### Materials and activities for children

[100 activities to do at home during school closures](https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR3gOrYFemZNwuMpukemN-tV1-G7KgnYmw2JXSSxPq8bijHOdO1Kb1jbLmM" \t "_blank) – Variety of activities for kids

[150+ Enrichment Activities for Children While Parents are Working Remotely](https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR0r9T42CE9ezTUrMjn6OKOEmZIxAbr93YwiJ9_2JWZ_PpBhFbch_ySDZ9U&sle=true" \t "_blank) - some may be more appropriate and/or accessible than others

[Amazing Educational Resources](http://www.amazingeducationalresources.com/) – List of free online educational resources that is being routinely updated.

[Amplifier/We The Future](https://amplifier97357.activehosted.com/f/13?s=2a818b3f8c6a51f951fef3c7a55267e5&nl=14&c=38&m=76" \t "_blank) – Free artwork and teaching tools for households in the United States.

[STEMFinity](https://www.stemfinity.com/Free-STEM-Education-Resources) – Listing of free STEM education resources

[Virtual Museum Resources](http://mcn.edu/a-guide-to-virtual-museum-resources/) – Listing of Free Museum Resources

[We Are Teachers](https://www.weareteachers.com/free-online-learning-resources/?fbclid=IwAR0Bd_9dO3CluDh-wmbHChWvttz_XsILoS80nuPu5iZGXIydAt-pu--NTxQ) – List of online learning resources for teachers

[School Choice Week](https://schoolchoiceweek.com/37-free-online-resources-for-schools-shifting-online-during-coronavirus/?fbclid=IwAR0mJ2Uo9hN0K9Fdv8010Ac1l1-tr6rAcZuqKi0LJNPQQVEgEhhTG5L_eo4#section6) – List of resources/platforms for teachers/school districts to use to teach online

[The Poem Farm](http://www.poemfarm.amylv.com/%22%20%5Ct%20%22_blank) – Poetry guide with consistent posts. See March 13 post, "The Land of Notknowing."

[Download free coloring books from 113 museums](http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR2FIPXVURXeSZW7pgSrtQoUMcFi28y0Dtv-PnZn9Pe9F0rfB4udP_ZQouo" \t "_blank) – Coloring book

[Author Mo Willems doing a free 1pm lunchtime doodle every day](https://www.washingtonian.com/2020/03/16/mo-willems-is-hosting-a-livestream-doodle-starting-today/?fbclid=IwAR0uQ1GRvArFjSfqsv54TmnYBZ2xsNxQC-F4qUyi0epnWLcMFw0qaUSHd4w" \t "_blank) – Daily art lesson

[Education companies offering free subscriptions](https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview?fbclid=IwAR2SnYNmMl4QAilVJq1OEGuGJtKtBGzvq-qcjdduZU_bMMyHOfBM8TJgnJY&sle=true" \l "gid=0" \t "_blank) – Teaching tools

[McHarper Manor free daily art classes at 1pm](https://www.facebook.com/McHarperManor/posts/852529695216819?__xts__%5B0%5D=68.ARBCj4CCgIk40bxMcz1Y2Ph1hNO6Z-Fbjn5-FD0wyXRf57ExIBTRYEpXlUFdFOsm1tGsoSLZdwvyNsR65tQ9qE9lMc_Uol3exC91gPeYEbTkvjG3gdyuqzxfL0OVZ0u_RgO3KKAAuvepl5yjtZt1m6XuW-s9UMAiX03rBZHEr0syd54osLAcB1gRdOwpcR7BCy1HeZtwsNcU5i40cU6qtzCSnhq1EI1ygl2xVZJARveqgMrObTuZ38v93gIOWeUjCBr-YWd7s2Q3oQnffoHp9Ti41U69r2hrrGbaDyn1_zkcWKGQNCgAQI9P19IkZ4SEtSjv_-WrMoRCiisL77s&__tn__=KH-R" \t "_blank) - Lists out supplies needed, but may be able to be creative and try to use other tools.

[30 Virtual Field Trips](https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR1r7K4a6DGcxKMi3WFpYQJDT_0FH3ePoixyqIplX6U6P2mcpnEaQjpwYiE" \t "_blank) – Online field trips

[Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/%22%20%5Ct%20%22_blank) - Lots of teachers use this to give their kids "brain breaks." Fun, short videos and exercises to get up and moving.

[Khan Academy](http://www.khanacademy.org/) – Especially good for math and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material. Khan Academy has also put out a [schedule/curriculum](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub?fbclid=IwAR1z0hdA_m-quKOav0vTdCFDgrJzgdNsjHEd7gZlnSGczkPsPqjV1g2rM1E).

[Scholastic](https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR1fEJa_1RFGC3XSiUHshFvYkOub6M8mo9YWZOHcTcd8ExKTLnOvjvIVLBA) – Learn-at-Home Curriculum

[Futurelearn](http://www.futurelearn.com/) – Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

[Doc Academy](http://www.docacademy.org/) – Documentary Film Clips with Lessons Plans/Activity Kits

[Blockly](https://blockly.gamess/) – Learn computer programming skills - fun and free.

[Scratch](https://scratch.mit.edu/explore/projects/games) – Creative computer programming

[Ted Ed](https://ed.ted.com/) – Educational videos

[National Geographic Kids](https://kids.nationalgeographic.com/) – Activities and quizzes for younger kids.

[No Red Ink](https://www.noredlink.com/) – Building Stronger Writers

[Storyline](http://www.storylineonline.net/) – Books read aloud

[Project Explorer](https://www.projectexplorer.org/kids-home) – Explore the world through videos

[Duolingo](https://www.duolingo.com/) – Learn languages for free. Web or app.

[Common Sense Media 1](https://www.commonsensemedia.org/) and [Common Sense Media 2](https://www.commonsensemedia.org/lists/free-educational-apps-games-and-websites?fbclid=IwAR1UBNwuy29lncZhZsc1V0aM-_emwV7SmMkiJWeNKSYAUf4giJq8YZgygTA) – Guide to a range of resources for kids.

[Mystery Science](https://mysteryscience.com/) – Free science lessons

[The Kids Should See This](https://thekidshouldseethis.com/) – Wide range of educational videos

[Tinkercad](https://www.tinkercad.com/) – Design and making

[Prodigy Game](https://www.prodigygame.com/) – Learn and practice math

[Discovery Education](http://www.discoveryeducation.com/) – Geared towards school districts, but some free experiences available

[Crash Course](https://thecrashcourse.com/) and [Crash Course Kids YouTube](https://www.youtube.com/user/crashcoursekids) – YouTube videos on many subjects

[Big History Project](https://www.bighistoryproject.com/home) – Multidisciplinary history, for high school students

[BBC Learning](http://www.bbc.co.uk/learning/coursesearch/) – Site is archived but links still work

[Red Ted Art](https://www.redtedart.com/) – Crafts for Kids

[Math Playground](https://www.mathplayground.com/) – Math and Logic Games

[Cbeebies](https://us.cbeebies.com/) – Multimedia for younger kids

[Oxford Owl](https://www.oxfordowl.co.uk/for-home/) – Educational resources for primary schoolkids

[Toy Theater](https://toytheater.com/) – Educational online games

[Teach Engineering](https://www.teachengineering.org/) – Engineering curriculum and lesson plans

[Geography Games](https://world-geography-games.com/world.html) – Geography gaming

[Elementari](https://www.elementari.io/) – Write and code your own stories

[PBS Kids](https://pbskids.org/) – Videos and games

[Kids Activities Blog](https://kidsactivitiesblog.com/) – List of educational resources, virtual field trips, and screen-free activities

[The Imagination Tree](https://theimaginationtree.com/) – Stay at Home Survival Guide

# EXERCISE AND FITNESS

## Meditations and Mindfulness

[Headspace for kids](https://www.headspace.com/meditation/kids%22%20%5Ct%20%22_blank) - Guided meditations geared towards kids. Free trial available - first two weeks free.

[Free guided meditation scripts for kids](https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/%22%20%5Ct%20%22_blank) - Sign up, and receive 30 free guided meditations/relaxations to read to kids.

[6-minute guided meditation video for kids on breathing](https://www.youtube.com/watch?v=CvF9AEe-ozc" \t "_blank)

[Guided meditations in English and Spanish](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1" \t "_blank) - Better for older youth or adults

[Several resources on mindfulness](https://southcountychildandfamily.com/2016/02/23/resources-for-mindfulness-meditation-relaxation-and-yoga-for-kids-and-teens/%22%20%5Ct%20%22_blank) - For youth and adults

[Ten Percent Happier](https://www.tenpercent.com/coronavirussanityguide%22%20%5Ct%20%22_blank) - For adults, but could be useful for older children (listen first before sharing). Free meditations and talks.

[Tara Brach guided meditations](https://www.tarabrach.com/guided-meditations/%22%20%5Ct%20%22_blank) - Based in the DMV. A variety of lengths and topics.

[Baltimore Community Mediation Center](https://www.facebook.com/communitymediation/?__tn__=kCH-R&eid=ARBaUp7cSae9QdsDpPowjL_22BADlW6mk-vKYVn-K7I39R-AfmxroaM_aWcQPwNZoY7rj4PM5foLIRIn&hc_ref=ARQLmYDIHVAqRi0LDbjdkKTLC3ZQFF4GDZnKLY-9x62vxpR-bFJ0Zky1CYuAncIxoEE&fref=nf&__xts__%5B0%5D=68.ARCHJua1lWs-RQDcCrt3MGXVvU8csdGh5p_HLHHi3-TL2IQBlpqQopDA5rzqy1e5YVLaLQhG7ewUvdMx_81BGF5qibHbRUxzY8MGzX8iuRMAONQl0j1lv3HIZ8gvMqBsdGbGE3exKIFE-sWU8V0UhIjfCX7wuRhJm1fFHlwdZZu3_ve__jNGxnO1SOfnIQbbLmAbl3cOMRclnDNMaJLN_v_9cp-ZVxTKlbZC4h3m9_PHseG0CwXeaQ643J7r-y_TSL2fiZvr-rxvFPrysdMuPI2GoZ1TMyV7nqkST7J8RTi-a82DqLwvg2a4LiKAdFofhORmICM2tnc7xx-FAnp8G0npV4F_t-xIKRMWm_qn" \t "_blank) – Morning meditation at 6am, and daily evening Mindful Meditation on Zoom at 8pm. Also partnering to provide online yoga as well as fun activities for children, including sing-a-longs.

[Breathing exercises](https://www.facebook.com/photo.php?fbid=10158221687962082&set=gm.496551724345935&type=3&theater&ifg=1)

## Yoga

[Yoga Heights](https://www.youtube.com/channel/UCuGw6sYH1-s3E8U4iGCx9xg%22%20%5Ct%20%22_blank) - YouTube channel with several free yoga routines. DC-based studio. For adults, but older youth may be able to follow, and younger kids with some help, depending on the class.

[Sarah Beth Yoga](https://www.youtube.com/channel/UC-0CzRZeML8zw4pFTVDq65Q%22%20%5Ct%20%22_blank) - A wide variety of yoga videos depending on what you need. Good videos for beginners. Not specifically DC-based.

[Bluebird Sky Yoga](https://www.washingtonian.com/2020/03/13/brooklands-bluebird-sky-yoga-will-begin-streaming-free-online-classes-on-monday/?fbclid=IwAR2-LPrl7flxAQa8Zm4JxPCZBi-7J8yKdTyFNzZqoqP0s4RZnP27grWJkYs) – Brookland studio, streaming free daily classes online (donations accepted)

[30-day yoga challenge](https://www.doyogawithme.com/challenge/30-day-challenge-int?fbclid=IwAR1DsgNgvo8ID1uSJH42wyQm_He2IFwjtJzA5DZgVGzlmbo_Q2CLnVRBBTs) – 30 days of free intermediate yoga classes

[Down Dog App](https://www.downdogapp.com/) – Free yoga until April 1 (or July 1 for teachers/students K-12 and college – register schools domain here: [downdogapp.com/schools](https://www.downdogapp.com/schools))

[YMCA](https://ymca360.org/) – Offering free online classes, including yoga (you do not have to be a YMCA member to access)

## Cardio/Dance

[YMCA](https://ymca360.org/) – Offering free online workout classes (you do not have to be a YMCA member to access)

[15-min kids workout](https://www.youtube.com/watch?v=L_A_HjHZxfI" \t "_blank) - Good for all ages.

[45-minute kids dance video](https://www.youtube.com/watch?v=8y6bIbr-Hn0" \t "_blank) - Join the Challenge with Univision, Phoenix Suns, etc. Dance styles include Latin dance, hip hop, and general exercises.

[Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/%22%20%5Ct%20%22_blank) - Lots of teachers use this to give their kids "brain breaks." Fun, short videos and exercises to get up and moving.

[202strong workouts](https://www.youtube.com/channel/UCbNeLAXJf_Xb3h-ASuaJh4A?fbclid=IwAR0i1YPF4NZSpgqRJKJ6hcLfk5hLJpi8iOtJTIKVTReOAWWPS7PXYvGSbi0) – Free home workouts streaming online

[Down Dog App](https://www.downdogapp.com/) – Free high intensity interval training (HIIT), barre, and 7 minute workouts until April 1 (or July 1 for teachers/students K-12 and college – register schools domain here: [downdogapp.com/schools](https://www.downdogapp.com/schools))