

[CORONAVIRUS \(COVID-19\) RESOURCES FOR SCHOOLS AND FAMILIES](#)



The Indiana State Department of Health (ISDH) is closely monitoring a pandemic of [coronavirus or COVID-19](#). With all Indiana schools closed until May 1, 2020, we wanted to provide a list of resources for everyone during this time of uncertainty. Whether you are a teacher, parent, health worker, child care employee, public health worker or student, we want to make sure you are still taking care of yourself. Please see below for resources to help keep you safe and physically, mentally, and emotionally healthy. We are here to support **YOU!**

Free Online Resources - Exploratory Learning, Physical Activity, Mindfulness, Nutrition and More!

- [Playworks Online Game Library](#) - Playworks
 - [5210 Healthy Behaviors Challenge sheet](#) - Jump IN for Healthy Kids
 - [Online Kids Dance Classes](#) – KIDS DANCE OUTREACH
 - [GoNoodle Library](#) - Movement and Mindfulness videos
 - [Yoga Ed Youtube Channel](#) - Yoga for Children
 - [Scholastic Learn at Home](#) - Day to Day Projects to Keep Kids Growing
 - [PBS Kids Learn and Grow:](#) - Age by Age Tips & Activities for Social Emotional Learning, Literacy, Arts and More!
 - [Activities for Kids at Home During School Closures](#) - *Time*
 - [Health at Home PE & Health Resources for Parents](#) – CATCH
 - [Kitchen Classroom](#) – America’s Test Kitchen
 - [Podcasts for Students and Families](#) - Family Resource and Youth Services Center
 - [SEL Resources for Parents, Educators & School Communities](#) – Inside SEL: Social & Emotional Learning
 - [Just for Kids Comic \(How to explain COVID-19 to a child\)](#) - NPR
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General COVID-19 Resources for Everyone!

- [Coronavirus CDC Resources](#)
- [Managing Stress and Anxiety When Navigating a Health Crisis](#)
- [Indiana State Department of Health \(ISDH\) Public Resources](#)
- [2020 Mental Health Toolkit](#)
- [How to Practice Self-Care During the Coronavirus](#)
- [Making the Most of Your Time at Home](#)