

COVID-19 Specific information

Resource: [PSB kids resource list for Coronavirus.](#) - Discussion for parents with links to free PBS video content on proper hand washing and sneeze techniques and rest.

YouTube: [Kids ask coronavirus questions](#) with thoughtful answers. Good resource for kids who would benefit from factual information.

Podcast: [But Why? Podcast for curious kids](#) - Episode "Coronavirus For Kids, And The Science Of Soap"

Podcast: [Brains On.](#) Episodes "Staying home: How social distancing helps fight coronavirus" and "Understanding coronavirus and how germs spread."

Handwashing

[Teaching handwashing to kids](#) - simple song with instructions on thorough hand washing

Mental Health for Kids

YouTube: [Cosmic kids yoga](#) - "Owl and guard dog" anxiety discussion is linked here. Channel has lots of kids yoga videos that link to popular movies or kid friendly themes. Meditation skill building.

YouTube: [Alo Yoga](#) kids playlist. Yoga poses for kids (brave dino, puppy meditation,etc)

YouTube: [Howard Wigglebottom Courage](#) - Gently Animated story of facing fears and having courage. "Its okay to be scared." Channel has several videos addressing emotions

YouTube: [New Horizon](#) Meditation for kids. Audio only.- several scripts to choose from.

Book/YouTube: [The Rabbit Listened](#) - link to read aloud of book. Animals offer many unhelpful solutions to Taylor's problem. The rabbit listened. Written by Cori Doerrfeld

Book/YouTube: [Grumpy Monkey](#) - link to read aloud of the book. Monkey wakes up grumpy. "Shoulds" don't help him feel better. The companionship of a friend helps. Written by Suzanne Lang

Book/YouTube: [My No No NO Day](#) - link to read aloud of the book. Bella is having a hard day. She gets support and a chance for a better day tomorrow. Written by Rebecca Patterson

Book/YouTube: [Quick as a Cricket](#) - link to read aloud of the book. Animals represent many aspects of the same child. "Put them all together and you've got me." Written by Audrey Wood

Podcast: [The Calm Kids Podcast](#): Stories by kids, for kids to unwind and go to sleep relaxed and happy.

Podcast : [Be calm on Ahway Island](#) is a soothing podcast to teach self-regulation and calm.

App: Breathe Think Do. Help a Sesame Street monster calm down and solve everyday problems in this interactive game. (Free)

App: Ninjafocus. Meditation scripts. Yoga poses. Mindfulness activities. Sleep music. Bedtime Stories. (Offering all content free for 90 days due to closed schools)

App: Children's Meditations. Meditations for focus, relaxation, and sleep. (6 free scripts with option for in app purchases of additional content)

Class: [Mindful Schools](#) is offering mindfulness classes for kids free for the next few weeks! Join for mindful activities, mindful movement, read-alouds.

Resource: [Printable Lego Figure emotions chart.](#)

For at-home kiddos (and their parents)

Family Rhythm, Discipline, and Routine

Resource: [Whole Family Rhythms](#) offer free downloadable guides that are designed to help plan, create, and animate a peaceful, balanced, and holistic rhythm at home, flowing between structured, adult-led activities and child-led, imaginative free play.

YouTube: [Sundays With Sarah](#) - ideas for crafts, stories, finger plays, and parent tips for napping, discipline and other topics. Waldorf education.

Resource: [1-2-3 Magic Blog](#) - positive discipline tips on a variety of topics

Resource: [Love and Logic Blog](#) - Positive parenting and teaching techniques to build healthy relationships with kids.

Creating

YouTube: [The Making Foundation](#) - Roanoke-based woodworking shop that specializes in problem solving, empowerment, DIY, and working with kids. Daily #@makethemost videos/challenges for making at home during social distancing.

YouTube: [Easy Kids Crafts](#): DIY kids craft videos with well-organized playlists for holidays and seasons

Resource: [Taproot Magazine Coloring Book](#) - free printable

Resource: [Mr. Printable](#) - free printable games, crafts, and coloring pages

Science

Podcast: [But Why? Podcast for curious kids](#) - But Why is a show led by kids. They ask the questions and we find the answers. Are unicorns real? How is paper made?

Podcast: [Smash. Boom. Best](#) Smash Boom Best is a debate show for kids and families. Every episode takes two cool things, smashes them together and lets you decide which is best. Cats versus Dogs. Pizza versus Tacos. Super Speed versus Super Strength.

Podcast: [Brains On](#). Co-hosted each week by kid scientists and reporters from public radio, we ask questions ranging from the science behind sneezing to how to translate the purr of cats.

Podcast: [Earth Rangers](#) — A sound-rich dive into nature and animal science.

Stories

Podcast: [Circle Round](#) adapts carefully-selected folktales from around the world into sound- and music-rich radio plays for kids ages 4 to 10.

Podcast: [Stories Podcast](#): fairy tales, folk tales, Peter Rabbit, original fiction for kids.

Podcast: [Myths and Legends](#): Stories from around the world. Best for older kids. Warnings are given for disturbing content at the beginning of the show.

Podcast: “[Story Pirates](#)” — Stories written by kids are woven into a narrative about a musical-theater company’s magical misadventures.

Podcast: “[Girl Tales](#)” — Feminist fairy tales written and performed by playwrights and actors.

Podcast: [The Unexplainable Disappearance of Mars Patel](#). Serial Mystery Story for ages 8-12.

Music

Podcast: “[Spare the Rock, Spoil the Child](#)” — An hourlong show that will introduce the family to the best in kids’ music, every week.

Podcast: “[The Music Box](#)” — Each episode is a lesson about a musical concept featuring interactive activities.

Podcast: “[Ear Snacks](#)” — The children’s musicians Andrew & Polly explore different themes through songs and interviews.