FREE ONLINE RESOURCE GUIDE FROM YOUR YMCA FAMILY

During these trying times, it is still our mission to support our communities through opportunities that inspire healthy living, youth development, and encourage social responsibility. Please enjoy this list of FREE resources that we have compiled to assist with daily learning, activities, and adventures for all ages. Sections include:

- Keep Moving Exercises and Ideas
- Virtual Field Trips
- Fun with Food Lesson Links
- Online Learning Resources for Children
- Online Learning for All Ages
- End-of-the-Day Stretch and Relaxation

Click on the highlighted/underlined words for links.

KEEP MOVING

YMCA-360 workouts- A variety of short videos including yoga, bootcamp, and senior-focused exercises: https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A


More easy indoor activities to enjoy with your kids: https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR37n9j4Rc97K371gSR6ihOx0rVQQSDwzLDE9wdZFQ05vAmykXQCCrul8c

ONLINE LEARNING RESOURCES FOR PARENTS WITH CHILDREN FROM BIRTH TO HIGH SCHOOL

SCHEDULING YOUR DAY FOR LEARNING AT HOME- Make the most of your days at home with a schedule. Below are schedules by grade and learning tools from Khan Academy:

https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxz95a6ZG0qCNRms6Z7DZNg-tQWS3OhuVCubh-P-WmksHAzbsrk9d/pub

Khan Academy also offers daily livestreams at noon on Facebook, YouTube and Twitter: https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures-

Early Learning (0-3) resource: https://www.zerotothree.org/resources/series/parent-favorites

Preschool .... Free Printable Worksheets, lists and activities:

https://www.greatschools.org/gk/worksheets/?fbclid=IwAR2eRCcl8f3INhc2AVBlzC6DpM2NDXYo8zUqZxArlBBxUX4hcKsKRos9dc&grade=preschool

RESOURCES FOR PARENTS WITH CHILDREN, Cont’d.

Prepared for our families and community by the Danvers Community YMCA- www.danversymca.org
Online Storytime with picture books read by celebrities or public figures: 
https://www.storylineonline.net/

Lunch Time Doodles with author Mo Willems. Catch him live during the week each day at 1pm or streaming on YouTube: https://www.kennedy-center.org/education/mo-willems/

Have fun with your child learning letters and numbers with sight-word songs: 
https://www.youtube.com/user/KidsTV123

Jack Hartmann’s learning through music for ages 5 and older: 
https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QjQ

Creative activities for children ages 8 and under: https://www.raisingdragons.com/

Online daily learning activities for Preschool to 9th Grade from Scholastic Learn at Home: 
https://classroommagazines.scholastic.com/support/learnathome.html

Reading Strategies through online learning: https://reading.ecb.org/student/entry.html

K-5 Mystery of Science lessons: https://mysteryscience.com/school-closure-planning

Grades 1-8 Science Activities from Zoom on PBS: 
https://www.pbslearningmedia.org/collection/zoom/#.Xm7JGnJk3g

Middle School Lessons from PBS: https://www.pbslearningmedia.org/grades/middle-school/

High School Lesson Plans and Resources: https://www.pbslearningmedia.org/grades/high-school/

Arts&Crafts for kids of all ages using items in and around your home: 
https://www.artistshelpingchildren.org/craftsbyitems.html

RESOURCES FOR PARENTS WITH CHILDREN, Cont’d.

Prepared for our families and community by the Danvers Community YMCA- www.danversymca.org
Podcasts and other online resources for kids and the curious of all ages:
https://medium.com/kidslisten/schools-out-kids-podcasts-are-in-82634e23d4c4

Explore daily wonders of the day! https://www.wonderopolis.org/

Variety of in-home activities provided by the Boston Children’s Museum:
http://www.beyondthechalkboard.org/

**VIRTUAL FIELD TRIPS**

**TAKE A VIRTUAL FIELD TRIP TO A NATIONAL PARK, WATCH A CRITTER CAM, OR EVEN GO TO MARS!**

Explore one of our National Parks like Yellowstone or Yosemite.

*7 different tours of Yellowstone National Parks:*
https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

*Explore Yosemite:* https://www.virtualyosemite.org/

Watch the wonders of wildlife from our National Park’s webcams:
https://www.nps.gov/subjects/watchingwildlife/webcams.htm

Check out live Critter Cams from our National Zoo, have a Whale-of-a-Time at the largest aquarium in the US, or learn about our sustainable ocean and the Kelp Forest from Monterey Bay Aquarium.

https://nationalzoo.si.edu/webcams

https://www.georgiaaquarium.org/webcam/ocean-voyager/

https://www.montereybayaquarium.org/animals/live-cams/kelp-forest-cam/

Learn about Geography, Animals, and Protecting the Planet: https://kids.nationalgeographic.com/

Travel 352 Million Miles to Mars with this virtual, interactive tool: https://accessmars.withgoogle.com/

Learn more about the Space Launch mission to Mars https://www.youtube.com/watch?v=O1LTtTtqEX8

**LEARNING FOR ALL AGES**

Prepared for our families and community by the Danvers Community YMCA - www.danversymca.org
Online exhibits and virtual tours of museums and galleries from around the world or interesting places you might like to see.

Complete guide to a world of museums and art: http://mcn.edu/a-guide-to-virtual-museum-resources/

Museum of Natural History: https://naturalhistory.si.edu/visit/virtual-tour

How our first president lived- Interactive virtual tour of George Washington’s home: https://virtualtour.mountvernon.org/

The Great Wall of China https://www.thechinaguide.com/destination/great-wall-of-china

Google Maps Instant Street View to visit almost anywhere in the world. Example: Go to https://www.instantstreetview.com/ and type in Eiffel Tower, France and get an eagles-eye view from one of the highest points in Paris.

**FUN WITH FOOD**

Cooking at home with online techniques and classes, and learning how to use what’s in your kitchen

https://www.177milkstreet.com/school/classes/online-classes/?fbclid=IwAR3yoLOYT0uIL_BWNYhIv9uknatmQ_NI5Gn_4Qawe5gkK4DCZT2bdk909pk0

Easy Daily Dinners with Food Network’s Chef Michael Symon hosting live at 5, during the week, or streaming on YouTube https://www.youtube.com/watch?v=a9mG5a17epY

**AT THE END OF THE DAY: STRETCH & RELAX**

Stay Calm and enjoy a guided 7-minute meditation lesson from Khan Academy who is also hosting daily livestreams at noon (EST) on Facebook or YouTube. https://www.youtube.com/watch?v=ZEYuSRHgmGg&feature=youtu.be&fbclid=IwAR2iOefw3s2C6EbbYNFm29LPkJ_8C3AXBzNOj8meN2TTrderaYitoiE0.

YMCA Weekday Wind-Down: Yoga Flow to relieve stress and tension at the end of the day. https://www.youtube.com/watch?v=2Tht0CCfkfM&t=1s