

2020 MPS Before & Afterschool Student & Family Resources

We hope you and your family are safe and well!

With the news that school has been canceled through the end of the school year, we put together this list of online resources for students of all ages for your convenience and fun. We invite you to visit the pages for ideas on movement and wellness, e-learning, virtual field trips, and more. Please note these are recommendations, and families should review before allowing students to access websites. We miss our students and look forward to being together soon!

Boston Children's Hospital Greeting Card Program:

https://secure.childrenshospital.org/site/SPageNavigator/Send_a_Message.html

Health, Wellness & Movement

Free Beach Body Kids Workouts: <https://vimeo.com/showcase/6880106>

Cosmic Kid Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

5 Minute Breathing Exercise: https://www.mindful.org/a-five-minute-breathing-meditation/?mc_cid=3656e0c46f&mc_eid=2beb51d592

Autism Resource Central for Families During COVID-19:
<https://www.autismresourcecentral.org/2020/03/resources-for-families-during-covid-19-quarantine/>

Resilience & Routines for Families During the Pandemic:
<https://www.psychologytoday.com/us/blog/child-development-central/202003/resilience-and-routines-families-during-the-pandemic?eml>

Free YMCA Exercise Classes: <https://ymca360.org/>

Educational

National Geographic for Kids: <https://kids.nationalgeographic.com/>

Celebrities Reading Children's Books: <https://www.storylineonline.net/>

Fun Learning Games Pre-K-8: <https://www.funbrain.com/>

Stuck at Home Science: <https://californiasciencecenter.org/stuck-at-home-science>

Free Amazon Audible Kids: <https://stories.audible.com/start-listen>

Lunch Doodles with Mo Willems: <https://www.kennedy-center.org/education/mo-willems/>



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Just for Fun!

Free Amazon Kids Shows:

https://www.amazon.com/gp/video/storefront/ref=atv_hm_hom_1_c_ZWYNDQ_fMHI51_1_1?contentId=freeforall&merchId=freeforall&tag=mochaglobal-20&ascsubtag=srctok-a071f262318f40da&btn_ref=srctok-a071f262318f40da

20 Screen Free Things to Do with Kids: <https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/>

PBS Kids: <https://pbskids.org/>

NASA Kid's Club: <https://www.nasa.gov/kidsclub/index.html>

Spark Imagination Activities: <https://galileo-camps.com/galileo-anywhere>

Hands On Activities: <https://handsonaswegrow.com/>

Virtual Field Trips

New England Aquarium: <https://www.neaq.org/visit/at-home-events-and-activities/>

San Diego Zoo: <https://kids.sandiegozoo.org/videos>

15 Broadway Plays and Musicals (Watch from home): <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Mars Virtual Field Trip: <https://accessmars.withgoogle.com/>

National Museum of Natural History Virtual Tour: <https://naturalhistory.si.edu/visit/virtual-tour>

Hubble Space Telescope: <https://www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour>

Ideas for Older Kids & Adults

TED Talks- Spreading Great Ideas: <https://www.ted.com/>

How To Do Anything: <https://www.wikihow.com/>

Free e-Books from NYC Library app: <https://www.nypl.org/books-music-movies/ebookcentral/simple>

Milk Street Cooking School: <https://www.177milkstreet.com/school/classes/online-classes/?fbclid=IwAR3LqEshk5Y4-sbsS-FPLeucfZlYs84KnPFIBV5YzmCJz8RAAgmKbHwldGA>

How to Create a Powerful Gratitude Journal: <https://blog.mindvalley.com/gratitude-journal>

