



Resources for Parents to help Reduce Stress at home

EdNavigator –

Get Tips on making the most of each day while schools are closed:

<https://mailchi.mp/ednavigator/onegreatthing>

CDC Managing Stress:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Action for Healthy Kids Plan:

<https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>

We are teachers Website:

<https://www.weareteachers.com/free-online-learning-resources/#elementary>

PBS Curriculum:

<https://mass.pbslearningmedia.org/>

Crafts to inspire learning- Scholastic:

<https://www.scholastic.com/teachers/articles/teaching-content/37-amazing-craft-ideas/>

Shape America:

<https://www.shapeamerica.org/covid19-resources.aspx>

More Museums to attend:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Common Sense Resources:

<https://files.constantcontact.com/94992021201/3c8adbea-a699-48e7-93bf-9fe6aab235bf.pdf>

Art Curriculum:

<https://docs.google.com/document/d/1EVMQiHHKugF4RQ071DzimkSKn1AuiBNOJ-i6xs1mBts/preview?fbclid=IwAR3-yOKcbCmh0tWBWhhRvBJjqPPbljCsgpJY2q-5QZlAs4AVbl8rHdH0Xw#heading=h.5rmt33a4f9f1>

- [GreatSchools.org printable worksheets and lessons](#)
- [Scholastic Learn-at-Home \(for use by non-educators\)](#)
- [Sanford Harmony SEL curriculum](#)
- [CDC guidance for talking with kids about COVID-19](#)