



Resources for Supporting At-Home Children

WORKING FROM HOME CAN CREATE CHALLENGES,
ESPECIALLY FOR THOSE WITH YOUNG CHILDREN.

Below is a list of resources for parents with at-home children. This list of online resources includes at-home activities, programs and stress management for children of all ages.

- [Scholastic Learn At Home Program](#): An activity portal of free daily courses for kids
- [Mystery Science](#): Free Science lessons for students in kindergarten to 5th grade
- [Hippocampus.org](#): 7,000 free videos across 13 subject areas
- [Mindfulness Resources for Teens](#): Techniques for developing the skills to be present and aware every day
- [15 Mindfulness and Relaxation Apps for Kids with Anxiety](#): Technological solutions that support addressing and overcoming stress and anxiety
- [Emotional ABCs](#): Social-emotional learning resources and programs
- [GoNoodle](#): Movement and mindfulness videos created by child development experts
- [30 Emotional Health Activities](#): A month-long calendar of daily activities that's free to download and use
- [Online Museum Tours](#): Free virtual trips to famous artworks and artifacts from around the globe
- [Virtual Field Trips](#): Free videos of animal habitats, famous locations, and unique areas
- [Free Art Lessons](#): YouTube-based art classes
- [TED Talks](#): Educational discussions organized by topic of interest