

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/> and the World Health Organization (WHO) <https://www.who.int/>

Feel free to reach out and share additional resources that have been helpful for your family.



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>

Just For Kids: A Comic Exploring the New Coronavirus -
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
[fbclid=IwAR0GhVlwk_xzPC95s2r9K3KCkbITcQa6MrU1obgpj_9MfrxWZF4K9E5HTiA](https://www.facebook.com/mschildlife/videos/512518946317577/)

COVID for Kids Video explanation -
<https://www.facebook.com/mschildlife/videos/512518946317577/>

Time to Come in, Bear: A Children's Story about Social Distancing -
https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR2p52JZrfTY_bukL13FQsnHceh6j8Ei8yEwKHSCgsXeUv8L5GEHxapafXQ

What is Coronavirus?: A Guide for Kids! -
<https://www.youtube.com/watch?v=iPGSdsGUqjw&feature=youtu.be>

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://grcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615&fbclid=IwAR2tush9MGcXhQJlqTLDLIWsSzjOHOi6N24Xv1TuYCW Sq1XVI58pTI34hjY

Coronavirus: An ASL Social Story - <https://www.youtube.com/watch?v=eb2SnJ4W95E&feature=youtu.be&fbclid=IwAR3U2yRXYDzdWAj76mGVTVVZjGgQ1B6ENSvTiOZizX0BDVJrNL-mkPCEOc0>

Healthy Children - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx>

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>

Nationwide Children's - How to Help Kids Deal with School Closings and Cancelled Plans - <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/school-closings-cancelled-plans>

Helping Children Cope - https://www.tumwater.k12.wa.us/cms/lib/WA01001561/Centricity/Domain/4/3.12.20%20COVID-19_HelpingChildrenCope-FINAL.pdf

Child Mind Institute - [Video: Talking to kids about Coronavirus](#)

Care for your Coronavirus Anxiety - https://www.virusanxiety.com/?fbclid=IwAR2ldLmUHFnoUs0OLhr24QT72FZba_rrG0xYNLLImtCuPhNTFzVPAuX0M8

Answering Your Young Child's Questions about Coronavirus - <https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

How to Talk to your Child about Covid19 - <https://www.destinydeas.com/blog/2020/3/21/guest-blog-how-to-talk-to-your-child-about-covid-19>

Motherly – Offering Free Online Birthing Class in Response to COVID-19 Pandemic - <https://www.mother.ly/shop/in-response-to-covid-19-were-making-the-becoming-mama-tm-birth-class-free>

Working and Learning From Home - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Supporting Children During a Parent's Hospitalization with COVID-19: Acute and Critical Care <https://www.wondersandworries.org/covid-19-resources/>

All Encompassing Websites

Little Passports: A Global Adventure- Science Experiments, Recipes & Food, Homeschool Resources, Crafts and DIY projects, Photos, Music, Facts, Print and Play & Writing Suggestions - <https://www.littlepassports.com/blog/craft-diy/free-activities-fun-learning-home/>

Resources for Supporting Children through COVID-19 - https://docs.google.com/spreadsheets/d/1ksuDlB4XWWrG0n6kDbA-W0f3_doCgXtdLpQsniAanDo/htmlview#

Association of Child Life Professionals COVID-19 - <https://www.childlife.org/resources/covid-19-resources>

Emotional and Physical Health

WORRY

Kids Health: Talking about Worry - <https://kidshealth.org/en/parents/worrying.html?WT.ac=p-ra>

The Clay Center for Young Healthy Minds - <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

EXERCISE & SELF CARE

What's Your Name Kid's Fitness Challenge - <https://www.mykidstime.com/wp-content/uploads/2016/07/whats-your-name-kids-fitness-challenge-2.pdf>

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>

Livestream Recess with Play Works - <https://www.playworks.org/get-involved/play-at-home/>
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

But Why Podcast from VPR - <https://www.vpr.org/programs/why-podcast-curious-kids#stream/0>

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.rosettastone.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/>

Diane Abler – Author and Illustrator Book Printables - <https://dianealber.com/spot-book-printables/>

SCIENCE & HISTORY

Zoos

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

Memphis Zoo - [https://www.memphiszoo.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=©=\[name\]&random=5547655442618935616&gclid=EAAlQobChMlKpmEkaef6AIVFeDtCh3XXAtAEAYASAAEqKSavD_BwE](https://www.memphiszoo.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=©=[name]&random=5547655442618935616&gclid=EAAlQobChMlKpmEkaef6AIVFeDtCh3XXAtAEAYASAAEqKSavD_BwE)

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

Cincinnati Zoo & Botanical Gardens - https://www.facebook.com/cincinnati_zoo/?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 Louvre - https://www.louvre.fr/en/visites-en-ligne?mod=article_inline

Boston Children’s Museum - https://www.bostonchildrensmuseum.org/museum-virtual-tour?mod=article_inline

The British Museum - https://britishmuseum.withgoogle.com/?mod=article_inline

Academics (cont.)

The Great Wall of China <https://www.thechinaguide.com/destination/great-wall-of-china?mod=article> inline

Easter Island <https://artsandculture.google.com/story/4wXhfs-0ooroMQ?hl=en&mod=article> inline

Spy Museum <https://www.spymuseum.org/calendar/upcoming/1/>

The Guggenheim Museum <https://www.guggenheim.org/plan-your-visit/guggenheim-from-home>

National Gallery of Art, Washington DC <https://www.nga.gov/index.html>

Musee d'Orsay, Paris <https://www.musee-orsay.fr/en/collections/overview.html>

Museumsinsel, Berlin <https://artsandculture.google.com/project/museum-island-berlin?hl=en>

Rijksmuseum, Amsterdam <https://www.rijksmuseum.nl/en/app>

Van Gogh Museum, Amsterdam https://vangoghmuseum.nl/en/whats-on/we-bring-the-museum-to-you?_ga=2.136500528.1473624588.1585850714.1871827602.1585850714

Space

Surface of Mars <https://accessmars.withgoogle.com/?mod=article> inline

International Space Station https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html?mod=article inline

Aquariums

Monterey Bay Aquarium <https://www.montereybayaquarium.org/animals/live-cams?mod=article> inline

Georgia Aquarium <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/?mod=article> inline

National Aquarium in Baltimore <https://aqua.org/media/virtualtours/baltimore/index.html?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

Google Arts & Culture National Parks - <https://artsandculture.withgoogle.com/en-us/national-parks-service/parks?mod=article> inline

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-entertaining-your-kids-this-summer/>

Paper Chain Documenting - <https://childlifemommy.com/family-activity-to-help-during-covid-19-isolation/>

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

Zoom & Google Hangout Ideas - <https://ftw.usatoday.com/2020/04/zoom-games-friends-jackbox-netflix-party-quarantine>

VIRTUAL GAMES

UNO - <https://play.google.com/store/apps/details?id=com.matteljv.uno>

Scattergories - <https://apps.apple.com/us/app/scattergories/id1011376303>

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/>

Zoom and Google Hangout Ideas - <https://ftw.usatoday.com/2020/04/zoom-games-friends-jackbox-netflix-party-quarantine>

SOURCES

<https://www.marketwatch.com/story/20-virtual-and-educational-field-trips-that-might-help-keep-your-kids-occupied-2020-03-30>

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

FOR MORE INFORMATION

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CHILD LIFE

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“PROFESSIONALS WITH EXPERTISE IN HELPING CHILDREN AND
THEIR FAMILIES OVERCOME LIFE’S MOST CHALLENGING EVENTS.”

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