



Resources for Families & Educators: Virtual/At-Home Learning & Social Justice

Created with love by Christina Amendola and Eva Sandler

[Register for Our Additional Services here!](#)

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Available Exclusively Through EmPath Learning

For Families

Home Wellness & Fostering a Safe Environment

How to Talk to Your Kids About COVID-19

- [How to Talk About Coronavirus With Kids](#) - Understood.org
- [Helping Children Cope with Coronavirus and Uncertainty](#) - A video from the Harvard Graduate School of Education
- [Helping Children Cope With Changes Resulting From COVID-19](#) - The National Association of School Psychologists
- [How to Talk to Your Kids About Coronavirus](#) - PBS.org
- [11 Questions Parents May Have About Coronavirus](#) - *NYTimes*
- [What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda](#) - NPR
- [Time to Come in Bear](#) - Great video explaining social distancing to the littles.

Creating a Home Learning Environment

- [Schools Closed? How to Make a New Home Routine...](#) - PBS
- [Distance Learning: 8 Tips to Get Your Child Ready to Learn at Home](#)
- [Creative Connections While Apart](#) - How to support a sense of community while maintaining distance.
- [Talk About the Text](#) - Supporting children's literacy development at home
- [Home Learning During the Crisis](#) - Practical tips from *Psychology Today*

Supporting Children's Social/Emotional Learning & Emotional Health

- [The Nurture Place](#) - An online community and nonprofit that provides accessible, child-centered and trauma-informed support for families through collaborative community engagement. opportunities for families to discover and develop their strengths, heal from adversity and grow thriving and strong connections.
- [Trauma smart resources- community doc](#) - Started by a parent, this is an amazing resource for healthcare, community, food, education, etc. resources spreadsheet

	<ul style="list-style-type: none"> ● Supporting One Another in Times of Crisis - How caregivers and school professionals can create a safe environment for children during times of stress and disruption ● 20 Learning Activities to Keep Kids Busy - Understood.org ● How You and Your Kids Can De-Stress During Coronavirus - PBS ● #Do good from home challenges
<p>Homeschooling Resources</p>	<ul style="list-style-type: none"> ● Hands on pre-K science experiments ● Harry Potter at home ● Wide Open School.org programming ● Do Good From Home challenges! ● Becoming a “Math family” ● Heggerty Phonemic Awareness program FOR PARENTS <ul style="list-style-type: none"> ○ Phonics teaching video for parents ○ Downloadable lesson plans

Resources for Independent Work Time

<p>Reading: Read aloud, access materials to read</p>	<ul style="list-style-type: none"> ● Read, Wonder, and Learn - watch a variety of children’s authors read books aloud ● Storyline Online - watch children’s books read aloud. Features a wide collection ● Lunch Doodles with Mo Willems - the author/illustrator shares a new video with a story and illustrations every day ● The New York Public Library - free digital books ● The National Emergency Library* - From the Internet Archive, a non-profit library of millions of free books, movies, software, music, websites, and more. Their collection of books supports emergency remote teaching, research, independent scholarship, and intellectual stimulation while universities, schools, training centers, and libraries are closed. <i>Note: You need to open a free account to use the site, and all books are viewable for 14 days.</i>
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	<ul style="list-style-type: none"> ● 1,000 Free Audio Books: Download Great Books for Free ● LibriVox - free public domain audiobooks ● Free Audio books for kids at Audible ● CKLA Common Core Knowledge Language Arts <ul style="list-style-type: none"> ○ Free online read-alouds K-3 ● Your local library has digital books and audiobooks to check out
<p style="text-align: center;">Visual Art: Self-guided art exploration and virtual classes</p>	<ul style="list-style-type: none"> ● MoMA Learning - Download and customize slideshows, worksheets, and other resources for self-guided learning. Find questions, hands-on activities, and other opportunities for enrichment. ● At-Home Art Classes with the Guggenheim - Visit the calendar for upcoming classes, offered on select Mondays and Thursdays ● Ten Digital Education Resources from the National Gallery of Art - For families with kids in pre-K through 5th grade. Includes a selection of activities, lesson plans, films, and other materials for learning at home.
<p style="text-align: center;">STEM (Science, Technology, Engineering, and Math)</p>	<ul style="list-style-type: none"> ● Science Snacks: Projects and Activities You Can Do! - From the Exploratorium. Hands-on, teacher-tested activities that you can do at home using cheap, available materials. ● ExpeRimental - Fun Science experiments ● RALLY education Math resources* ● Active Math Inc ● Tons of math resources ● Math recovery.org
<p style="text-align: center;">Fun & Educational Games</p>	<ul style="list-style-type: none"> ● Fun Brain - online educational games ● TED Talks to Watch With Kids ● PBS Kids games ● 2 Peas and a DoSeussville ● Starfall - Phonics skills with Games or Books. The very simple games use phonograms, beginning with -an and -at, and include 15 phonics skills. The More Phonics section is really sight word mini-books.

Resources for Self-Care

Home Exercise

- [Bodyweight Workout: 50 Exercises You Can Do on Your Own, Anywhere](#)
- [The best bodyweight workout for beginners—no gym needed](#)
- [Just Dance 3](#)
- [90 day free trial Peloton](#) (Bikeless) exercise videos of many varieties
- [Dance Classes](#) - At Salsa in Queens Social Dis-Dancin’

Yoga & Mindfulness for Kids

- [NinjaFocus](#) - Mindfulness/meditation App for kids. Offers a free 90-day trial.
- [Three Ways for Children to Try Meditation at Home](#) - From the NYTimes Well guide.
- [Mindfulness exercises, mindful music, podcasts, and guided meditation](#) - For parents and children, from Susan Kaiser Greenland. Includes link to [Stop, Breathe & Think Kids](#), a free mindfulness App for kids.
- [DoYogaWithMe.com: Free Online Yoga Videos - Classes and Poses](#)
- [Meditation for Anxiety - Yoga With Adriene](#)
- [10 Minute Guided Imagery Meditation](#)
- [15 Minute Guided Imagery Meditation Exercise](#)
- [How to Meditate - Well Guides from the NYTimes](#)
- Google Play or Apple Apps: Headspace, Mindfulness Coach, Calm

Sensory/STIM activities

- [Sensory Activities to reduce anxiety](#)

Cultural Activities

Virtual Museum Tours

- [Museum of the World](#) - the British Museum in London
- [Solomon R. Guggenheim Museum](#) - New York, United States
- [National Gallery of Art, Washington DC, Washington, DC, United States](#)
- [The J. Paul Getty Museum, Los Angeles, United States](#)
- [Musée d'Orsay, Paris, Paris, France](#)
- [National Museum of Modern and Contemporary Art, Korea, Seoul, South Korea](#)
- [Pergamon Museum, Berlin](#)
- [Rijksmuseum, Amsterdam, Netherlands](#)
- [Van Gogh Museum, Amsterdam, Netherlands](#)
- [Uffizi Gallery, Florence, Italy](#)
- [MASP - Museu de Arte de São Paulo Assis Chateaubriand, São Paulo, Brazil](#)
- Open Heritage Sites from Around the world: [Open Heritage Iconic Sites from Around the World](#)
- [Blarney Castle and Gardens, Cork, Ireland](#)

More Virtual Tours

Mars	Access Mars: A WebVR Experiment
National Parks	<ul style="list-style-type: none">● Yellowstone National Park● Appalachian National Scenic Trail● National Parks Virtual Tours - The complete list
Great Wall of China	Great Wall of China Travel Guide

Live Animal Cams

- [Monterey Bay Aquarium Live Cams](#)
- [Panda Cam](#)
- [Beluga Webcam](#) at the Georgia Aquarium
- [San Diego Zoo](#) - Currently hosting [10 live webcams](#) to help you meet a large variety of their animals, including the zoo's koalas, penguins, tigers, and more. They are also sharing stories and fun arts and crafts online.
- [Cincinnati Zoo & Botanical Garden](#) - Offering a "home safari" on their Facebook Live feed at 3PM ET, daily. They will have up-close animal experiences, plus activities to do at home.
- [ABQ BioPark](#) - This Facebook Live stream features animal feedings and other content including the New Mexico BioPark Society's video series "Your Dose of Vitamin Z". Here you can find sharks and Komodo dragons, to polar bears and more.
- [Houston Zoo](#) - Here you can watch the zoo's herd of Asian elephants wander through their enormous habitat or see the rhinos roll in their mud puddle. For an added bonus, while tuning in to some of the live streams, you can direct the action by using a button in the lower right corner of the screen, allowing you to zoom in and around the habitats for about a minute.

Performing Arts

- [15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)
- [BalletNova Center for Dance](#)

Elective Courses for Children

- [Outschool: Take small-group classes, from anywhere.](#)
- [The Great Courses Plus](#) (one month free trial - search "Programs for Young Learners")
- [Course Horse](#) - For kids and adults- you can find many extracurriculars on here!

For Educators

Teaching Reading & Writing Skills

Methods/Materials from Fundamental methodology

- **FREE PAF (Preventing academic failure) resources-** You can download readers too!
- **Wilson Reading System-** Electronic copies of student workbooks, along with other materials and supports by Wilson.
- **Foundations** resources by Wilson
- **Recipe for Reading** teacher guide, lessons etc
- **Readtheory** leveled reading comprehension exercises- test reading level
- **Letter tile free play** by “Really Great Reading”
 - Webinars also available [here](#)

Teaching Writing Skills

- **SRSD Writing**

Online Literacy Curriculum

- RALLY Education **free reading, writing lessons**
- **Common core sheets** (spelling resources)
- CKLA Common Core Knowledge Language Arts
 - **Free online read-alouds K-3**
 - **Curriculum Pre-K-5**
 - **Boston Public Schools curriculum** - Early learning curriculum
 - **Brown girl dreaming unit/Midsummer Unit**
 - **Core knowledge HISTORY and geography**
- **Pearson ReadyGen Grades K-5** Readiness resources for NYC teachers
- **Collections** at home curriculum
- **Educating Powerful Writers Curriculum** - Complete writing curriculum

	<ul style="list-style-type: none"> ● Online learning “toolbox” ● Khan Academy - recommended to teach content to MS and above.
Libraries	<ul style="list-style-type: none"> ● NYC School Library system <ul style="list-style-type: none"> ○ Gale virtual reference library
Executive Functions Tech	Free 30 day trial of Alta Ipsum

Technology for Communicating and Collaborating with Students

Communication with Students/Reminders	<ul style="list-style-type: none"> ● Remind 101 - Pre schedule to send texts or emails with reminders, aphorisms, and mantras! ● LOOM - Free screencasting software ● Padlet - Great for creating interactive vision boards and collaborating with students on their own “page”
Tech for Collaborating with Reading & Writing	<ul style="list-style-type: none"> ● Formative - Embed content and allow students to respond, or find lessons on needed teaching points and explore them with your kiddoes! Subtext places hidden code, responses and activities within text! ● Newsela - An age old favorite for its news articles which are leveled by lexile, and activities are ccss aligned. You can go on an article, share your screen, and share “remote access” with your student so you can annotate/close read the same article! ● The Fine Art of Persuasion - Television and Advertising ● Learning toolbox - Worksheets and documents/visuals for learning ● BOOM Cards - Visuals to use with ZOOM ● Free tech for learning list

Addressing Online Learning: PD, Webinars, Readings

- **Common core code X** (Webinars)
 - Getting started [here](#)
 - Close reading [here](#)
 - Evidence-based writing [here](#)
- **Teaching early grades online PD Webinars**
- **Helping teachers adjust instruction for tech learning**
- **100 days of Math PD**- NCTM (National Council Teachers of Mathematics)
- **“Reader Come Home” by Maryann Wolf**

Anti-Racism Resources

**If you'd like
to call
yourself
Anti-Racist,
you must:**

1. **Understand what optical allyship is** – “allyship that only serves at the surface level to platform the ‘ally’, it makes a statement but doesn’t go beneath the surface and is not aimed at breaking away from the systems of power that oppress.” – Latham Thomas
2. **Check in on your Black friends, family, partners, loved ones and colleagues** – This is an emotional and traumatic time for the community, and you checking in means more than you can imagine. Ask how you can provide support.
3. **Be prepared to do the work** – Understand that coming to terms with your own privilege will not be a pretty or fun experience. It is necessary to feel feelings of guilt, shame and anger throughout the process.
4. **Read up on antiracist works** – It is not enough to dislike racism, you need to work towards antiracism. The following will be essential for your learning: [Me And White Supremacy](#) (Layla Saad) and [How To Be An Antiracist](#) (Ibram X. Kendi)
5. **Avoid sharing content which is traumatic** – Whatever your intentions, it is vital to consider sharing videos Black people being abused and hurt can be both traumatic and triggering for many Black people. Avoid sharing this content as it increases also to the dehumanization of Black people.

6. **Donate to funds and support initiatives** – Consider supporting platforms and initiatives which support Black people such as the Minnesota Freedom Fund, support Black-owned funding platforms like Kwanda and sign petitions. Put your MONEY and Pen where your mouth is.

[Bail Funds](#)

[Minnesota Freedom Fund](#)

[Justice for Breonna Taylor](#)

[Homeless Black Trans Women fund](#)

7. **Do not center this narrative around yourself** – Whilst it is nice that you can relate and empathize, now is not the time to insert your personal experiences into a narrative that isn't about you. This is actually harmful and takes away from the severity of the situation. Leave your ego.

8. **Keep supporting after the outrage** – It should not take an act of brutality or the virality of a situation for you to suddenly show your support. Keep supporting Black media, Black initiatives, charitable organizations and continuing your work AFTER the attention has died down.

9. **Stop supporting organizations that promote hate** – If you read pieces on media platforms that promote hate or fund supremacist and hateful organizations, you are contributing to the problem. Equally, stop supporting organizations that love “Black culture”, but fail to speak up on issues affecting the Black community.

10. **Start your long-term strategy** – How are you making a long-term impact or affecting change? Can you mentor a young person? Can you become a trustee for an organization that supports the Black community? Could you offer your time to volunteer? Make the effort to do something valuable over a long-term period

**Additional
Learning
Resources**

For adults

1. [Pantsuit Nation's Guide](#). It covers all topics from microaggressions to institutionalized racism to cultural appropriation.
2. [Unpacking the Invisible Knapsack](#) by McIntosh, Focusing on the idea of privilege
3. [Between the World and Me](#), By *Ta Nehisi Coates*, If you have not already read this it is extremely accessible to both adults and students, discussing the dangers of police brutality for the Black community. (Family book Club!)
4. [Animated video on systematic racism](#), In just four minutes, this chronicles the experience of the black community throughout many years, highlighting the main causes of deeply ingrained oppression

Elementary:

1. In her [TED Talk, Dr. Beverly Tatum](#), former president of Spelman College and a visiting scholar at Stanford's Haas Center for Public Service, speaks eloquently to the importance of talking to young students about racism.
2. [A wonderful step by step guide](#) to talking to your child about race and racism:
3. An [hour-long program talking to white kids about race and racism](#): how white parents, families, and teachers can learn to show up for racial justice in a way that will make a difference for generations to come.
4. This beautiful, powerful story "[Something Happened in Our Town](#)" follows two families — one White, one Black — as they discuss a police shooting of a Black man in their community. The story aims to answer children's questions about such traumatic events and to help children identify and counter racial injustice in their own lives.

Middle School:

1. [Learning about Racial Justice in Education](#)
2. [A myriad of resources here too](#)
3. ["Common Sense Media-](#) A curated list of content for kids

<p><u>For High School:</u></p>	<ol style="list-style-type: none"> 1. The BEAM (Black Emotional and Mental Health) Collective is hosting virtual support spaces. You can register here. 2. Black Girls Smile has a list of resources on their website: 3. NYC Well is a free, confidential mental helpline for all NYC residents. Students and their families can call the line 24 hours a day, 7 days a week to get in touch with a live counselor. You can text, call, or chat online. 4. The Department of Education put together a bunch of resources to help students and families who may be struggling with their mental health during this time.
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Available Exclusively Through EmPath Learning

<p>Available exclusively through EmPath Learning! *Asterisk indicates free resources</p>	
<p>Holistic Balance</p>	<p>* Homeschool Schedule Template</p>
<p>Self-Care Bank</p>	<p>* Sensory Relaxation Activity List</p>
<p>Home Library Services</p>	<p>Library curating based on interest, and assessed reading level etc</p>
<p>Virtual Book Clubs</p>	<p>Conceptual book clubs allow students to engage socially with peers and develop skills in critical thinking, discussing, reading and writing. The clubs are based on important socially relevant topics, or even using that pesky summer reading list, and incorporating writing activities!</p>
<p>Virtual interactive math</p>	<p>Combat summer slide at a fraction of the price, by picking 2-3 friends, and engaging in math competitions using grade-level appropriate content. If you are interested, but prefer your child to meet new friends, that is also an option!</p>

clubs	
Fall Virtual learning COHORTS	Considering how up-in-the-air the Fall is for many school institutions, it can be really helpful to have a core group for support. This means your child will have a small group “advisory” and parents will have the opportunity to be linked with parents with similar aged students/learning profiles. This fits in well if your child will be doing online school, and would like to enrich their experience with more rigor, and socialization.
Fall Homeschool Hybrid	Based on the grade level standards expected of your child by their public school, we will teach small group content area support online. Students will be empowered to enrich their learning in math, science, english, history, languages, PE, and other electives. Students will be matched with an EmPath advisory group, which will act as their learning pod for the year.
Art(s) Therapy	Multi-modal from visual, to design, to music, to dance etc- exploring art as an outlet for stress reduction and expression.
Summer exclusive: Vocal, Guitar & Uke lessons	We are offering vocal lessons at any level in various styles, including jazz, musical theater, pop, folk, and rock. Students can learn basic guitar, as well as rhythm guitar in the genres of jazz, folk, pop, rock, and indie. They can also work on songwriting techniques for writing music, singing, and accompaniment.
Coding & Makers Club	Coding, and online “makerspace,” work with an experienced software engineer on the fundamentals of coding, and creating. This work will be project-based, depending on the individual learners involved.
Comprehensive Online Homeschool support (Summer & Fall)	<ul style="list-style-type: none"> ● Educational therapy ● Executive Functions skills Coaching ● Technology Literacy coaching ● Subject area tutoring ● Electives ● Parent coaching
Register/Contact	<p><u>To set up a program for your student!</u> christina@EmpathLearning.com</p>