

Dear Parents, Teachers, and other Caretakers of Children and Youth,

During the coronavirus outbreak, we've seen a surge of schools and childcare facilities shutdown. Many parents and caretakers may be required to work from home, but what do you do to help children bide their time, keep up with their school subjects, all while avoiding too much screen time? Here we've compiled many links to online learning and resources to help families stay occupied during this time.

Academic Enrichment and Family Fun

To help kids stay up to speed with their academics, here are resources for academic enrichment.

1. Amp up your homeschooling with free teaching resources:
Links: <https://www.weareteachers.com/free-online-learning-resources/>
<https://www.mnps.org/blog/2020/3/18/free-at-home-learning-resources>
2. Scholastic's Remote Learning at Home – 20 days worth of FREE lessons for parents to help encourage “learning at home” for grades 3-5 and grades 6+.
Links: <https://classroommagazines.scholastic.com/support/learnathome/grades-3-5.html>;
<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>
3. Bridge your imagination with engineering and design a theme park using project-based learning!
Link: <https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>
4. Join the Brooklyn Public Library for “Virtual Storytime” posted daily at 11 AM EST or 2 PM EST.
Link: <https://www.facebook.com/BrooklynPublicLibraryFamily>.
5. Find classroom standards-aligned lessons for students of all ages from PBS:
Link: <https://tnlearn.pbslearningmedia.org/>
6. Go out of this world – literally – to learn and explore the surface of Mars!
Link: <https://accessmars.withgoogle.com/>
7. Become a NASA explorer and DIY your own rocket or craft an edible spacecraft!
Link: <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
8. Participate in a daily STEAM challenge! (See calendar attachment)

Visit zoos and aquariums virtually.

1. The Cincinnati Zoo's *Home Safari Facebook Live!* – Follow the Cincinnati Zoo to see what the zoo animals are up to and participate in fun quizzes and activities. Posts go live, every day at 3 PM EST / 2 PM CST.
Link: <https://www.facebook.com/cincinnati-zoo/>
2. Peek in on your aquatic friends – African Penguins, Beluga Whales, Puffins, Otters, and more – at the Georgia Aquarium's Live Webcam!
Link: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Stay connected with the Arts – museums, arts, music and more!

1. Using Google Earth, here are 33 national parks you can tour virtually!
Link: <https://tinyurl.com/wz66olj>
2. Get your “Bach on” by listening to livestreamed Classical Music concerts.
Link: <https://tinyurl.com/v6cu87w>

3. Explore Musée du Louvre (The Louvre Museum) in Paris, a former royal palace built in 1793, now the world's most visited museum!
Link: <https://www.louvre.fr/en/visites-en-ligne>
4. Head over to Mumbai to Amsterdam then to Mexico all in one day by visiting several museums around the world!
Link: <https://artsandculture.google.com/explore>
5. Visit the nation's most popular art museum – The Met – through their 360 degree virtual tour!
Link: <https://www.metmuseum.org/art/online-features/met-360-project>
6. Don't miss out on going to concerts with "Stay at Home Fest," a (free-for-now) online music festival:
Link: <https://www.stayathomefest.com/>

Stay healthy with physical activity, healthy cooking as a family, and help to reduce germs through hand-washing:

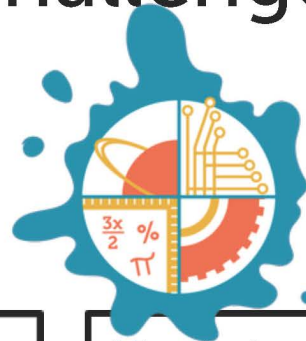
1. Here's a month worth of physical fitness challenges to do together as a family, available in English and Spanish!
Link: <https://www.skillastics.com/wp-content/uploads/2020/03/Coronavirus-Physical-Activity-Suggestions-Skillastics.pdf>
2. Build STEM skills with easy and healthy recipes to cook together!
Link: <https://food.unl.edu/recipes-cooking-kids>
3. Take 20 seconds to wash your hands with soap and warm water, being sure to get all surfaces of the hands, in between fingers, under nails, and up to the wrists.
Link: <https://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>

General Coronavirus Resources

Find general resources for adults on COVID-19, managing COVID-19 related stress and anxiety, and talking to kids about the illness.

1. General information on COVID-19 by Kid Central TN.
Link: <https://www.kidcentraltn.com/health/when-kids-get-sick/coronavirus--what-families-need-to-know-.html>
2. Call the Coronavirus Public Information Hotline (877) 857-2945 (open 10 AM – 10 PM CST)
3. Here are tips for talking to children about Coronavirus.
Link: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
4. Practice self-care to help manage your stress about COVID-19.
Link: <https://emergency.cdc.gov/coping/selfcare.asp>
5. Help children learn about COVID-19 through providing reassuring messages, limiting exposure to the news, and encouraging open and honest discussions about the illness.
Link: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
6. Tips for working from home with Preschoolers from UT Knoxville's Early Learning Center.
Link: <https://elc.utk.edu/2020/03/20/working-from-home-with-preschoolers/>

Try some of these STEM challenges at home



STEAM

METRO NASHVILLE PUBLIC SCHOOLS

23 Go on a nature walk and look for flowers that are in bloom. Optional: Take picture of these flowers.

24 Build a raft with aluminum foil. How many coins can it hold? Improve your design and try it again.

25 Design and build a rollercoaster with household items. How can you keep a small ball moving?

26 Create a parachute out of a plastic bag, string and a cup.



27 Is it windy? Try designing a kite out of paper and string. Test it outside.

28 Build a tower out of recycled newspaper. Take a picture tag #MNPSSTEAM

29 Make a piece of artwork using reflection and rotational symmetry.

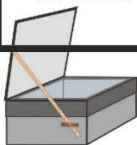
30 Design a blueprint of a birdhouse. What would you include?

31 Brainstorm invention that can improve your life.

1 Design a new crazy drinking straw.

2 Construct a bridge using grapes and toothpicks. Drape crackers or chees over the top of the bridge. They try to roll grapes across your bridge .

3 Build a solar oven using a shoe box and tinfoil. See if you can get the sun to melt chocolate.



4 Use materials found at home try and protect a water balloon for popping, Improve it and try again.

5 Make a pieces of artwork out of recycled materials. Take a picture and tag #MNPSSTEAM

6 Turn this calendar into a paper airplane and see how far it can fly.