



Tips and Resources for Staying Safe, Healthy and Having Fun in the Times of COVID-19 (or when stuck at home on a rainy-day)

This list was compiled by The Children's Guild Foundation Autism Spectrum Disorder Center at Oishei Children's Hospital to help families keep occupied during times spent indoors. Many of the resources have been shared with us by other families and found on Facebook groups or other websites. The list is by no means comprehensive but many families enjoyed them and we thought they were worth sharing. Some of the activities may be offered for a limited time. As always, each child is different and not all of the suggestions may appeal/work for everyone.

If you have any resources you would like to add, please email Jana: jmertz@kaleidahealth.org

FOOD & COMMUNITY RESOURCES

Certain Buffalo Public Schools & Community Schools are offering FREE grab and go breakfast and lunch please check the link for the latest information. Here is a link to the list of schools and more information: <https://www.buffaloschools.org/Page/88598> For other areas, please contact your home district to see what is available.

<http://www.211wny.org/> **211 WNY is your free and confidential link to health and human services.** Every day, across Western New York, people just like you are looking for help. 211 WNY is here 24 hours a day, 7 days a week.

WIFI – For households with children k-12 who do not already have access to wifi, FREE wifi is available for 60 days through Spectrum/ Charter and many of the networks are opening their wifi hotspots. It is important to note that after 60 days, their regular rates may apply. Please contact individual providers for specific details. Here is the number for Spectrum 1-844-488-8395

Here is a link to where the **free hotspots** are – you just need to type in your zip code or address: <https://www.spectrum.com/free-wifi-hotspots/new-york/buffalo>

RELIABLE & UP- TO-DATE INFORMATION ABOUT COVID-19

Centers for Disease Control and Prevention - <https://www.cdc.gov/>

New York State Department of Health - <https://coronavirus.health.ny.gov/home>

Kaleida Health - <https://www.kaleidahealth.org/coronavirus/>

World Health Organization <https://www.who.int/>

RESOURCES ABOUT HANDWASHING AND STAYING HOME & AUTISM SPECIFIC

Autism Speaks has a **social narrative about getting sick and handwashing**.

https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

Here is the link to **COVID-19 page for Autism Speaks**: <https://www.autismspeaks.org/news/covid-19-information-and-resources>

Corona Virus Social Narrative <https://littlepuddins.ie/coronavirus-social-story/>

Carol Gray – Social Story about importance of washing hands <https://carolgraysocialstories.com/wp-content/uploads/2020/03/COVID-19-I-Can-Help.pdf>

Autism Society link to their COVID 19 page <https://www.autism-society.org/news/covid-19-preparedness-and-resources/>

10 Therapeutic Activities for Children with Autism <https://harkla.co/blogs/special-needs/therapeutic-activities-autism>

See Handwashing visual included in this resource

RELAXATION & EMOTIONAL WELLNESS

Take a moment to breathe and/or go for a walk! Play some music that makes you calm or happy.

Factsheet from The National Child Traumatic Stress Network **“Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)”**

https://www.kaleidahealth.org/coronavirus/support/outbreak_factsheet_1.pdf

CALM – This is one of the most popular relaxation apps. There is a free version and, right now, they have compiled a list of FREE resources to support mental and emotional wellness during this time:

<https://blog.calm.com/take-a-deep-breath>

10% Happier – Here is a link to their coronavirus sanity guide

<https://www.tenpercent.com/coronavirussanityguide>

Insight Timer is a popular app with free and paid content <https://insighttimer.com/>

AntiStress - Relaxing Games app many of our families like – free and paid content

<https://apps.apple.com/us/app/antistress-relaxing-games/id1207565651>

PHYSICAL FITNESS/YOGA/MOVEMENT

A little exercise, yoga, movement can work wonders on stress and be fun for the family.

GoNoodle - <https://www.gonoodle.com/> Movement Powers Change® GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for **free** at school, home, and everywhere kids are!

Cosmic Kids <https://www.cosmickids.com/> Popular site for stories, yoga and fun.

Yoga with Adriene - <https://yogawithadriene.com/> Free yoga videos

Just Dance This is on youtube, you can pick your favorite song and dance along.

Little Sports <https://www.youtube.com/channel/UCTIwFB4ciFi5ZClu-VlwaOg> These are 15 minute follow along exercise videos that you can do in your house.

STAYING CONNECTED WITH FRIENDS & FAMILY & COMMUNITY

Zoom – www.zoom.com You can create a free account and hold virtual “meetings” or get together and see everyone on the screen. We did one the other night with about seven friends and it was like a virtual party. You can use it from a computer or phone.

Good old fashioned letters or drawings – take a moment to write a letter or make a picture and send it to a loved one, **MAIL** it to a nursing home or if you want to take a moment to thank a troop overseas, here is one organization that will send them: <https://supportourtroops.org/cards-letters>

Paint and Hide Some Rocks – It might make someone’s day to find a pretty rock or one with a hopeful, happy message. There is a local group Sweet Buffalo Rocks that has a facebook page: <https://www.facebook.com/groups/sweetbuffalorocks> and there is a popular national group where you can get a free account and register your rocks if you would like so you can follow them: <https://www.gorock.com/>

Other: Try a game night, cook together, watch a movie together, have a dance party, do a puzzle or have theme nights/days.

EDUCATIONAL RESOURCES

www.amazingeducationalresources.com Education Companies Offering Free Subscriptions due to School Closings (Updated) : Amazing Educational Resources

<https://ny.pbslearningmedia.org/> WNET PBS and PBS have curated FREE, standards-aligned videos, interactives, lesson plans and more just for New York teachers . There are also links for parents and students.

<https://www.khanacademy.org/> A non-profit with the mission to provide a free, world-class education for anyone, anywhere.

<https://www.abcmouse.com/> there is some free material but some is also subscription based

Ted-Ed <https://www.ted.com/watch/ted-ed> The TED-Ed project — TED's education initiative — makes short video lessons worth sharing, aimed at educators and students. Within TED-Ed's growing library of lessons, you will find carefully curated educational videos, many of which are collaborations between educators and animators nominated through the TED-Ed platform.

Minute Physics <https://www.youtube.com/user/minutephysics> These quick illustrated tutorials make for perfect minute long science lessons that you can share with your kid. Created by Henry Reich, the YouTube channel examines a wide range of fun subjects like the physics behind black holes or whether it is better to walk or run in the rain.

Buffalo Public Library – List of online resources

<https://www.buffalolib.org/sites/default/files/users/dcteam/new-releases/Press%20Release%20COVID-19%20-3-24-2020%20FINAL.pdf>

JUST FOR FUN ACTIVITIES & OTHER HELPFUL INFORMATION

Lunch Doodles - Mo Willems (beloved artist and author) is hosting a **free video series at 1:00 pm each day** Here is a link for more information: <https://www.kennedy-center.org/education/mo-willems/>

Sensational Fun facebook – they are posting online activities including Music with Miss Sara Rogers, art and OT activities.

Disney – go for virtual rides <https://people.com/travel/stuck-on-the-couch-heres-how-to-take-a-virtual-ride-on-your-favorite-disney-attractions/> or here <https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893>

Facebook – has a great group page, Covid-19 & Keeping Kids Busy <https://www.facebook.com/groups/729876217545556/>

20 Virtual Field Trips to Take with Your Kids <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>



No School



I do not have school today.



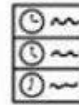
I will stay home.



School is closed so that I can stay safe.



I am used to going to school. When I stay home, my schedule is different and that is ok.



I might feel sad, anxious, or bored because of the change.



At home, I will play and rest.

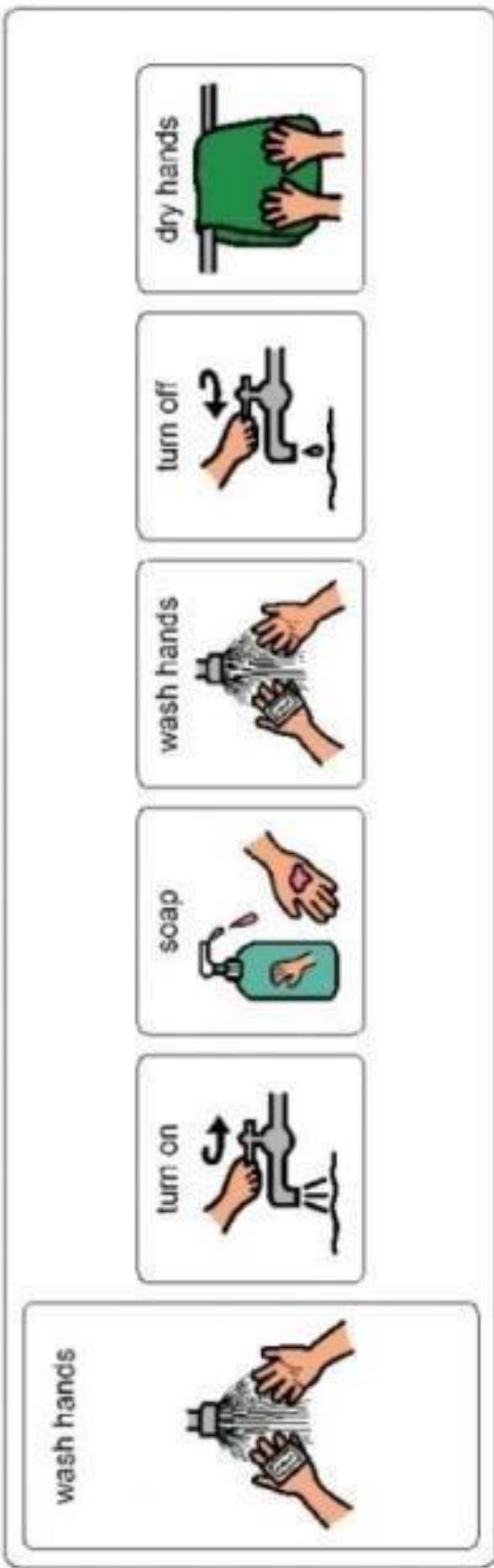


I will listen to my family.



I will be back to school soon to see my teachers and friends.





7 daily drawing prompts - week 2

1

a food truck
selling something stinky

2

a map to a secret,
faraway place



3

a fruit
that has made
friends with a
vegetable



4

an under-the-sea
birthday party

5

a cactus who
wants a hug



7

a dragon who is
hoarding something
other than treasure



SOUL SPARKLETES

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest, pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	Day 25 Design and build your dream bedroom.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 26 Design and build your dream bedroom.	Day 30 There is blizzard. You will need to build a snowmobile
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile			What was your favorite day?

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERNT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything
gets put back where it belongs!

ART RESOURCES FOR DIGITAL ART

- MATISSE'S PIECES**- explore shape and color through making works of art similar to Henri Matisse <http://toytheater.com/matisse-piece.php>
- PICASSO HEAD**-create portraits in the style of Pablo Picasso www.picassohead.com/create.html
- JACKSON POLLOCK**- move mouse across screen to create a unique work in the style of Jackson Pollock jacksonpollock.org
- AMINAH'S WORLD**- create a digital collage based on Ohio Artist Aminah Brenda Lynn Robinson www.aminahsworld.org
- JULIAN OPIE**- create self portraits inspired by Julian Opie's series of portraits installation at Tate Britain in London www.artisancam.org.uk/flashapps/exploreselfportraits/
- CANVASTIC**- use circles, ovals, squares, rectangles, and triangles to make abstract art in the style of Kasimir Malevich <https://canvastic.net>
- MONDRIMAT**- experiment with space, color, and visual rhythm based on the theories of Piet Mondrian www.stephen.com/mondrimat/
- ROY LICHTENSTEIN**- explore the work of the famous Pop Artist creating ones own comic book style painting using Benday Dots www.artisancam.org.uk/flashapps/explorepopart/roy.php
- THE ARTIST'S TOOLKIT**- create an abstract work baed on Auguste Herbin using primary colors, secondary colors, and geometric shapes archive.artsmia.org/artists_toolkit/create_color_primary.cfm.html
- WASSILY KANDINSKY**- create abstract works of art using concentric circles and design principle harmony in the style of Kandinsky <https://mrdoob.com/projects/harmony/#circles>
- THINK DRAW**- create a still life inspired by Van Gogh by dragging shapes to the center canvas to create an image www.thinkdraw.com
- PAUL CEZANNE**- create a still life inspired by Paul Cezanne by dragging organic and geometric shapes to the center canvas to create an image www.thinkdraw.com/?theme=fruit
- ROMAN MOSAICS**- create a mosaic by using geometric patterns, greek keys, or roman mazes www.gwdir.demon.co.uk/jo/masaic/mkmosaic.htm
- SUMINAGASHI**- mimics "floating ink" process of mixing water and ink to transform it into colorful marbling plain paper haxiomic.github.io/GPU-Fluid-Experiments/html5/
- MANDALAS**- meditative technique using a circle geometric design to create a work of art <https://www.myoats.com/create.aspx?>
- KALEIDOSCOPE PAINTER**- similar to real kaleidoscopes start with a patterns adding lines that are mirrored and multiplied <https://permadi.com/java/spaint/spaint.html>
- IMAGINARY CITIES**- invent scenes and places of an imaginary city that artists could live in <https://www.tate.org.uk/kids/games-quizzes/my-imaginary-city>
- COLORFUL MOSAICS**- create ones own virtual lite-brite mosaic www.happydaric.com/lite-brite/index.html

Art Museums With Virtual Tours

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Tate Kids: Virtual Online Art Museum: art activities, art games, explore artists, and art gallery; <https://www.tate.org.uk/kids>

Met Kids: The Metropolitan Museum Of Art: Explore the museum, hop in a time machine, and watch videos about famous artist; <https://www.metmuseum.org/art/online-features/metkids/>

MOMA Destination Modern Art: Intergalactic journey to the Modern Art and Contemporary Art Museum in New York. <https://www.moma.org/interactive/destinations/#>

Getty Games: Visit the Getty Museum of Whyville: Play free online games with Getty Art! Test your memory, play detective, or solve a puzzle! www.getty.edu/gettygames/

Country Dog Gentleman Travel to Extraordinary Worlds: Video Series on adventures to learn about famous artists in San Francisco Museum of Modern Art Collection. <https://www.sfmoma.org/series/countrydogs/>

NGAkids Art Zone: Informative introduction to art history using computer-based activities that encourage exploration and creativity <https://www.nga.gov/education/kids.html>

Curious Corner: Visit the Art Institute of Chicago to explore curiosities through story time, match up, and playing with art <https://archive.artic.edu/cc/index.html>

ArtGames: Albright Knox Art Gallery: interactive website with gallery games, art cards, and information about famous artists <https://www.albrightknox.org/community/ak-innovation-lab/artgames-20>

Art K12 Art History Curriculum Designed as Fun: Variation of art history games such as concentration, crossword puzzles, and matching games <https://artk12.com/category/games/>

A. Pintura Art Detective: The Case of Grandpa's Painting play as a 1940s noir detective using art history, art compositions, and art concepts to solve mysteries <https://www.eduweb.com/pintura/>

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14 DAYS of drawing at home

DAY ONE:

A SELF PORTRAIT

- EYES □ MOUTH
- EARS □ EYEBROWS
- NOSE □ HAIR

DAY TWO:

A SPORT



DAY THREE:

A FAMILY PORTRAIT



DAY 4:

YOUR FAVORITE ANIMAL



DAY FIVE:

SOMETHING OR SOMEONE YOU LOVE!



DAY 6:

FREE DRAW!

DRAW ANYTHING YOU WANT!

DAY 7:

SOMETHING IN SPACE!



DAY 8:

AN OCEAN SCENE



DAY NINE:

YOUR FAVORITE BOOK CHARACTER

OR A SCENE FROM A BOOK



DAY TEN:

YOUR DREAM ROOM!

- BIG WINDOWS?
- GIANT BED?
- LOTS OF TOYS?

DAY 11:

YOUR FAVORITE FOOD



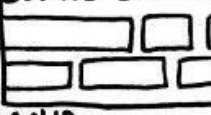
DAY 12:

A GARDEN



DAY 13:

YOUR OWN COMIC BOOK!



DAY 14:

A BUG



Categories	Apps
Apps for Dyslexic Learners	<ul style="list-style-type: none"> • SoundLiteracy • What Is Dyslexia • Dyslexia Quest • Happy Math Multiplication Rhymes • Read 2 Me • Phonics with Phonograms • Dysegqxia • DD's Dictionary: A Dyslexic Dictionary
Apps for Autistic Learners	<ul style="list-style-type: none"> • Sight Words • Sequences for Autism • See.Touch.Learn • Words on Wheels • Verbal Me • Autism iHelp • Autism/DDT Shapes • Autism DDT Letters • Speech with Milo
Apps for The Visually Impaired	<ul style="list-style-type: none"> • ViA • Dragon Dictation • Light Detector • Color ID • TapTapSee • Be My Eyes- Helping Blind See • Talking Calculator • SayText • AccessNote • Visual Brailier
Apps for Learners with Writing Difficulties	<ul style="list-style-type: none"> • The Writing Machine • iWrite Words • Letter School • Alpha Writer • ABC Pocket Phonics • Word Magic

FREE EDUCATIONAL SITES

SCHOLASTIC LEARN AT HOME

Google "Scholastic Learn at Home" for quick access

PBS LEARNING MEDIA

nj.pbslearningmedia.org

NAT GEO 4 KIDS

kids.nationalgeographic.com

ABCYA

abcya.com

FUN BRAIN

funbrain.com

STARFALL

starfall.com

HIGHLIGHTS KIDS

highlightskids.com

STORYLINE ONLINE

storylineonline.net

ABC MOUSE

abcmouse.com

WONDEROPOLIS

wonderopolis.org

LEARNING A-Z

learninga-z.com

BRAINPOP

brainpop.com

VOOKS

vooks.com/teacher-appreciation

PHONICS HERO

phonicshero.com

DREAMSCAPE

squigglepark.com/dreamscape

SWITCHEROO ZOO

switcheroozoo.com

BOOM LEARNING

wow.boomlearning.com

KIDS DISCOVER

online.kidsdiscover.com

TIME FOR KIDS

timeforkids.com

GONOODLE

gonoodle.com

Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- | | | |
|---|---|--|
| <input type="checkbox"/> Sort and tag your digital photos | <input type="checkbox"/> Write a poem or story | <input type="checkbox"/> Join an online community of likeminded people |
| <input type="checkbox"/> Make into a collage or poster | <input type="checkbox"/> Start a Journal or Blog | <input type="checkbox"/> Reach out to someone who lives alone or is feeling anxious |
| <input type="checkbox"/> Research your next holiday | <input type="checkbox"/> Read the books you never have time for | <input type="checkbox"/> Host a Skype / Zoom dinner party |
| <input type="checkbox"/> Do a photography project | <input type="checkbox"/> Yoga or exercise class | <input type="checkbox"/> Or a virtual support group |
| <input type="checkbox"/> Attend a Twitter Conference | <input type="checkbox"/> Spruce up your CV | <input type="checkbox"/> Get some positivity into your social media feed |
| <input type="checkbox"/> Declutter . Baby steps. | <input type="checkbox"/> Start your novel | <input type="checkbox"/> Try positive psychology activities |
| <input type="checkbox"/> Research a charity to support | <input type="checkbox"/> Try an art project | <input type="checkbox"/> Cook an amazing breakfast |
| <input type="checkbox"/> Prep and freeze some meals for when you're sick or back at work | <input type="checkbox"/> Binge on iview | <input type="checkbox"/> Create an amazing treasure hunt or clue-trail for a family member |
| <input type="checkbox"/> Create a digital scrapbook | <input type="checkbox"/> Revamp your garden | <input type="checkbox"/> Get familiar with online grocery shopping : create favourites lists |
| <input type="checkbox"/> Start a gratitude journal | <input type="checkbox"/> Practice mindfulness | <input type="checkbox"/> Or virtual dance party : You dress up and groove to the same music |
| <input type="checkbox"/> Write letters of love or thanks to your people. Post them. | <input type="checkbox"/> Try an eLearning course | <input type="checkbox"/> Organise your music playlist |
| <input type="checkbox"/> Research something you have always wondered about | <input type="checkbox"/> Make a cook book | <input type="checkbox"/> Reorganise your wardrobe |
| <input type="checkbox"/> Have a scented bubble bath with candles and music | <input type="checkbox"/> Create homemade gifts | <input type="checkbox"/> Delete all the apps you don't use and discover some new ones |
| <input type="checkbox"/> Write an advice letter to the teenager you were . Write another to yourself in 20 years . | <input type="checkbox"/> Phone old friends | <input type="checkbox"/> Hold a family or street singalong |
| <input type="checkbox"/> Learn a heritage skill like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies. | <input type="checkbox"/> Play parlour games | <input type="checkbox"/> Try some science experiments |
| <input type="checkbox"/> Draw an apple using a different style each day, for a week. | <input type="checkbox"/> Fix broken stuff | <input type="checkbox"/> Deliver supplies to those in need |
| <input type="checkbox"/> Attend a virtual symphony | <input type="checkbox"/> Design a dream home | <input type="checkbox"/> Rediscover a dusty appliance, instrument or boardgame |
| <input type="checkbox"/> Catch up on great movies | <input type="checkbox"/> Practice forgiveness | <input type="checkbox"/> Research training opportunities for when the world reopens |
| <input type="checkbox"/> Learn to say a favourite phrase or quote in 7 different languages | <input type="checkbox"/> Plan your next party | <input type="checkbox"/> Build something amazing with Lego (You know you want to) |
| <input type="checkbox"/> Try Creatively Visualising goals | <input type="checkbox"/> Kick a bad habit | <input type="checkbox"/> Brainstorm marketing ideas for your business, club or charity |
| <input type="checkbox"/> Create a detailed spreadsheet of how you would spend \$10 million | <input type="checkbox"/> Try adult colouring in | <input type="checkbox"/> Write to your MP about an issue |
| | <input type="checkbox"/> Join a virtual bookclub | <input type="checkbox"/> Create a list of " Things to be Happy About ": add to it each day |
| | <input type="checkbox"/> Find great podcasts | |
| | <input type="checkbox"/> Update your goals | |
| | <input type="checkbox"/> Upcycle something | |
| | <input type="checkbox"/> Build a free website | |
| | <input type="checkbox"/> Re-arrange furniture | |
| | <input type="checkbox"/> Start a dream journal | |
| | <input type="checkbox"/> Binge TED Talks | |

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