



Health & Wellness

- **Action for Healthy Kids (Nutrition/Exercise)**
<https://www.actionforhealthykids.org/covid-19-and-at-home-resources/>
- **America's Test Kitchen (Nutrition)**
<https://www.americastestkitchen.com/kids/recipes>
- **4-H Activity Guide (Wellness)**
<http://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>
- **We Are Teachers (Exercise)**
<https://www.weareteachers.com/virtual-pe-classes/>
- **YMCA (Exercise)**
<https://www.ymca.net/your-y-at-home-for-kids-and-families>
- **New Jersey Mental Health Cares (Counseling) Information available in Eng & Sp**
njmentalhealthcares.org/
- **Child Mind Institute (Emotional Health) Eng & Sp**
<https://childmind.org/coronavirus>
<https://childmind.org/recursos-en-espanol/>
<https://www.facebook.com/ChildMindInstitute>
- **Net Smartz Kids (Online Safety Education)**
<https://www.netsmartzkids.org/into-the-cloud/>
- **Testing Information by County (Health)**
<https://ucnj.org>
<https://essexcountynj.org>
<https://hudson-county-coronavirus-resources-hudsoncogis.hub.arcgis.com/>



Home Learning

- **Chatter Pack**
<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>
 - **SPAN Parent Advocacy Network: Eng & Sp**
<https://spanadvocacy.org/>
<https://spanadvocacy.org/?s=Spanish>
- Offering 30-minute "Families Talk" chats on Tuesdays at 11:30 am and 7:30 pm via Zoom link-
<https://zoom.us/j/2099872673>
- **Khan Academy Eng & Sp**
<https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->

<https://khanacademy.zendesk.com/hc/es/articles/360040167432-Cómo-puedo-utilizar-Khan-Academy-para-el-aprendizaje-a-distancia-durante-el-cierre-de-escuelas->
 - **Wide Open School**
<https://wideopenschool.org>
 - **Tutor.com**
<https://tutor.com/students>
 - **Great Schools Org Eng & Sp**
<https://www.greatschools.org/gk/coronavirus-school-closure-support/>
 - **Brain Pop Eng & Sp**
<https://www.brainpop.com/>
<https://esp.brainpop.com/>



Match FUN

- **Favorite Recipes**
Think about your family's favorite foods and recipes. Create a recipe book together that captures your traditions and meals you both enjoy. Have your Little illustrate it with pictures.
- **Cook or Share a Meal Together**
Teach your Little about healthy eating & measurements.
- **Learn a language**
Teach you Little a new language or learn together. Teach each other a new word or phrase at each session. Write them down to keep track and see how many you can remember. Use DUOLINGO for FREE!
- **Exercise Together**
Make an exercise plan together. Do it simultaneously, or create a competition to see who reaches the target.
- **Help Your Little With Homework**
- **Do a Virtual Visit Together to the Newark Museum or the Liberty Science** teach them about Science and History
- **PSAT/SAT Prep**
Help your Little prepare for the PSAT/SAT.
- **Connect through a fun 'app' game on your phone/tablet.** Play Chess, Scrabble, or Words With Friends!

CAPTURE AND SHARE YOUR FAVORITE VIRTUAL MOMENTS WITH US! TAG US OR SEND US A PICTURE.

www.facebook.com/BigsAndKids

WE WOULD LOVE TO HEAR FROM YOU!

https://twitter.com/BBBS_EHU

