

Resource	Link	Notes
Free Internet	https://www.internetessentials.com/covid19	
Wicked-Free Wifi:	https://www.boston.gov/departments/innovation-and-technology/how-wicked-free-wi-fi-works	for qualifying low-income families
The Child Mind Institute	Talking to Kids About the Coronavirus 7 science-based strategies to cope with coronavirus anxiety	Tips for Parents to talk to their children about the fears of the Coronavirus
Academics	https://schoolchoiceweek.com/37-free-online-resources-for-schools-shifting-online-during-coronavirus/	Online academic support
Centers for Disease Control	Mental Health and Coping During COVID-19	Keeping stress fear and anxiety low
Common Sense Media	Help Your Family De-Stress During Coronavirus Uncertainty	Managing family stress during times of uncertainty
Healthy Children.org	Stay Informed: COVID:19	What is COVID-19? Causes & Symptoms
Financial assistance and support	bit.ly/UCBCOVID19Fund	UCB is fundraising for families in need of financial help during Coronavirus crisis
Financial assistance and support	https://docs.google.com/forms/d/e/1FAIpQLScolROjCAZrjNOxAcVg0CBAfKSMpQ7wY2eVZsA9QmB8_zTlg/viewform	UCB signed up for any family in the City of Boston requesting assistance.
Food resources for school age children	https://www.boston.gov/.../foo.../map-meal-sites-boston-students	Meal sites for school-aged children and youth in light of school closures beginning on Tuesday, March 17
Virtual Field Trips	https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2E1c40r5hpJ1Kv_1OFzvagG4dYgww-K3NZnuQms-wXJkufPEFW5-fCcZk	San Diego Zoo, Yellowstone National Park, Mars, Animal Cameras and Virtual Farm Tour

Free virtual museum tours	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0KAqp4Rnk9og_UsZf2Wd0FX2O3-TdPvzs9F7OovDMxzH5HsLowwKUwPKg	Explore local and international museums from your computer, phone, or tablet!
Food resources	www.projectbread.org/gethelp 1800-645-8333	Project Bread offers free food assistance for all Massachusetts residents.
Food for free	https://foodforfree.org/	Free food for MA residents
Latest information of the coronavirus	mass.gov/covid-19 / mass.gov/coronavirus Call 211	Most updated information of the coronavirus outbreak
"Extra Help" Homework Hotline	"Extra Help" Homework Hotline	Weekly, live, homework hotline television series providing help to Boston students. Students in all grades can watch the show and call or email ExtraHelp teachers to receive help with their homework, clarify a problem they may be having in a particular subject or prepare for MCAS and SAT tests.
Parental Stress Hotline	1-800-632-8188 https://www.parentshelpingparents.org	Help and resource information for MA residents. Anonymous and confidential 24/7 help for parents or guardians with problems relating to their children. Offers free support groups.
The Refugee and Immigrant Assistance Center	253 Roxbury Street, Boston, MA 02119 (617) 238-2430 <u>If you need to reach the clinic after hours, please call (617) 261-2034</u> Email: riac@riacboston.org http://www.riacboston.org	Provides refugee resettlement services and citizenship programs as well as community counseling and a community support program.
Family Guide to coronavirus with children	Family Guide to Coronavirus with Children- English Guía familiar de coronavirus con niños - español	While it is best to limit time in groups, it is also important to create a sense of normalcy with children
Boston Public schools coronavirus website	BPS website.	Coronavirus website from Boston Public schools to all Boston Families.

<u>Centers for Youth & Families</u>	<u>617-635-4920 https://www.boston.gov/departments/boston-centers-youth-families</u>	
<u>Heating</u>	<u>Dial #311 or https://www.boston.gov/departments/311/home-heating-help-tenants</u>	Heating help for families
Online Resources for students from K1 to 6th grade.	<u>https://docs.google.com/document/d/1iGo1xk7D-7uWWwHE_tqXnl9_DjGKFBXQgMk8U-BEOAg/edit?usp=sharing</u>	
Scholastic	<u>https://classroommagazines.scholastic.com/support/learnathome.html</u>	Scholastic is offering free online courses so your kids can keep learning while schools are closed
Khan Academy	<u>https://docs.google.com/document/d/1wB8a2Hz5oIG17Rks0GB3BHmEAZ9TYyUZeITRMhfFoM/edit?fbclid=IwAR0DYQPZYlXo6Gcwj3_IdOwE5gP9otF4x7w6VojQrjHnEmdRfhlqEdi17UA</u>	Khan Academy student resources for school closure
Kids activities blog	<u>https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR32tknlmTuBbXzeNSiv8pkJ8ybOa7e6GP1u4vaHHPSELFv20DtnVKcpsTM</u>	Free activities for families
Learning At Home	<u>https://classroommagazines.scholastic.com/support/learnathome.html</u>	Create a free profile to access books and curriculum for all grades!
Free literacy resources for kids	<u>https://www.storylineonline.net/</u>	
COVID-19 Multi-language fact sheet	<u>https://www.mass.gov/info-details/covid-19-printable-fact-sheets?fbclid=IwAR1im-8eQYKiHaYMz0fxd3-dmT3wZzwaaxhxUHH1pPLVrkXTPw37_uMdGdU</u>	Information in many languages!
Mental Health	<u>https://alliancefordecisioneducation.org/teach/programs/mindfulness-choices</u> <u>Meditation for Kids - Headspace</u> <u>www.headspace.com</u> › meditation › kid <u>https://bitsofpositivity.com/free-guided-meditations-for-kids-mindfulness-resources/</u> <u>https://www.everydayhealth.com/fitness-pictures/ways-to-stay-active-all-day.aspx</u>	Free meditations websites for families!

Daily Schedule for families

https://docs.google.com/document/d/1RMGtT8wJabqdr_REbxUBEAfSr6LWexx28pDjArcOao/edit?usp=sharing

Comic for kids about the CoronaVirus(Really good resource for our little ones)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

