

OUIECE Resources to share with families, educators, and the community:

Please contact Melissa at mbishop@oakland.edu if you have feedback or additional resources to suggest. Thank you!

COVID-19 Information

- COVID-19 Message from OU President, Ora Hirsh Pescovitz, M.D.
<https://youtu.be/dZCC4zyDKR4>
- OU Coronavirus Updates: <https://oakland.edu/coronavirus/>
- MEMPSA Information - Updated daily
<https://memspa.org/news-alerts/legislative-alerts/coronavirus-covid-19-resources>
- Washington Post: Why outbreaks like coronavirus spread exponentially, and how to “flatten the curve.”
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- Children’s Hospital of Colorado’s video about Coronavirus for children:
<https://www.youtube.com/watch?v=vSsKQPqS7A&feature=youtu.be>
- Commonly googled questions about COVID19: <https://youtu.be/hHEBck0SQA8>
- Michigan.gov Coronavirus site: <https://www.michigan.gov/coronavirus/>
- Fact Sheet: Impact of COVID-19 on Assessments and Accountability under the Elementary and Secondary Education Act [**information for K-12 educators**](#)
- COVID-19 ("Coronavirus") Information and Resources for Schools and School Personnel [US Dept of Ed](#)
- From the CDC: [Interim Guidance for Administrators of US Childcare Programs and K-12 Schools](#)
- From the National Educators Association: [Schools & Coronavirus: What you should know](#)
- From the National School Board Association: [COVID-19: Preparing For Widespread Illness in Your School Community](#)

School/Community Response and Resources:

- Pontiac Community Foundation Pontiac COVID-19 Emergency Response Resources
 - <https://static1.squarespace.com/static/5ba1cbfcf93fd4d12fc9d955/t/5e6d47bf6f379e18588ed5c1/1584220095503/PONTIAC+COVID.pdf>

- Oakland County Child Care Council – Information for families regarding child care and support for child care providers
248-333-9545
info@oaklandchildcare.org
- TinyUrl with Resources from Oakland Schools:
<https://docs.google.com/document/d/1dAoIB-4ygPwFJ8xzVzplO-ZksGvHZkZb-xgpAsA-7t8/edit>
- Resources for Districts and Students from Oakland Schools:
<https://drive.google.com/drive/folders/1ZdiV4kpYvLJFMMdUKB2G63l2zTpUxIX5>
- Detroit News: A Michigan School's Assignment: Teach Kids Without Classrooms
<https://www.detroitnews.com/story/news/education/2020/03/13/michigan-schools-assignment-teach-kids-without-classrooms/5034339002/>
- Help Me Grow Parent Information: 844.456.5437
- **COVID Response** (Connects people with available resources)
<https://www.mycovidresponse.org/>

Meal Information

- MDE Maps to find meals for children during school closure
<https://www.michigan.gov/mde/0,4615,7-140--521972--00.html?fbclid=IwAR2zx5U8lpXowuopqVT6SsspmPf94OfIEHluVoz934UuudmZsWn0berJKMk>
- Pontiac Community Foundation Pontiac COVID-19 Emergency Response Resources
<https://static1.squarespace.com/static/5ba1cbfcf93fd4d12fc9d955/t/5e6d47bf6f379e18588ed5c1/1584220095503/PONTIAC+COVID.pdf>
- SCHOOL FEEDING Resources for Wayne County/Wayne RESA:
<https://www.resa.net/community/feeding>

****NOTE: Please remember that when stocking up at the grocery stores, etc. for social distancing, if an item has a WIC symbol beside the price, get something else. People who utilize WIC to feed their families can not switch to another brand of kind of food. If a store runs out of WIC-approved options, they will go home empty handed. Thank you!**

Mindfulness Practices/Mental Health

Shawna's Mindful Practices to help with Anxiety:

- 4/5 Breathing
Inhale for the count of 4. Pause. Exhale for the count of 5.
(Repeat for 30 seconds to 1 minute)
 - 1:1 Breathing
Identify and name a familiar object (like a notebook). Say the name of that object in your mind (“notebook”). Breathe in, breathe out.
(Repeat by naming additional objects for 30 seconds to 1 minute)
 - Mindful Listening
Identify a familiar sound (like a clock ticking or traffic). Concentrate on that sound. Breathe in, breathe out.
(Repeat for 30 seconds to 1 minute)
- Click on the [Mindful Practices](#) and it will take you to a Vimeo of a practice.
 - [Calm](#) - Mindfulness/guided meditation
 - [Stop Breathe and Think](#) - Free lifetime access for educators
 - [Become More Resilient](#)
 - Starr Commonwealth has provided a link on their website for educators to take a free trauma course!
 - https://store.starr.org/Course/view/trauma-informed-resilient-schools?utm_source=mailchimp&utm_medium=email&utm_content=button&utm_campaign=march-week2-2020
 - Use the coupon code **TRAUMAINFORMED (all caps)** at checkout to receive *Trauma-Informed Resilient Schools* free of charge. Please note that after you type in the coupon code you must click the "[Apply Changes](#)" button to apply the coupon. Contact info@starr.org if you have any problems or questions.
 - Take Care of Your Mental Health: <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
 - ‘Self-Care, Mindfulness, and Social Emotional Learning for Teachers and Parents’— [A free online course from 1-2-3 Wellness](#)
 - Tips to assist with Coping During Crisis: <https://www.choosehelp.com/topics/mental-health/rehab-for-patients-with-mental-health-challenges>
 - Crisis Kit: <https://positivepsychology.com/the-crisis-kit/>
 - [Mental Health America](#) tips
 - SAMHSA: [Coping With Stress During Infectious Disease Outbreaks and Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
 - A [Coronavirus Sanity Guide](#) from Ten Percent Happier
 - Tips [from CNN](#) on how to support your mental health

Support for Students with Special Needs

- Learning Packets and Strategies for Special Education http://www.breezyspecial.com/2020/03/distance-home-learning-packets-and.html?fbclid=IwAR3UmTmnTqXOE9jUwCDyxA9vkMbDS0jfg8P81KD2riFolhSEiyIVQa9_SU&m=1
- Chrome Extensions for Struggling Students and Special Needs <https://www.controltacheive.com/2016/10/special-needs-extensions.html?fbclid=IwAR052EmG9gOpkDBOSuC7F2LEwJDydNk9U1wRESqlxKqAIEh9hyAa8K1-RBk>
- Speech Therapy Resources:
 - <https://www.home-speech-home.com/>
 - <https://www.home-speech-home.com/twenty-5-minute-speech-therapy-activities-you-can-do-at-home.html>
- Illinois Autism Partnership - School Closure Toolkit http://l.ead.me/bbTE3n?trackSharing=1&fbclid=IwAR15j09BhGCbJJD_rtIVqkJDBhhlybFnkc8R8FqYg07_54XiWwdEuAoSeQ

Parenting and Lesson Planning around COVID-19:

- For lesson planning & engaging students in learning about the virus and related issues:
 - Supporting English Language Learners: [What is Coronavirus?](#)
 - Share My Lesson: [Coronavirus Student Guide: Explanations , News & Updates](#)
 - BrainPop Educators: [Coronavirus Lesson Plan](#)
- From Teaching Tolerance: [Speaking Up Against Racism Around the New Coronavirus](#)
- Blog post [Parenting in a Pandemic](#)
- Talking to children about COVID-19: A Parent Resource [NASP Resource](#)
- How to talk to your kids about Coronavirus [PBS](#)
- From NPR: [Just For Kids: A Comic Exploring The New Coronavirus](#)
- From the National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- From the Child Mind Institute: [Talking to Kids About the Coronavirus](#)
- [Tips and a free webinar](#) from RULER (an approach to social and emotional learning) about managing anxiety around COVID-19
- A [list of resources](#) from CASEL (The Collaborative for Academic, Social, and Emotional Learning)

Remote Learning/Instruction

- PBS Newsletter during COVID-19--[sign up](#) to get the daily newsletter for in-home learning and fun activities <https://www.dptv.org/education/resource-list/#social>

- MSU Extension Educational Resources for School Closures <https://www.canr.msu.edu/family/Educational-Resources-for-School-Closures/>
- HighScope Family Resources for At-Home Learning: Building a Routine <https://coradvantage.com/blog/family-resources-at-home-learning-building-routine/>
- A large lists of resources with links and descriptions:
 - <http://www.amazingeducationalresources.com/>
 - <https://www.weareteachers.com/>
 - https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?usp=embed_facebook&sle=true&fbclid=IwAR2T5xzpFM_oP5ARPNIoCA9h8aid1NpG1WbNnaGZQ_J6kHOSg4B1gHWRMTs
 - https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR1mY4XSA5NE4s8IZTUKEAJDF0V6yb8WON7SmvmxGZ45p7f_IUafT3FrPHc
- From a school in Boston, but grade level specific websites
 - https://docs.google.com/document/d/1iGo1xk7D-7uWWwHE_tqXnI9_DjGKFBXQgMk8U-BEOAq/edit?fbclid=IwAR1H2wa6FzbbAvQfIAXhPoyJnj7oM35XHS9IMa3w80XFKu3TJ1h6PFQdjM
 - https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR2SEhB-XXvqtFMLoT_6hFhjDEqkiNBdmIC5V2iB8ljN0b8ls5wUQ6DIFLY
- Wayne RESA Remote Learning Toolkit. www.resa.net/remote-learning
- Supporting Play and Learning at Home with Young Children: https://docs.google.com/document/d/1lf-wPA0oopkJ_Hig3gdNenpVzRqgr5WjQ5NGA1kKX7A/edit
- CMU is offering free online courses to educators to learn how to appropriately teach online without sacrificing quality or learning standards <https://blogs.cmich.edu/edtech/2020/03/13/more-than-moving-online-critical-and-creative-teaching-in-response-to-the-covid-19-crisis/>.
- [Education Companies Offering FREE Subscription](#)
- Learning Packets and Strategies for Special Education http://www.breezyspecial.com/2020/03/distance-home-learning-packets-and.html?fbclid=IwAR3UmTmnTqXOE9jUwCDyxA9vkMbDS0jfg8P81KD2riFolhSEiyIVQa9_SU&m=1
- Scholastic Classroom Magazines [20 Days of Free PreK-9 Resources](#)
- Scholastic Learn at Home www.scholastic.com/learnathome

- [First Book MarketPlace](#)
- 30+ free teacher resources <https://www.weareteachers.com/free-teacher-resources/>
- 150+ Enrichment Activities for Children while Parents are Working Remotely
 - https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR1n80KpvMIDzHs_X7q4nemhDiHnKBUUpMmQiyYzLWIP-E_hfqA06Uq-qR1k&sle=true&pru=AAABcQLzqRE*D2sycResOyhHmg4afy-x2Q#
- Netflix Educational Shows: [Netflix](#)
- Virtual Learning:
 - <https://us19.campaign-archive.com/?e=b58cb9c452&u=5b876333808499090787c390e&id=76a83dc837>
- Education World STEM resources:
 - https://www.educationworld.com/a_lesson/great-stem-web-sites-students-classroom.shtml
- MEMPSA : Please see below a list of our most current resources with links and access directions for student online learning from our MEMPSA partners. These will be **free of charge** for as many as 6 weeks and until the end of the school year. [Class Catalyst](#), [Imagine Math](#), [Achieve 3000](#), and [Scholastic Reading](#) are in our list today. These are quality resources that have been vetted and proven effective as supports for reading, mathematics and social emotional learning. More may be joining in the next few days so stay tuned in.
- Homeschool curriculum - has Math, Science, Social Studies, PE, Language Arts, Art, etc.:
 - <https://freedomhomeschooling.com/>
- Printable worksheets for varying ages - new ones added each week
 - <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>
- Math websites:
 - <https://www.weareteachers.com/best-math-websites/>
 - <https://www.weareteachers.com/math-card-games/?fbclid=IwAR31tPENAIisOb6gkevqPvLT9ZA6saDr4YkKh9ND0gwMGiNKbrnRvQdx4iW4>
- Science Lessons - Mystery Science
 - <https://mysteryscience.com/>

- Imagineering in a Box - from Khan Academy and Disney - create a land, attractions and characters
 - <https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box?CMP=ILC-DPFY19Q4wo0808190814190031F>
- NASA Media Library
 - https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR1k1g9VzzwvNUWggfpFlN1vzuf0PXywCwwwzWU6m5pS_y2XKkU6IKh3SGc
- Coding For Kids
 - https://codewizardshq.com/coding-for-kids-free/?fbclid=IwAR3uj3s0E1m0Vvcxr-ZW1pNQgBA1g3NLOHRovOE4N_EmP6SEAwF6QWTcsYo
- Learning Websites
 - https://funinfirst.com/free-online-learning-at-home/?fbclid=IwAR355xFGj8CMXjZeYH48zqwTUdwqRiNR-cwSMFdiap-U-zdm5UUZS_2llgo
- Podcasts for kids - divided by age group
 - https://www.weareteachers.com/best-podcasts-for-kids/?utm_content=1584122203&utm_medium=social&utm_source=facebook&fbclid=IwAR0_hFgcDL_Qg5c75s7xjhHixhywGyuZlr-khDMWE7g6eKSTn8tJChe2nD4

Books and Reading

- Pontiac Public Library digital books and audios:
 - Overdrive: <https://tln.overdrive.com/>
 - RB Digital: <https://www.rbdigital.com/thelibrarynetworkmi/service/magazines/landing>
 - Hoopla-Audio and Library Books Free Access <https://www.hoopladigital.com/>
 - Tumblebook Library <https://www.tumblebooklibrary.com/Home.aspx?categoryID=77>
- Famous Actors Read Children's Books:
 - <https://www.storylineonline.net/>
 - <https://www.weareteachers.com/virtual-author-activities/>
- Books for 2nd and 3rd Graders:
 - <https://www.readbrihtly.com/books-for-advanced-second-third-grade-readers/>

- Stimola Live: Website of live stream events for kids, tweens, and teens by professional authors and illustrators represented by Stimola Literary Studio. <https://www.stimolalive.com/>
- Read alouds and activities
 - https://docs.google.com/document/d/1OH-GM-eYefOa7JDNmM6wdUb9fsa1H8k8O_XgPih4m0/preview?fbclid=IwAR0w2AP1z0ZbbwSlbdIPxdKHK0VuTemr2SkEQmNo5gPr5VqOkz0ugb1JpX8
- Book ideas and activities for young children
 - <https://growingbookbybook.com/>
- 3 Weeks of Free Reading Resources - includes book read and downloadable comprehension questions - can be done written or orally
 - <https://simplyskilledinsecond.com/2020/03/home-learning-3-weeks-of-reading-and-writing-activities/>
- Scholastic learn from home: books and activities
 - <https://classroommagazines.scholastic.com/support/learnathome.html>
- Capstone Interactive
 - Another amazing resource! Capstone Interactive- eBooks with audio, music and sound effects. 3,000 FREE eBooks for the next 3 months.
 - Login: continue
 - Password: reading
 - <http://mycapstonelibrary.com/login/index.html>
- Printable worksheets
 - https://www.greatschools.org/gk/worksheets/?fbclid=IwAR2ZTCib2UXyj0SUCLMBXhXMU6nLviOrqU_ClgGroy6iYPMizs2no_6zDes
- BookBuilder Online - we're offering free use of this tool through the end of May to help teachers and parents create engaging books for students to read at home. Click here to sign up for your free account:
 - <https://www.bookbuilderonline.com/signup?fbclid=IwAR2Vj4ZFTA0R9IRsikxzIz5vIJcv40Usf7Xpa69aHmdDVzXRdFtf7KaMcFk>
- Pete the Cat Live Reading - everyday at noon on Instagram
 - <https://www.instagram.com/petethecatofficial/>
- Science, math lessons and engineering challenges -
 - On Facebook live: <https://www.facebook.com/events/503962560285578/>
 - YouTube: https://www.youtube.com/sciencemom?fbclid=IwAR1GhJlh_BM7ODmXOxdzCoqWc-dn3_Em9mZr2ZY6YO8NOMA4YXRA885YGhk
- Writing - Story starters

- <http://www.scholastic.com/teachers/story-starters/?fbclid=IwAR3aGOUXTfjseodBmGFKak-6basukdKd4YIWiojKex-y5e90mD-SByaHDLY>

Virtual Field Trips

- 12 Museums from Around the World that You Can Visit Virtually
 - https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=twitter.com&utm_medium=social&utm_campaign=social-share-article
- Over 30 Virtual Field Trips with Links
 - https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic
- Google Field Trips
 - <https://www.teachhub.com/technology-classroom-googles-virtual-field-trips>
- Virtual Science Lessons with Michigan Science Center:
 - <https://www.littleguidedetroit.com/event/virtual-science-lessons-with-michigan-science-center/2020-03-18/?fbclid=IwAR1KvYLoeEoQS5Uwkals3uJY8SWXUnQGXXtAZL4x0ui3gmQAxYusQO2G8il>
- Georgia Aquarium
 - <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Virtual Disney World Exploration
 - https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893?utm_source=facebook&utm_medium=owned&utm_campaign=romper&utm_content=1584384902&fbclid=IwAR3Od9DU5vYPI39Gy5-XhqUGUyyFRX-PUfVhBPwjDOHvwKgdhoglyFMXmg0
- Cleveland Metroparks and Zoo are holding Facebook live events with biologists and naturalists
 - <https://www.facebook.com/ClevelandMetroparksZoo/>
 - <https://www.facebook.com/ClevelandMetroparks>
- Cincinnati Zoo - Facebook lives and activities
 - <https://www.facebook.com/cincinnati-zoo/>
 - <http://cincinnati-zoo.org/home-safari-resources/?fbclid=IwAR0nHu8QVhZJtUmFg8wshK0c6GTjPeJr2cRoppzla0KwGnXJQOGP6sEZ9VU>

- National Parks
 - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR1OyTuG-hwIra7CWQLrDF2jFPsbRmVI1Zx0f6feeG1tpOjQz0KZD277J2w>

Drawing/Art Activities

- Lunch Doodles with Mo Willem (updated weekly):
 - Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. New episodes will be posted each weekday at 1:00 p.m. ET.
 - https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF
 - https://www.kennedy-center.org/mowillems?fbclid=IwAR2Bn289E9fe_sl54SoY8wO1jkJc-7TB2jp_VK-VJzMP-mE5BmdoppY7qMw
- Draw every day with JJK (Jarrett J. Krosoczka)
 - <https://www.youtube.com/playlist?list=PLg9gpgNtuVmFqtseQCKFWZml6dfdLugwt>

Physical Activity Ideas

- Tools for creating an active home: Physical Activity & Physical Education:
 - https://openphysed.org/activeschools/activehome?fbclid=IwAR0CDyTelHoMCbpaUdrGbq9f3426de6Q22JH1jZQ0OPHG_tRHWELeKA8j-o
- [Go Noodle](#)
- [Yoga with Adrienne](#) - short, extremely accessible YouTube sessions (my teenage boys will do it!)
- Cosmic Kids Yoga
 - https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR3YjaMIH3UfO3GPQbz6OS-E3ZtNPPuXCDktsY-Dw6Y_f1xflQe_CscWZ28&app=desktop