Footprint? **Video**
- Follow the Digital Trail **Video**
- Five Internet Safety Tips for Kids **Video**
- Privacy Rules **Lesson Plan**
- Helping Students Develop Proper Internet Etiquette **Article**

- [Five things students should do to stay safe and secure online](#) **Article**
- [Internet Safety Tips](#) **Article**
- Digital Citizenship: Google Interland: https://beinternetawesome.withgoogle.com/en_us/interland

Schedule Ideas

- **Parent Academy K-2 Schedule**

- **COVID 19 Daily Schedule** - From Amy on Instagram (allthings_lovelyxo)

Competency Two	
Parents/Guardians will encourage physical activity for their children	

Further Explanation:
Examples:
- Parents/guardians work to encourage their students to exercise and remain active daily
- Parents/guardians work to incorporate breaks, including recess, snack time and movement time
- Parents/guardians work to encourage their students to find ways to incorporate movement throughout the day

Resources in English	Resources in Spanish
http://www.parenttoolkit.com/health-and-wellness/advice/physical-health/physical-health-and-young-adults-a-parent-s-guide This article produced by NBS News shares some ideas about physical health for young adults.	http://www.parenttoolkit.com/health-and-wellness/advice/physical-health/physical-health-and-young-adults-a-parent-s-guide?lang=es This article produced by NBS News shares some ideas about physical health for young adults.

[GoNoodle](#) – Physical activity (Elem) Locally sponsored by St. Al's

Common Sense Media [Movement Apps and Games](#)

[Kids Yoga](#) (Elem)

https://www.hopkinsallchildrens.org/ACH-News/General-News/Ways-to-Keep-Kids-Active-During-Coronavirus-Diseas
This article offers ways to keep kids active during the coronavirus era .

https://www.heart.org/en/healthy-living

https://www.heart.org/HEARTORG/HealthyLiving/HeathyKids/Healthy-Kids_UCM_304156_SubHomePage.jsp

KQED MindShift*:* This website offers websites and ideas for staying physically active through exercise. (No Spanish)

Play Equity Coalition Family Resources: This document, created for King County, WA residents, includes apps, videos, websites, google docs, Instagram posts, and twitter feeds curated mostly through schools and educators about remaining physically active during the coronavirus. (No Spanish)

[GoNoodle](#) – Physical activity (Elem) Locally sponsored by St. Al's – Only a few videos are in Spanish. Here are a couple
[Espanol 1](#)
[Espanol 2](#)

https://family.gonoodle.com/channels/en-espanol

The following resources are from the Washington Post's Parents Guide to education resources.

GoNoodle offers videos to get kids moving, including dancing, stretching, running, jumping and more. The channel has an app that's recommended for kids 5 and up.

Cosmic Kids Yoga offers free yoga on YouTube for young children ages 3 and up. There are countless classes, from three minutes to three hours, featuring brilliant colors, storytelling (themes: "Frozen," "Moana" and "Peter Cottontail"), singing and of course yoga with a yogini Jaime Amor. (no Spanish)

Adriene Mishler, an Austin-based yoga teacher with 7 million YouTube subscribers, is offering free online yoga classes ranging from 10 minutes to an hour. The classes focus on power flow, basic yoga, meditation and more. Open to all fitness levels and ages but more appropriate for teens than younger kids. (no Spanish)

"Top 25 At-Home Exercises" by the American Council on Exercise offers kids of all ages — young ones with the help of an older sibling or parent — a chance to mix and match body-weight drills such as push-ups and situps to create their own workout, which could mean 10 challenging minutes or 40 moderate ones. Each exercise is explained and shown, but

once you know them, this potentially is a screen-free option. (no Spanish)

SHAPE America has instructions for an arts and crafts project (you have to create your own deck of fitness cards) that can provide kids with the option of several screen-free games for one to five players. Some games are suitable for young kids and others for middle-schoolers and older. For the youngest kids, this project requires older-sibling or parent involvement. (No Spanish)

The YMCA offers dozens of free online videos, both kid-specific and general-public, by YMCA coaches and instructors. The kid- and teen-geared classes are clearly marked, such as "Youth Sports Performance," which features indoor and outdoor drills to develop overall athleticism and prevent injuries. Some videos require equipment (such as a soccer ball, cones or a fitness band). Videos range from five to 25 minutes. (No Spanish)

Emily Coates, a physical therapist with MedStar Health, gives suggestions for screen-free ways families can promote basic fitness (60 minutes a day of aerobic and strength training for children ages 6 to 17) and establish good habits while distance learning, such as building in plenty of physical fitness breaks during the day, including a scheduled recess. Outside activities include Frisbee, catch, tennis, biking, walking, running — all while practicing social distancing and good hand hygiene — and indoor activities include dance parties, Simon Says and Nerf wars. (No Spanish)

British fitness trainer Joe Wicks offers free boot camp-style classes for kids on YouTube. The classes, which focus on body-weight exercises, range from five to 15 minutes and are geared toward elementary school-aged kids and younger. He also has many non-kid workouts that would be suitable for teenagers. (No Spanish) https://www.learningliftoff.com/10-fun-indoor-activities/ This article shares 10 fun activities that can be done indoors to incorporate some breaks in learning.	

Competency Three
Parents/guardians will support student mental health and encourage social connections with friends and classmates

Further Explanation:
Examples:
- Parents/guardians work with their school to create virtual connections between classmates
- Parents/guardians work to encourage appropriate avenues of connection between friends and classmates (video chat, etc.)
- Parents/guardians recognize potential areas of concern related to mental health issues
- Parents/guardians can access appropriate mental health resources for their students
- Parents access resources to help them talk to their students about COVID 19

Resources in English	Resources in Spanish
https://www.commonsensemedia.org/ https://www.air.org/sites/default/files/SAFETY_StratResrchFam-508_Rev06052020.pdf This article from AIR outlines some ideas for creating positive learning conditions at home.	https://www.commonsensemedia.org/latino https://www.air.org/sites/default/files/SAFETY_StratResrchFam-Sp-508_Rev06052020.pdf (Spanish) This article from AIR outlines some ideas for creating positive learning conditions at home.

https://www.air.org/sites/default/files/Prt1-EMOTIONAL-SUPPORT_Rev06052020.pdf This article from AIR outlines how creating positive learning environments at home can support your student's emotional health.

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19 This article by the National Association of Psychologists helps parents know how to talk with their children about COVID 19.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html This resource is provided by the CDC to support parents in talking about COVID 19.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html This resource by the CDC helps parents understand how to help their child cope with stress.

http://www.parenttoolkit.com/health-and-wellness/advice/mental-health/young-adults-and-mental-health-a-guide-for-parents This article from a parent toolkit produced by NBC News shares some ideas related to student mental health.

https://www.air.org/sites/default/files/Prt1-EMOTIONAL-SUPPORT-Spa-508_Rev06052020.pdf Spanish. This article from AIR outlines how creating positive learning environments at home can support your student's emotional health.

https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html (Spanish). This resource is provided by the CDC to support parents in talking about COVID 19.

https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html (Spanish). This resource by the CDC helps parents understand how to help their child cope with stress.

http://www.parenttoolkit.com/health-and-wellness/advice/mental-health/young-adults-and-mental-health-a-guide-for-parents?lang=es This article from a parent toolkit produced by NBC News shares some ideas related to student mental health.

Articles
- Como hablar con tus hijos sobre el Coronavirus

Guided Coping Skills for parents and students

Centervision provides free Social Emotional Learning Activities

Articles on Mental Health:
         5 Ways to Help Teens Manage Anxiety (Secondary)
         Taking Care of Your Mental Health in the Face of Uncertainty
         How to talk to your kids about Coronavirus
         My Kid's School is Closed, So Now What?

Video from Dr. Jamie Howard on talking to your kids about Coronavirus (Elem) only 4 minutes

Device Free Dinners

Muscle Relaxation video for young children – 7 minutes (Elem)

Grounding Techniques – Skills to help keep your child from becoming overwhelmed. (Elem)

Junior Brain Pop on Emotional Health (Elem)

Howard B Wigglebottom – fun and lessons that promote emotional health (Elem) Most resources free

A Story to tell students about Coronavirus

How to Explain the Coronavirus-19 to Children: Explaining the Coronavirus-19 to children can be challenging. Please use these resources to help you explain this complicated concept to children.

- **Videos**
    - Julia Cook reads The Yucky Bug (K-2 grade)
    - Vimeo (2-6 grade)
    - Brain Pop Video
    - Just for Kids: Comic Exploring the New Coronavirus from NPR
    - How to Talk to Your Kid about Coronavirus

- **Documents**
    - Coronavirus-19 Social Story
    - Yucky Bug PowerPoint
    - A Story to Help Children Understand Coronavirus from Music City Counselor
    - Coronavirus Talksheet from Counselor Keri
    - PBS How to Talk to your Kid about Coronavirus
    - Talking to Your Child About COVID-19: A Parent Resource

Calming Activities

- Calm My Worry
- Coloring Pages
- Action for Happiness Coloring Posters
- Grounding Techniques Instructions
- Keys to Resiliency

- Coronavirus Stress Activities - from Bright Futures Counseling
- Mindfulness Choice Board - Free Download on Teachers Pay Teachers from Mindful Counselor Molly
- Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+
- Videos for Sleep, Meditation, and Relaxation
- Progressive Muscle Relaxation for Kids
- Coping Skills Resources
- Mini Meditation
- Down Dog App (Yoga) - Free til April 1
- Feeling Anxious or Worried? Listen to These 8 Podcasts
- Apps, Games, Websites
- Device Free Dinner

Social & Emotional Resources (SEL)

- Guided Coping Skills
- 50 Ways to Take a Break
- 99 Coping Skills
- CDC: Not all children and teens respond to stress in the same way
- SEL Scavenger Hunt
- 25 At Home Socio-Emotional Activities
- Centervention Website
- 30 Things Kids Can Do
- School Closure Wellness Activities
- SEL for K-2 (PowerPoint) - Counseling with Ms. Ramirez

- SEL for 3-5 (PowerPoint) - Counseling with Ms. Ramirez
- Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons
- Giant List of Ideas for Being Home with Your Kids
- Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic
- BrainPop Videos and Activities
- 10 Days of Live 'Choose Love' Lessons For Parents and Children
- Kindness Videos

Mental Health First Aid

- Self-Care/Mental Health (Covid-19)
- Love in a Time of Corona:A Homebound Self-Care Guide for Parents and Students - from School Counselor Stephanie
- ASCA Coronavirus Resources
- Ultimate Guide to Mental Health and Education Resources for Kids and Teens
- Taking Care of Your Mental Health in the Face of Uncertainty
- 5 Ways to Help Teens Manage Anxiety about the Coronavirus
- Stress/Worry

Health Resources & Links:
- https://www.healthwise.org/specialpages/covid-19-resources.aspx

Competency Four
Parents/guardians support student learning by monitoring student performance and academic progress

Further Explanation:
Examples:
● Parents/guardians work with their student's teacher and school to stay connected
● Parents/guardians frequently check grading platforms for student progress and areas for support
● Parents/guardians work to stay connected with their child's school and teacher

Resources in English	Resources in Spanish
[5 ways to help keep children learning during the COVID-19 pandemic](#) from UNICEF [Stay Academically Engaged With Your Teen](#)	

Competency Five
Parents/guardians will work to encourage and motivate their student in learning

Further Explanation:
Examples:
● Parents/guardians work to help their children take charge of their own learning
● Parents/guardians work to help their children keep track of their own learning
● Parents/guardians to encourage their children to find internal motivation for learning
● Parents/guardians recognize and celebrate their child's accomplishments
● Parents/guardians work to show models of self-reflection for their child

Resources in English	Resources in Spanish

https://www.air.org/sites/default/files/ENGAGE_BuildCFLatHome-508.pdf American Institutes for Research (AIR) outline key components for engaging students in learning at home. [How to Help Your Child Get Motivated in School](#) Strategies you can use to help kids work up to their potential https://www.air.org/sites/default/files/ENGAGE_BuildCFLatHome-508.pdf AIR shares with parents how they assist their children to be actively engaged in learning. Activities to do at Home • GoNoodle • BrainPOP • Time for Kids (K-6) • PBS Kids • Ideas for Activities During School Closings • Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video) • ByrdseedTV (Educational Videos) • Reading Eggs • Epic! Digital Book Library (for kids 12 and under) (there is a cost - $7.99/month) • Storyline - Streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations	https://www.air.org/sites/default/files/ENGAGE_BuildCFLatHome-Spa-508_Rev06052020.pdf American Institutes for Research (AIR) outline key components for engaging students in learning at home.

- <u>Best Music Apps and Games for Kids</u>
- <u>New Kids' TV Shows</u>
- <u>50 Books All Kids Should Read Before They're 12</u>
- <u>Best Family Movies</u>
- <u>Common Sense Selections highlighting the best movies and TV shows</u>
- <u>Sibling Watch-Together TV</u>
- <u>Best Documentaries for Kids and Families</u>
- <u>Common Sense Media (reviews for what your kids want to watch before they watch it)</u>
- Write notes, letters, draw pictures to send or drop off at local nursing homes - the elderly in nursing homes aren't allowed to have visitors right now and it will brighten their day!
- <u>Scratch Jr.</u> - Coding is the new literacy! With ScratchJr, young children (ages 5-7) can program their own interactive stories and games. In the process, they learn to solve problems, design projects, and express themselves creatively on the computer
- <u>Code.org</u> - Learn computer science
- <u>Kodable</u> - Programming for kids
- <u>Hello Ruby</u> - Hello Ruby is the world's most whimsical way to learn about computers, technology and programming. The story started with a book, and now Ruby continues her adventures in exercises, activities and videos. It's suited for kids age 5 years and older (but even adults might learn something new)
- Public libraries - many public libraries have digital books you can rent for free on their websites, along with other resources

- Stick Figure Art YouTube channel
- 450 Ivy League courses you can take online right now for free
- Met to launch "Nightly Met Opera Streams" - A free series of encore Live in HD presentations streamed on the company website during the coronavirus closure
- Emotional ABCs - We teach children ages 4-11 how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices
- TED-Ed Video Playlist - Sorted by categories
- Virtual Field Trips - Over 30 virtual field trips with links
- Lunch Doodles with Mo Willems
- Educational YouTube channels
- Unite for Literacy - free online audiobooks
- Cincinnati Zoo is Bringing the Zoo to You!
- 100 things to do while stuck inside due to a pandemic
- Story time from space
- 11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home
- Discover 10 Parks & Preserves in Albany County - Are you social distancing but want to get out of the house? If you are healthy, explore one of the parks or preserves in Albany County! Governor Cuomo announced that NYS will waive all park fees as of March 16, 2020
- Podcasts for Kids
- Calendar/list of live streams to watch
- Netflix Party Chrome extension - a Chrome extension for watching Netflix remotely with friends
- 15 Broadway Plays and Musicals You Can Watch On Stage From Home
- 20 Virtual Field Trips

- Entertainment for a Quarantine
- Math card games
- Library of Congress digital collections
- NASA has made their entire media library - images, sounds, and video - public
- Mix.com - formerly stumbleupon, Mix is a social content curation site that allows you to collect articles, and content about specific interests or topics that you like. When you curate and add to your collections, your content is shared with friends and made discoverable to others on Mix who share similar interests.
- Use DuoLingo to learn a new language or practice one you already know!
- You Can Now Tour 2,500 World-Famous Museums From the Comfort of Your Own Sofa
- Free audiobooks
- The Actor's Fund will be producing daily Broadway Virtual Concerts featuring stars of the stage and screen, singing and performing live (from home)! Tune in each day at 2pm and 8pm
- Getting outdoors and connecting with nature is a way to help maintain our physical and mental health (as long as you are maintaining social distancing!). Find a location near you at the NYS Department of Environmental Conservation.
- The San Diego Zoo has a website just for kids with videos, activities, and games!
- Tour Yellowstone National Park
- Explore the surface of Mars on the Curiosity Rover
- The Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs

- 40+ Best Indoor Activities from Busy Toddler
- Atlantic White Shark Conservancy story hour
- Wash Your Lyrics - Generate a hand washing lyrics meme based on your favorite song lyrics
- Google Earth Has Virtual Tours of 31 National Parks in the U.S.
- 50 Ways to Keep Kids Engaged at Home During the Coronavirus Shutdown
- Chris Field - live streaming Afternoon Adventures on Facebook every Monday-Friday until April 3rd at 3pm Eastern time (previous videos will be saved for viewing at any time)
- Coronavirus: Kids stuck at home should go on these virtual Disney World rides
- The Palace of Versailles is offering a free virtual tour
- Free virtual tours of museums, parks, and cities
- Audible.com - all stories are free to stream on your desktop, laptop, phone or tablet
- Coach Edson's PE Classes on YouTube
- STEM Resources provided at Micron K12 Website

Competency Six
Parents/guardians will work to stay positive in support of their student's academic progress

Further Explanation:
Examples:
- Parents/guardians remain flexible with technical issues
- Parents/guardians recognize appropriate times to take a break and then return to schoolwork
- Parents/guardians advocate for their students when technical issues interfere with student learning

Parents/guardians limit distractions during "school time"	

Resources in English	Resources in Spanish

https://www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response#1584622338570-fde9aeb2-de23 The Fred Rogers Foundation has created this site that gives many resources for staying positive and talking with children (especially younger kids) during stressful times.
 	
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html This resource provided by the CDC talks about coping with stress during a pandemic.
 	
Tips for managing online learning in the home:
• **Effective practices to maximize internet usage for learning Article**
• Creating a Student Workspace or Classroom in Your Home **Article / Video**
• Ten Tips for Setting up a Space For Home Learning **Article / Video**
• Student expectations for learning from home **Article**
• Parent & family expectations to support learning in the home, including:
   ○ Online Learning Readiness Rubric
   ○ Best Practices for Digital Learning **Article**
	Common Sense Education Resources in Spanish
	
	https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html This resource provided by the CDC talks about coping with stress during a pandemic.

Competency Seven

Parents/guardians will be able to access free academic resources to support learning when necessary

Further Explanation:
Examples:
- Parents/guardians access appropriate materials to supplement student learning
- Parents/guardians access materials to engage or motivate their students in academic areas
- Parents/guardians provide
-

Resources in English	Resources in Spanish
https://sharemylesson.com/collections/free-online-resources-educators-parents-and-students Curated by the American Federation of Teachers, this is a collection of free online resources for parents and teachers. Hippo Campus is a "growing repository of thousands of multimedia learning objects from NROC and other respected providers. You can curate your own play list (a list of resources) from these free resources to support student learning. https://nroc.org/what-we-offer/hippocampus/ https://wideopenschool.org is a webpage that has curated free learning resources from several key academic providers. Learning Keeps Going curated resources, ideas, and lessons for parents Creating Powerful Home-based learning from Digital Promise, a non-profit organization. Contains resources to support students' emotional needs, focus, math, and literacy skills.	**These Sites are Virtual Field Trips** - 2500 Museums (Art and Music) - National Parks with Google Earth - Tour Yellowstone National Park (Only subtitles in Spanish) - Explore.org has live and curated webcams around the world to watch animals and nature. - Virtual Field Trips Compatible with VR Goggles or computers Surface of Planet Mars on Curiosity Rover **These sites offer free audiobooks** stories.audible.com Unite for Literacy – Books with audio (Elem) Epic Books -(for kids 12 and under) (there is a cost - $7.99/month) 2000 books in Spanish or Dual language. Language Learning App Duolingo

https://idahoptv.pbslearningmedia.org/search/?selected_facet=media_type:Collection This webpage gives parents access to PBS Learning Media.

Education Reimagined: Distance learning resource center. (June 2, 2020) Retrieved on June 30 from https://education-reimagined.org/distance-learning-resource-center/#parents.
Although this website has not been "assessed through a learner=centered lens", it has collected a variety of free resources to support families as they respond to remote learning.

Digital resources for overwhelmed parents.
http://digitallearning.educatorpages.com

https://www.learningliftoff.com/10-free-educational-sites-supplement-home-learning/ This article shares 10 free educational sites to supplement learning at home.

https://www.learningliftoff.com/the-best-educational-youtube-channels-for-kids/ This article shares free educational YouTube channels for kids.

https://www.learningliftoff.com/free-audio-books-for-kids/ This article shares places to find free audio books for kids

Virtual Field Trips
  2500 Museums (Art and Music) (Secondary)

  National Parks with Google Earth (All)

[Tour Yellowstone National Park](#) (Elem)

[San Diego Zoo Videos](#) (Elem)

[Zoos, Aquariums and Safaris](#) Virtual tours (Elem)

[Explore.org](#) has live and curated webcams around the world to watch animals and nature.

Virtual Field Trips Compatible with VR Goggles or computers
[Farm and Food Tours](#) – Canadian Farms.   (Elem)
[Surface of Planet Mars on Curiosity Rover](#) (All)

[Live Streaming of education and cultural events](#). This site is updated daily with live streaming events. It is mostly related to younger ages.

List of [Educational YouTube Channels](#) listed by topic

[A resource for parents of girls (All ages](#)) – 60 things to do during from home with your girl.

Art Education at [Stick Figure Art](#) – Learn how to draw and paint

[PBS Kids](#) – Learning games and exploration (Elem)

These sites offer free audiobooks
[stories.audible.com](#) (All)
[Unite for Literacy](#) – Books with audio if you want (Elem)
[Storyline](#) – Celebrities reading Children's books (Elem)

Language Learning App Duolingo (All)

Kidslisten podcasts on many education topics

Library of Congress Digital Collections – Explore almost anything you can imagine. (Secondary)

These sites offer free computer programming lessons
        Hello Ruby (Elem)
        Code.org (All)
        Scratch Junior (Elem)
        Scratch (Secondary)

Recommended Books for Parents
- ***The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind,*** Paperback – September 11, 2012, by **Daniel J. Siegel** (Author), **Tina Payne Bryson**
- ***The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired***, Hardcover – January 7, 2020, by **Daniel J. Siegel**, **Tina Payne Bryson**
- **Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore** by **Kent Hoffman**, **Glen Cooper**, **Bert Powell**, **Daniel J. Siegel** (Foreword), **Christine M. Benton** (Contributor)
- **Parenting With Love And Logic** (Updated and Expanded Edition) by **Foster Cline** and Jim Fay
- **1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting** by Thomas Phelan

• ***The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*** (The Out-of-Sync Child Series) Revised Edition by **Carol Kranowitz** • ***Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind***, Paperback – November 8, 2002, by **Michael J. Bradley** • ***Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential,*** January 2, 2009, by **Peg Dawson** and **Richard Guare**	

References

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