



COVID-19: Education & Health Resources for Families

The Shadow Project compiled this list of resources to support students' academic and social-emotional engagement at home, amidst widespread school closures. You'll find resources for technology access, children's health and well-being, online learning programs and materials, virtual field trips, and activities to foster creativity, mindfulness, and social-emotional skills. Many resources are free, culturally-responsive, trauma-informed and appropriate for children with learning challenges like dyslexia, ADHD, and communication and sensory challenges. We've added helpful tips on how to get started and navigate the resource, age appropriateness, and the scope of topics/activities available.

TECHNOLOGY ACCESS

- [PPS Student Computer Request Form](#) to borrow a device
- [Free Geek online store](#):
 - Purchase low-cost, refurbished computers and accessories
 - Online store to remain open indefinitely
- [Portland Area COVID-19 "Request Support" Form](#) to request any needed supplies
 - Priority to most vulnerable and impacted populations
- **Many internet providers are offering low-cost/free options:**
 - [FCC agreement](#) stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
 - [Comcast COVID-19 response](#): offers free WiFi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time
 - [Charter Free Internet offer for 2 months](#)
 - [AT&T COVID-19 response](#): offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families
 - [Verizon COVID-19 response](#): no special offers, but following the FCC agreement.
 - [Sprint COVID-19 response](#): follows FCC agreement, provides unlimited data to existing customers, and will allow all handsets to enable hot-spots for 60 days at no extra charge.
 - [T-Mobile COVID-19 response](#): follows FCC agreement, plus unlimited data to existing customers, and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.
 - [Further list of providers](#) offering low-cost/free options

MULTI-SUBJECT LEARNING

- Quick link to PPS Online Learning Portal:
<https://sites.google.com/apps4pps.net/portal/pps-student-portal>
 - Must have student account to log in
- Education Companies Offering Free Subscriptions due to School Closings. This list is extensive. It has been vetted by ACEs Connection community:
<http://www.amazingeducationalresources.com/>
- **ABC Mouse:** <https://www.abcmouse.com/abt/homepage>
 - Early Learning Academy (ages 2-8)
 - Free for 30 days, must enter cc information to qualify for free trial, \$9.95 per month thereafter
 - up to 3 child profiles and 1 adult
 - Takes some time to set up
 - Requires minimal supervision after initial set up and tour, depending on ability and age
 - Topics taught:
 - Language development (vocabulary, listening skills, grammar)
 - Reading (the alphabet, phonics, sight words, comprehension, genres, reading strategies)
 - Math (numbers and operations, shapes, measurement, patterns)
 - Science and Technology (weather, plants and animals, matter and energy, space science, inventions)
 - Social Studies: (families and communities, geography and maps, U.S. history, states, famous Americans)
 - Health: the human body, habits for health and safety, health care
 - 850 Lessons Across 10 Levels, using reward system and progress tracking
- **BrainPOP:** <https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/>
 - Free access due to school closures
 - Requires registration and sign up by a person over 18.
 - Not much info on the page unless you sign up and request access
 - Has an educator site component
 - For younger kids, would need a parent to help navigate to age appropriate content/lessons
 - Has interactive videos, lessons, and quizzes. Does not track which lessons the student has completed.
 - Has a k-3 age section, and an English language learners section.

- Anti-Racist, Anti-Oppressive Homeschool Resource list: [View the Google Doc here](#)
 - Extensive, free and open list, requires time to navigate, includes:
 - google docs, and culturally responsive websites for preK-12 curriculum
 - homeschool collectives
 - reading lists
 - virtual field trips
 - educational videos
 - parent-contributed ideas for activities with kids at home:
[View the Google Doc here](#)
 - **Selected resources** from the above list that are free, easy to navigate, and include a variety of topics/activities and age ranges - good place to start:
 - Civil rights activity book: [View the Google Docs here](#)
 - Black Lives Matter and Black History readings and syllabi:
[View the Google Docs here](#)
 - For middle school students
 - Could require some support from parents, but largely self-directed
 - English and Spanish versions
 - Black Lives Matter Art Curriculum: [View the Google Docs here](#)
 - Middle school aged activities
 - Teaching Tolerance: <https://www.tolerance.org/classroom-resources>
 - K-12 free classroom resources
 - Program emphasizes social justice and anti-bias, encouraging children and young people to challenge prejudice and learn how to be agents of change in their own lives
 - Includes: texts, tasks, teaching strategies, learning plan builder, and film kits
 - Zinn Education Project:
[https://www.zinnedproject.org/materials/?cond\[0\]=media_types_str:Teaching+Activities+\(Free\)](https://www.zinnedproject.org/materials/?cond[0]=media_types_str:Teaching+Activities+(Free))
 - Free history teaching activities for Pre K-12
 - Can filter by time period, theme, resource type and grade level
 - Easy to navigate
 - Match Fish Tank: <https://www.matchfishtank.org/>
 - Free K-12 curriculum for Math, Science, Social Studies, ELA
 - Need to create a free account, easy to navigate
 - Depending on age, would require parental guidance to set up account and navigate to appropriate content
 - Virtual field trips: [View the Google Doc here](#)
 - Includes: San Diego Zoo, Yellowstone, Mars, Animal cameras, farm tour, space and rocket museum, The Louvre, The Great Wall of China, Boston Children's Museum

- Code.org: Expanding access to computer science in schools and increasing participation by girls and underrepresented youth (Grades K-12)
 - Free access for school closures
 - sections for educators and students
 - Based on age, need assistance navigating and setting up a project
 - Have educational videos and tutorials
 - Can be used on computer or smartphone
- Focus on Five: Tips for Parents for Home Learning: <https://theautismhelper.com/focus-on-five-tips-for-parents-for-home-learning/?fbclid=IwAR0I2Q3LGFpBrLzABx4rcB7jgeh7Gc2IP0yjumCIWezAVIAoWrzs0sKSRs>
 - Photo examples
 - Easy to navigate
 - Specific to youth on the autism spectrum
- Khan Academy: <https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->
 - Learn how Khan Academy can be used for remote learning during school closures. Includes daily (weekday) livestreams on [Facebook](#), [YouTube](#) and [Twitter](#) for students, parents, and teachers navigating school closures.
 - [Daily schedules for students ages 4-18 to keep learning using Khan Academy during school closures](#)
 - [Parent Quick Start Guide](#)
 - [Parents: Frequently Asked Questions About Supporting Your Child's Learning During School Closures](#)
 - [Getting Started with Khan Academy and Khan Academy Kids for Remote Learning](#) (webinar video recording)
 - [Information regarding SAT administrations, and how to use Khan Official SAT Practice with your child amidst school closures.](#)
 - Has wide variety of materials for every age level
 - Points and progress tracking
 - For parent log in:
 - create an account with email
 - add child and put in their details for customizable learning
 - navigate to grade level
 - would need parental assistance for younger ages
- Newsela: <https://newsela.com/>
 - Authentic content from reliable news sources. English, social studies, science, and social-emotional collections (grades 2-12)
 - Geared toward older students' subject content

- Free access available for teachers and district users only (many districts may already have student accounts)
 - When clicking on join now, there are options for students and educators – must click through join now from the initial landing page
 - Younger students will need parent help to create account
 - When signing in as a young person, the next page asks for a parent or teacher to help you with obtaining a class code
- San Francisco Unified School District, Math K-5 Lessons:
<https://docs.google.com/document/d/1dZYk76pzn28LaYWWtbZGTN3WwFvPXRIEuViR8LpiWhQ/preview>
 - SFUSD has produced 10 days of activities that teachers can choose to assign to students for them to complete at home. The stand-alone activities are designed for students to do on paper without technology and are available to all under the Creative Commons Attribution License.
 - Google docs for K-5
- Scholastic Learn at Home:
<https://classroommagazines.scholastic.com/support/learnathome.html>
 - Day-by-day projects to keep kids reading, thinking, and growing
 - landing page, choose a grade level – no sign in required
 - Day by day instruction for 5 days
 - Easy to navigate based on age
- Think Indigenous: Online Indigenous Education K-8
[Facebook Page](#) and all of their lessons are now on [YouTube](#)
 - Culturally responsive, age-appropriate content from the perspective of Indigenous education frameworks
 - Free, short, web-based lessons with homework, prompting parent engagement and further learning opportunities

LITERACY

- Story time with celebrities and astronauts, and links to sesame street, art, yoga, virtual museum/zoo, etc. (links): <https://www.buzzfeed.com/melissaharrison/educational-resources-activities-kids-coronavirus>
- Children's authors narrate their books/favorite books:
<https://www.weareteachers.com/virtual-author-activities/>
- NY Times writing prompts:
<https://www.nytimes.com/2020/03/15/learning/students-can-respond-to-daily-writing-prompts-inspired-by-the-new-york-times-at-home-for-free.html>

- free, need to create an account
- **Common Lit:** <https://www.commonlit.org/>
 - High-quality reading passages plus aligned assessments (grades 3-12)
 - Free account available to teachers and students
 - Administrator/district solutions
 - Progress tracking
 - To sign up as a student need class code
 - To sign up as a parent, need to request account via email
 - To sign up as a teacher need to provide details about your district affiliation
- **Mango Languages:** <https://multcolib.org/resource/mango-languages>
 - Via Multnomah County Library, this online language learning tool offers basic intro courses to more than 40 languages, plus more comprehensive courses for those who want to do a deeper dive. There's even a special section for the littlest learners, aimed at kids ages 0-6.
 - MUST HAVE A LIBRARY CARD NUMBER AND PIN TO USE THIS RESOURCE
- **Multnomah County Library e-books:** <https://multcolib.org/e-books-and-more>
 - Free, need to create an account
 - If you don't have a library card, you can get an OverDrive digital library card good for six months. Get a free library card here: <https://multcolib.overdrive.com/account/ozone/sign-in?forward=%2F&showIdcSignUp=false>
 - Get an OverDrive digital library card even if you live in one of these areas outside Multnomah County:
 - Clackamas County, Oregon - except for Johnson City
 - Hood River County, Oregon
 - Washington County, Oregon
 - Clark County, Washington
 - Klickitat County, Washington
 - Skamania County, Washington
 - Yale Precinct, Cowlitz County, Washington
 - Cities of Ariel, Cougar or Woodland, Cowlitz County, WA
 - For extra help: <https://multcolib.org/contact>
 - Use digital content even if you were previously unable to due to late fines.
 - Borrow up to 50 items at a time from OverDrive.
 - Stream up to 15 items per month from Hoopla.
 - Stream up to 10 items per month from Kanopy (coming soon).

SOCIAL-EMOTIONAL LEARNING

- Centervention’s free resources – lessons, activities, and printables – in the following social-emotional skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation.
<https://www.centervention.com/social-emotional-learning-activities/>
 - No account needed, parents will need to download PDF worksheets
 - Geared towards younger elementary, with some modifications for older elementary
 - Most “lessons” consist of a basic 1-2 page worksheet with a few questions, fill in the blanks, drawing exercises
 - Parents will probably need to explain the activity/instructions and have a debrief with children after they complete a worksheet
 - Includes brief articles for parents to learn more about social-emotional learning
- Mindfulness Media Extensions:
 - [Kids Explain Mindfulness video](#) - YouTube video, 3 minutes, elementary
 - [Mind The Bump](#) - YouTube video, 3:50 minutes, older elementary-middle school
 - [Mindful Monkey, Happy Panda Read Aloud](#) - YouTube video, 2:50 minutes, younger elementary
 - [YouTube: Kids Mindful Games for Focus Compilation](#) - YouTube video, 17:45 minute compilation of different exercises for breathing, focus, and mindfulness; exercises appropriate for all ages, graphics for younger audience
- Well-Being Toolkit for Children, Educators and Parents:
<https://centerhealthyminds.org/well-being-toolkit-for-children-educators-and-parents>
 - tips, audio and video practices, Kindness Curriculum
- Healthy Minds Program app (free): <https://tryhealthyminds.org/>
- Free Mind Matters 12 week Online series:
<https://www.dibbleinstitute.org/free-mind-matters-online-series/>
 - Geared toward people with ACES/trauma, to understand trauma and develop mindfulness and wellness practices to cope with it. The content and its presentation is appropriate for teens.

HEALTH RESOURCES

- Oregon Center for Children and Youth with Special Health Needs: The following sites offer information related to children or specifically to children with special health care needs or disabilities. Many links are regularly updated.
 - Coronavirus Information and Resources:
<https://t.e2ma.net/click/l1wr3d/9vk90cc/tbu2c9> – from Family Voices. Advice

about what families of children with special health care needs can do, and links to reliable resources.

- Coronavirus Disease 2019 (COVID-19) Information for Children’s Health Advocates: <https://t.e2ma.net/click/l1wr3d/9vk90cc/93u2c9> – from the National Institute for Children’s Health Quality (NICHQ). A summary of key information related to children’s health, and links to additional references.
 - Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic: <https://t.e2ma.net/click/l1wr3d/9vk90cc/pwv2c9> – from the National Health Law Program (NHeLP). Information about rules that apply under various programs, including Medicaid and private health plans.
 - Coronavirus Resources for Advocates: <https://t.e2ma.net/click/l1wr3d/9vk90cc/5ow2c9> – from NHeLP. A range of resources, including information about various government policies, including Medicaid and the Children’s Health Insurance Program.
 - Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak (March 2020): <https://t.e2ma.net/click/l1wr3d/9vk90cc/lhx2c9> – from Individuals with Disabilities Education Act (IDEA). Information about special education.
- All children K-12 who live or go to school in Multnomah County can receive free primary and mental health care services at these locations:
 - <https://multco.us/school/student-health-centers-locations-and-hours>
 - [Portland Area COVID-19 “Request Support” Form](#) to request any needed supplies
 - Priority to most vulnerable and impacted populations
 - [NAMI Multnomah](#) mental health support
 - Staff, including Child & Family Programs, are continuing to provide mental health support. “Please reach out to us as we continue to work to create new options for offering our local, peer-based, mental health services.”
 - NAMI HelpLine will be available from 12:00 to 4:00 PM, Monday through Friday. Call us at 503-228-5692.
 - NAMI Crisis Text Line is always open 24 hours a day, 7 days a week. Simply text NAMI to 741741.
 - They are creating video and conference calling options for several support groups and some of their classes. If you are interested in participating, please call the NAMI HelpLine (see above) to provide your contact information.