



Caring for Young Children While Sheltering in Place

Are you caring for a young child or children at your home? Need some help thinking of ideas for fun, engaging activities? This activity guide is for you! It provides you with quick access to tips and activities to use with children, aged birth to five, throughout the day.

Your relationship with the children is key!

- Young children feel comfortable to explore and learn when they feel safe.
- Warm, responsive relationships with adults make children feel safe and secure.
- Find ways to connect with children throughout the day—talk with them, listen to them, and share moments of joy.



Routines are important.

- Predictable routines help young children feel safe.
- Everyday routines such as mealtime, playtime, or bedtime offer opportunities to connect with children and support their well-being.
- Think about the routines you already use. Visit the “Activities You Can Do During Daily Routines” on page 3 to learn about different types of fun activities you can do with children.



Be responsive to children's needs.

- Adults and children may need different types of activities to make them feel more at ease.
- All children are unique and may need you to support them in different ways (e.g., providing a hug, reading to them, offering quiet time).
- Follow routines in the same order, but be flexible on the amount of time. If the children only want to paint for a few minutes, invite them to do another activity.



Activities You Can Do During Daily Routines

Click on the activity types below to see links to specific activities and tips in this area.



Care Routines

- [Care Routines & Mealtimes](#)
- [Time to Relax](#)
- [Bedtime](#)



Storytime

- [Rhymes & Fingerplays](#)
- [Reading Together & Storytelling](#)
- [Online Read-Alouds](#)



Playtime

- [Arts & Crafts](#)
- [Playing with Print](#)
- [Cooking](#)
- [Sensory Play](#)
- [Exploring & Building](#)
- [Games](#)
- [Pretend Play](#)
- [Music](#)
- [Playful Math & Science](#)



Active Time

- [Indoor Movement](#)
- [Outdoor Movement](#)



Interactive Screen Time

- [Online Educational Games](#)
- [Educational Videos & Television](#)
- [Virtual Get-Togethers](#)



A Focus on Everyone's Emotional Well-Being

Uncertainty can make everyone feel fearful or anxious, so be patient with yourself and the children in your care.

During this difficult time of sheltering in place, when stress may be high, self-care is more important than ever. Making time for your well-being benefits both you and the children in your care.

- [Caring for Yourself](#)

Just like you, children may be experiencing big feelings during this uncertain time. Young children may not be able to use words to tell you how they feel, so pay extra attention to their behaviors. For older children, listen to their feelings, questions, and thoughts.

- [Caring for Children](#)



Care Routines & Mealtimes

Click on the title of the activity for ways to engage children in care routines and mealtimes. The icons on the right indicate the appropriate age level(s) for each activity.

Personal Care

Handwashing Song

Help My Kid Learn

Help children learn how to wash hands while singing this rhyming song.



I Can Be Safe and Healthy by Washing My Hands

National Center for Pyramid Model Innovations

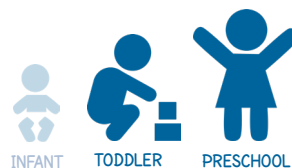
Use this story to teach children about handwashing.



Tooth Brushing Song by Blippi

Blippi YouTube Channel

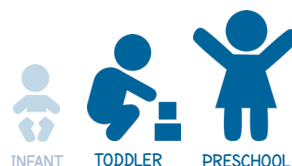
Help children learn how to brush their teeth with Blippi.



Tips to Get Kids Excited to Brush Their Teeth

Parents

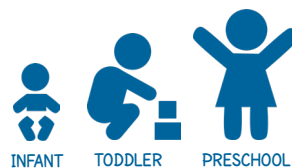
Get tips and tricks for engaging children in teeth brushing.



Math in the Bath

NAEYC

Have children count, compare, and explore in the bath.



Bathtub Science

Resources for Early Learning

Explore water and containers of different sizes and shapes during bath time.



Healthy Habits Playlist

Sesame Workshop

Invite children to watch this collection of videos to learn about healthy habits.





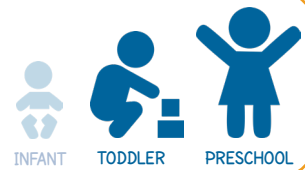
Care Routines & Mealtimes (continued)

Child-Friendly Jobs

16 Ways Your Kids Can Help Around Mealtime

Parents

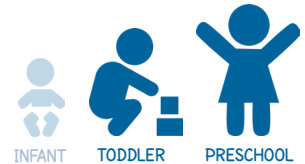
Use these tips on how to involve toddlers and preschoolers during mealtimes.



Set the Table, Please

First 8 Studios

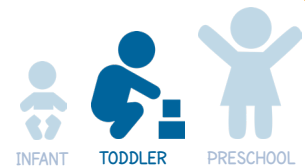
Customize this placemat to help children learn how to set the table.



Sort It Out

Resources for Early Learning

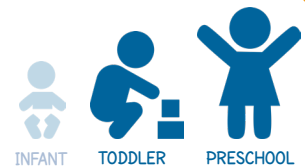
Sort objects when doing everyday chores like laundry or setting the table.



Chore Ideas for Kids Ages 2-8

PBS

Invite children to help with household chores.

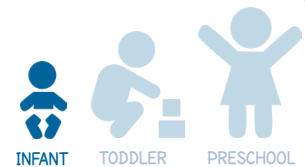


Mealtime

Means to an End

Best Beginnings Alaska

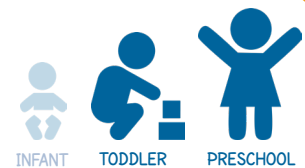
Put finger food at the end of a towel and encourage infants to pull to get it.



Family Talk Time

First 8 Studios

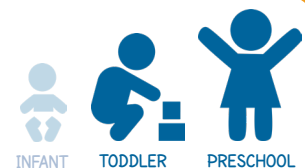
Take turns talking while enjoying a snack or meal.



Taste Test

Resources for Early Learning

Taste and talk about how food tastes, smells, and feels.





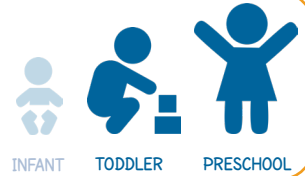
Care Routines & Mealtimes (continued)

Mealtime (continued)

Tasty Traditions

Resources for Early Learning

Taste and discuss food from many cultures.





Time to Relax

Click on the title of the resource for ways to help children relax. If the resource is available in another language, click on the resource title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Belly Breathing

PBS

Learn how to engage in belly breathing to relax and feel grounded.



From Mindless to Mindful

GoNoodle

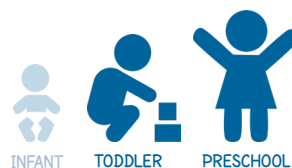
Practice being mindful and letting your attention rest on the moment.



The Calming Jar

Coping Skills for Kids

Find ideas on how to make and use a calming jar to relax.



Progressive Muscle Relaxation

Coping Skills for Kids

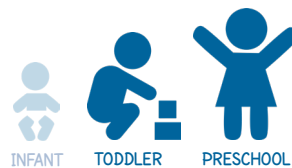
Listen to this guided technique to wind down and relax.



Breathing Butterfly

Elfenworks Foundation

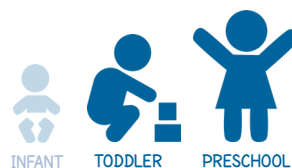
Use these videos, available in 28 languages, to breathe and relax.



Square Breathing

Stop, Breathe & Think

Learn how to use square breathing to focus and calm down.



Yoga for Kids!

STORYHIVE

Learn to breathe and do poses for relaxation.





Time to Relax (continued)

Identify Letters Written with a Fingertip

PBS

Write letters with this quiet, soothing activity.



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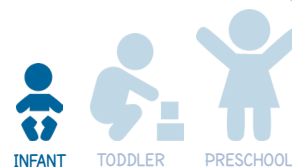
Bedtime

Click on the title of the resource to learn more about bedtime for children. If the resource is available in another language, click on the resource title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Safe Sleep Areas for Babies | Sueño seguro para los bebés](#)

Centers for Disease Control and Prevention

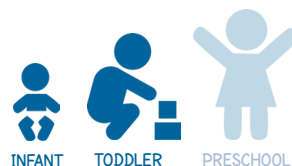
Learn what you can do to help babies sleep safely.



[4 B's of Bedtime | 4 cosas que puede hacer antes de la hora dormir](#)

American Academy of Pediatrics

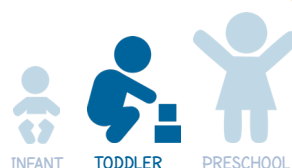
Read or listen to tips on how to create bedtime routines for infants and toddlers.



[Toddler Bedtime Routine](#)

Happiest Baby

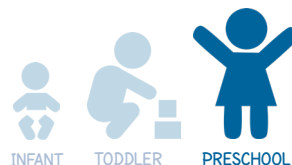
Find tips on how to make bedtime easier for you and toddlers.



[Sleep and Preschoolers](#)

Kids Health from Nemours

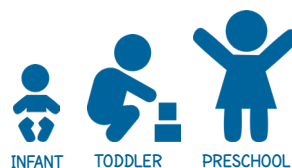
Read or listen to this article for tips on sleep for preschoolers.



[Lullabies for Bedtime](#)

National Sleep Foundation

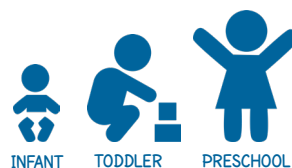
Learn five lullabies to sing before bed.



[Lullabies para dormir y relajar](#)

Lunacreciente

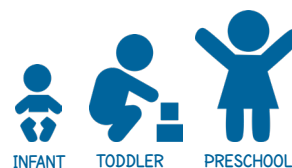
Use this video to learn or play an hour of lullabies in Spanish.



[Good Night, Elbow](#)

Best Beginnings Alaska

Review body part language while saying goodnight.





Bedtime (continued)

10 Ways to Connect Before Bedtime

Momtastic

Read about 10 ways to make bedtime special for toddlers and preschoolers.



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Calming Activities Before Bed

Pathways

Read about six activities that can help preschoolers wind down before bedtime.



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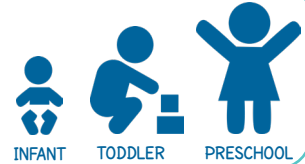
Arts & Crafts

Click on the title of the activity for ways to engage children in arts and crafts activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Meaningful Art Projects Parents Can Fit into a Busy Day

NAEYC

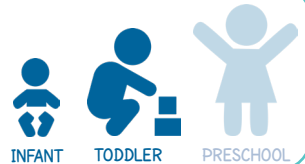
Explore these tips to learn how you can engage young children in art.



Sponge Painting | Pintar con esponjas

First 5 California

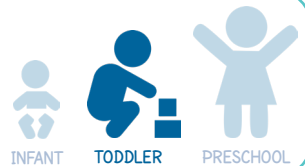
Engage infants or toddlers in using sponges to paint on paper.



Self-Portrait

Resources for Early Learning

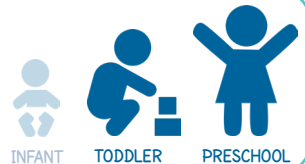
Create a life-size drawing of a child to identify body parts.



Rub-a-Dub-Dub, Artist in the Tub

HighScope

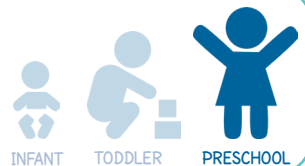
Fill spray bottles with colored water for children to squeeze and create art.



Draw Your Day

HighScope

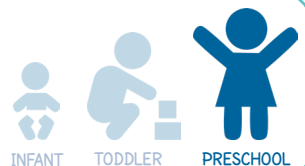
Invite children to draw the different parts of their daily routine.



Make a Hero Self-Portrait

PBS

Talk about children's positive qualities as they draw a self-portrait.



My Important People Tree

Resources for Early Learning

Build social connections by engaging children in creating a family and friend tree.





Arts & Crafts (continued)

Create Leaf and Bark Art

PBS

Bring your art supplies outside and explore the textures found in nature.



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Map Maker

First 8 Studios

Engage preschoolers in drawing a map of their home or neighborhood.



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At Home with Makerspaces

NAEYC

Gather recycled materials and simple tools for children to tinker, invent, and explore.



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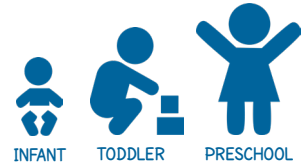
Playing with Print

Click on the title of the activity for ways to engage children in playing with print. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Learning to Write and Draw

Zero to Three

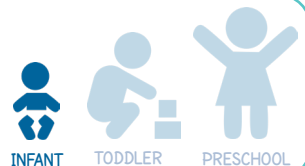
Learn about how young children's writing and art changes over time. Scroll down on the webpage to explore how you can encourage art and writing at home.



Write Stuff

Resources for Early Learning

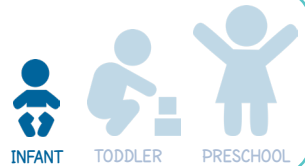
Engage babies in using crayons to make marks or tearing paper.



Building Writing Muscles (Writing Exercise)

Resources for Early Learning

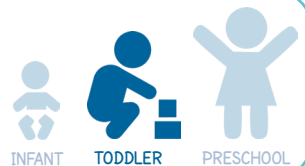
Engage infants in using their fingers and hands to explore outdoors.



Writing with Stuff

Resources for Early Learning

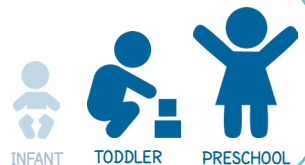
Find new ways for toddlers to draw and write, indoors and outdoors.



Play Write

Resources for Early Learning

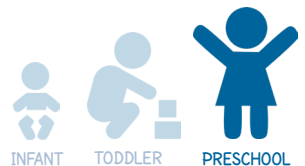
Bring drawing or writing into children's everyday pretend play.



Practice Learning Letters with a Mystery Letter Bag Game

PBS

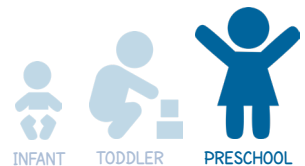
Create a mystery bag using objects from home to help children learn letter sounds.



Create Your Own Feeling Words Book

PBS

Chat about feelings with children and work together to create a book about feelings.



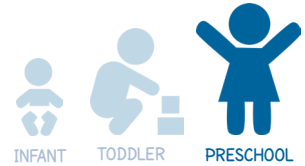


Playing with Print (continued)

My Alphabet House | Mi casa del alfabeto

First 5 California

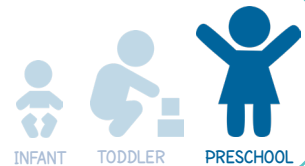
Invite your child to find objects around the house or yard that start with a specific letter.



Play Pretend: Encouraging Your Little Chef

PBS

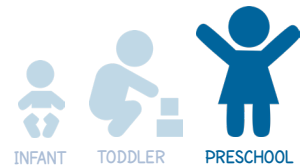
Talk to preschoolers about pictures of food and create a recipe together.



Make Your Own Thank You Cards

PBS

Invite preschoolers to write or draw a thank you card for a family member, friend, or community helper.





Cooking

Click on the title of the activity for ways to engage children in cooking activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Top 10 Tips for Cooking with Kids](#)

BBC Good Food

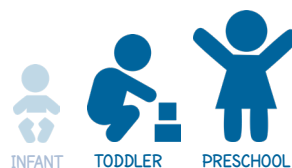
Read these tips for how to cook together with children.



[Kids' Cooking Recipes](#)

BBC Good Food

Check out these recipe ideas for meals you can prepare together with children.



[Make a Healthy 'Feelings Faces' Snack](#)

PBS

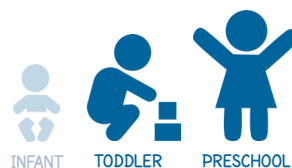
Make this healthy snack together with children and talk about the different feeling faces you can make.



[Letter Lunch Menu](#)

PBS

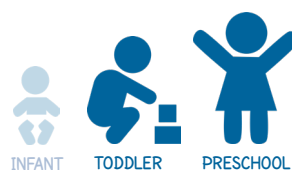
Choose a letter and together with children plan a meal with foods that start with that letter.



[Monster Foodie Truck: Fruit Salad](#)

Sesame Workshop

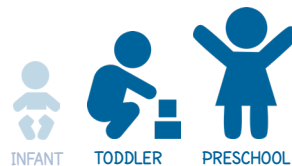
Invite children to watch this video and make your own fruit salad afterward.



[Bake Easy Mini Pizzas](#)

PBS

Invite children to be your assistant chefs and bake these mini pizzas together.



[Make Healthy Snacks as a Family](#)

PBS

Talk about the benefits of healthy food while making children's favorite healthy snacks.



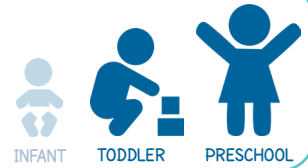


Cooking (continued)

Animal Face Toast

Weelicious

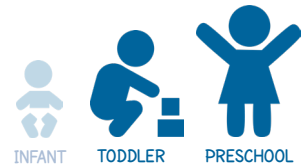
Create these fun animal faces with toast and fruit.



Make Pancakes with Science on the Side!

PBS

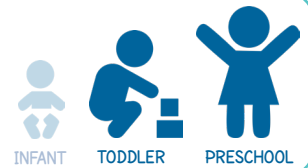
Make pancakes with children and encourage them to help you count, measure, and mix the ingredients.



Cookie Monster Snack Chat: Smoothie

Sesame Workshop

Invite children to watch this video and make your own smoothie afterward.





Sensory Play

Click on the title of the activity for ways to engage children in sensory play activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Sensory Play | Juego sensorial

First 5 California

Introduce children to different textures to help them develop all their senses.



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Sensational Scarves | Chalinas sensacionales

First 5 California

Toss scarves up in the air and let children touch them as they fall to the ground.



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Noisy Dumping

Best Beginnings Alaska

Place a basket filled with noisy objects in front of the children so they can dump them and hear the sound they make.



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Discovery Bottles

The New York Public Library

Create your own sensory bottle that children can shake and watch what happens.



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Playdough Time! | Hora de la plastilina

First 5 California

Make your own playdough that children can use to squeeze, pull, and mold into all sorts of shapes and sizes.



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Sensory Bin

The New York Public Library

Provide children with a tub of water and some cups so they can experience different textures and sensations.



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Sensory Play (continued)

Sound Box

Resources for Early Learning

Invite children to make sounds with some simple household items.



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I Spy ... A Match! Sensory Bag

PBS

Make your own sensory bag with hidden items for children to find.



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Ball Maze Sensory Bag

Raising Dragons

Invite children to explore this sensory bag and move the ball to the end of the maze.



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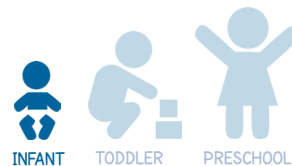
Exploring & Building

Click on the title of the activity for ways to engage your child in exploring and building activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Reach So High!

Best Beginnings Alaska

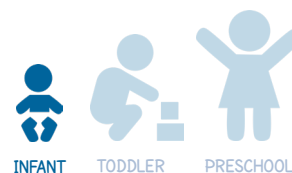
Create your own homemade mobile for children to explore.



Napkin Tent

Best Beginnings Alaska

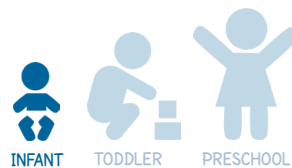
Place children on their back next to a napkin or scarf and let them practice reaching for it.



Nesting Cups

Best Beginnings Alaska

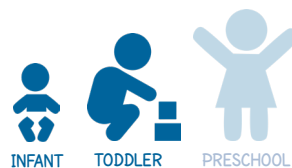
Provide children with cups and containers, of different sizes, that they can put together.



Build Up and Topple Down | Construye y derriba

First 5 California

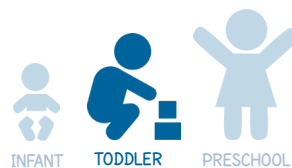
Build a tower that children can knock down.



Object Sort | Clasificar objetos

First 5 California

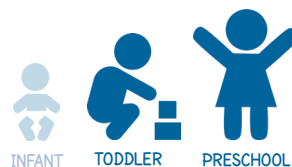
Invite children to sort toys by color, size, or shape.



Building with Cups

Raising Dragons

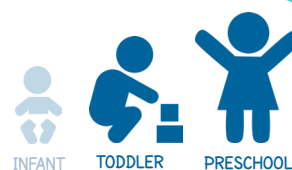
Provide children with paper cups to build towers and other structures.



Ramps at Home

Resources for Early Learning

Explore with children how different objects move down ramps.



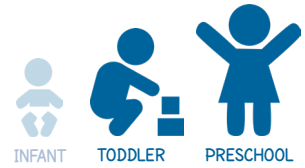


Exploring & Building (continued)

Healthy at Home

Ready Rosie

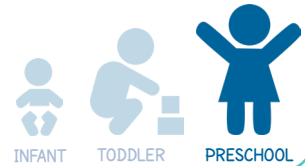
Browse through the videos on this website to find exploring and building activities to do with children. New activities are posted weekly.



Build a Bridge

PBS

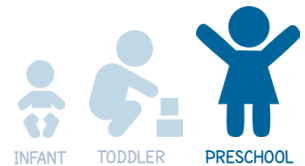
Help children build a bridge with only a few materials.



Build Letters with Blocks

Pre-K Pages

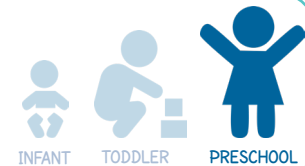
Create letters with masking tape and ask children to trace the letters using blocks or other loose parts.



Parking Garage

Resources for Early Learning

Ask children to build a garage that can fit all the toy cars they have.



Build a Recycled Sailboat

PBS

Collect recycled materials that children can use to build a sailboat.





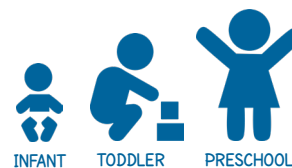
Games

Click on the title of the activity for ways to engage children in games. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Healthy at Home

Ready Rosie

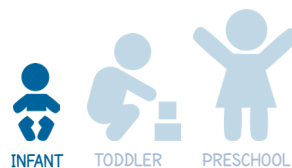
Browse through the videos on this website to find fun games that you can play with children. New activities are posted weekly.



Copy Cat | Imitar

First 5 California

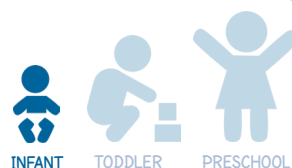
Make silly faces, sounds, or movements and watch as children start copying you.



Peekaboo (Let's Play)

Best Beginnings Alaska

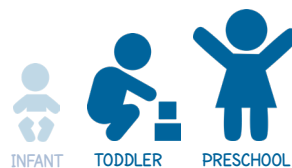
Play peekaboo with children by hiding behind hands or scarves.



Go Bowling with Plastic Bottles

PBS

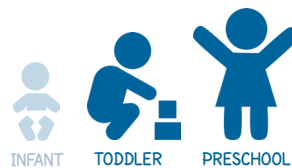
Invite children to create their own bowling game from plastic bottles.



Chicka Chicka Boom Boom Activity

Raising Dragons

Challenge children to balance magnetic letters on a tree made of craft sticks in this game based on the book *Chicka Chicka Boom Boom*.



Color Games

Resources for Early Learning

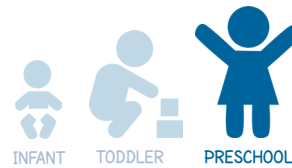
Play these color games with children and see how many colors they can name.



Freeze Dance | Bailar y congelarse

First 5 California

Engage children in a dance game where they have to freeze as soon as the music stops.





Games (continued)

I Spy

Highscope

Describe something you see in the room and ask children to guess what it is.



INFANT



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PRESCHOOL

Hide and Seek with Shapes

PBS

Cut out different shapes and hide them around the house in this new version of the classic Hide and Seek game.



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Hot and Cold

WonderHowTo

Hide an object in the house and give children "hot" or "cold" directions for how to find it.



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PRESCHOOL

Simon Says

Help My Kid Learn

Invite children to play this classic game where they have to do what Simon says.



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PRESCHOOL

Tic-Tac-Toe with Rocks

Raising Dragons

Create your own tic-tac-toe game with rocks outside.



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Pretend Play

Click on the title of the activity for ways to engage children in pretend play. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Puppet Play

Resources for Early Learning

Make and play with puppets to tell a story with children.



Pretend Play

What to Expect

Read about children's developing pretend play.



Play Make Believe | Juega a fingir

First 5 California

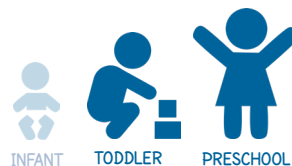
Provide children with a variety of dress-up clothes so they can express their creativity.



Sesame Street: Abby and Elmo Pretend

Sesame Street

Watch Elmo teach Abby how to play pretend.



Pretend Play: Caring for Baby

PBS

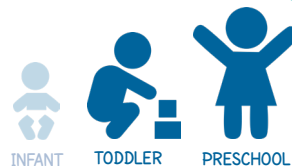
Show children some of the ways they can take care of a baby doll.



Host a Pretend Dinner Party

PBS

Invite children to a make-believe dinner party.



Healthy at Home

Ready Rosie

Browse through the videos on this website to find pretend play activities to do with children. New activities are posted weekly.





Pretend Play (continued)

Play Pretend: Post Office

PBS

Provide children with some materials so they can make their own post office.



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Play Pretend: Restaurant

PBS

Gather restaurant props and let children take turns playing the customers, servers, and cooks.



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TODDLER



PRESCHOOL



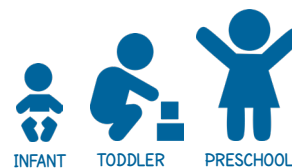
Music

Click on the title of the activity for ways to engage children in music. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Mariela's Music Time!](#)

California Child Care Resource & Referral Network

Learn about healthy habits through bilingual songs and fun activities. New videos are posted every week.



[Leoncito Alado](#)

Leoncito Alado YouTube Channel

Listen to songs in Spanish for singing, dancing, and much more.



[Alina Celeste](#)

Alina Celeste YouTube Channel

Watch and listen to bilingual music classes for children. A new class is posted every week.



[NYPL Sings](#)

The New York Public Library

Listen, sing together, and explore how different songs help children learn and develop.



[Baby Fingers](#)

My Baby Fingers

Learn sign language while singing.



[Head, Shoulders, Knees, and Toes](#)

Help My Kid Learn

Sing and move along to "Head, Shoulders, Knees, and Toes!"



[Ways to Make Music](#)

Best Beginnings Alaska

Create music and find rhythm by singing and clapping.



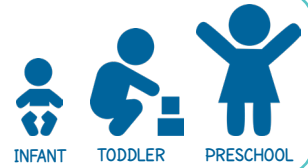


Music (continued)

Music Around the World

Resources for Early Learning

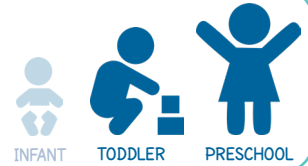
Listen to music around the world while going about daily routines.



Theme Music

Resources for Early Learning

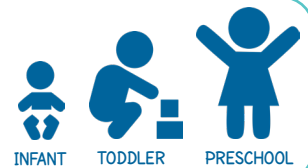
Use music to help with transitions throughout the day.



Playing with Music at Home

NAEYC

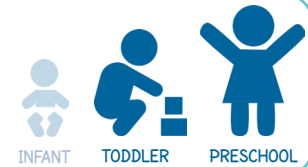
Get ideas and tips for engaging children in music activities.



Karaoke Sing Along

Sing It Your Way

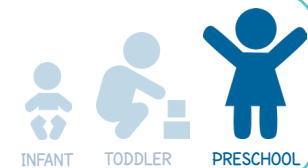
Sing along to your favorite songs and nursery rhymes.



Create a Music Maker

PBS

Create your own musical instruments using things you can find at home.





Playful Math & Science

Click on the title of the activity for ways to engage children in playful math and science. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[At-Home Early Math Learning Kit](#)

[Recursos para aprender matemáticas con los más pequeños](#)

DREME Network

Use this At-Home Early Math Learning Kit for ideas on how to bring math into your daily routines.



[Children's Literature: Books About Math](#)

Early Math Project

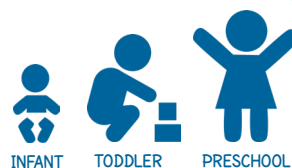
Click on one of these books and open the book review.



[Everyday Fun with Addition and Subtraction](#)

Talking Is Teaching

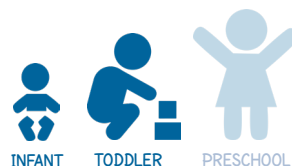
Support children's growing math knowledge when engaging in these everyday activities.



[Bigger and Bigger](#)

Resources for Early Learning

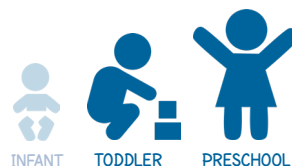
Offer children measuring cups or other containers that they can fit inside one another.



[Tips for Cooking with Math](#)

DREME Network

Follow these tips to learn more about how to talk about math when cooking with children.



[Measure Your Treasure | Mide tu tesoro](#)

First 5 California

Help children measure their favorite toys using blocks.



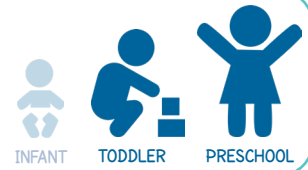


Playful Math & Science (continued)

What Happens If ...

Resources for Early Learning

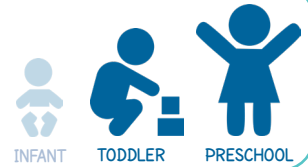
Offer child scientists different materials to test and explore.



Playing with Patterns

PBS

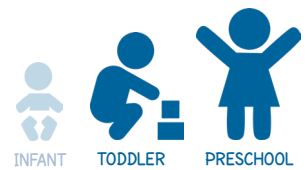
Provide children with objects that they can sort and make into patterns.



Sesame Street Math Is Everywhere

Sesame Workshop

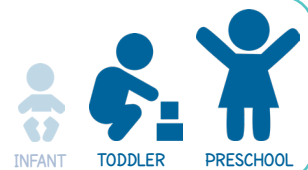
Invite children to watch this video of Sesame Street friends engaging in math. On the same page, find tips for how to make math part of your daily routines.



Pom Pom Drop

The New York Public Library

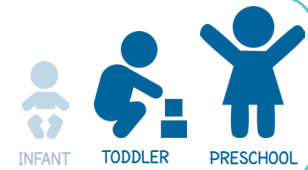
Help children learn about gravity with this simple physics activity.



Measuring Tools

Resources for Early Learning

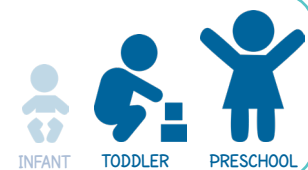
Invite children to play with and explore measuring tools.



Counting with Lids

Raising Dragons

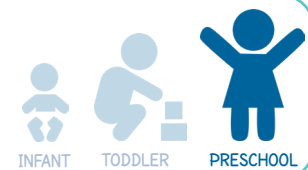
Collect lids that children can count and sort.



10 Playful Math Activities for Preschoolers

Parents

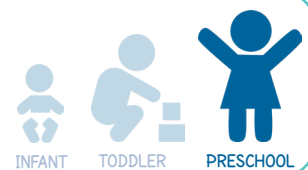
Read about some easy and fun math activities children can do from home.



DIY Puzzles Develop Spatial Thinking

Erikson Institute

Make your own puzzle using some simple recycled materials.



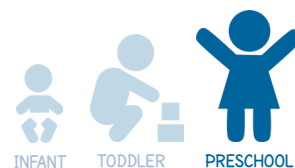


Playful Math & Science (continued)

Build Your Own Volcano

PBS

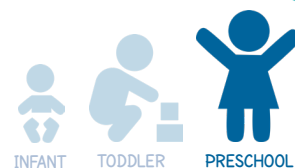
Use some simple ingredients to help children learn how volcanos erupt.



Dishing Up the Math

Erikson Institute

Learn about ways to talk about math when doing the dishes with children.



Sesame Street: Building Bridges

Sesame Street

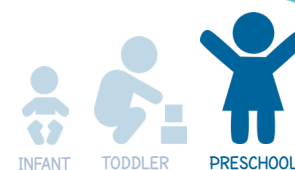
Watch this video of Murray's science experiment and invite children to build their own bridge.



Going on a Math Walk

Erikson Institute

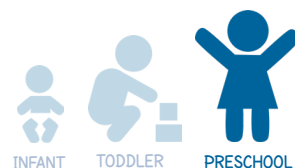
Talk with children about numbers, shapes, and sizes when out for a walk.



Cabin Fever Math

Bedtime Math

Check out this website for math game ideas that you can do from home. New activities and math problems are posted frequently.





Rhymes & Fingerplays

Click on the title of the resource to learn about rhymes and fingerplays you can do with children. Resource descriptions indicate whether the rhymes and fingerplays are available in languages other than English. The icons on the right indicate the appropriate age level(s) for each activity.

[Bouncy Time](#)

Resources for Early Learning

Read about lap rhymes that allow babies to feel and hear rhythms.



INFANT



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PRESCHOOL

[Lap Bounces](#)

Jbrary

See videos of ways to do lap rhymes with babies. Find videos of fingerplays and storytime activities, too.



INFANT



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PRESCHOOL

[Finger Plays for Infants and Toddlers](#)

Resources for Early Learning

Learn short simple rhymes with hand movements.



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PRESCHOOL

[Rhymes and Songs for Babies and Toddlers](#)

Pewaukee Public Library

Learn words and actions for rhymes, fingerplays, and songs.



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PRESCHOOL

[Finger Play Videos](#)

Super Simple: A Place to Learn & Play

Watch five videos of fingerplays for toddlers and preschoolers.



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PRESCHOOL

[Tell Me a Story](#)

King County Library System

Access hundreds of rhymes and fingerplays for young children. Some include videos. Click on the navigation bar on the left to choose a theme.



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PRESCHOOL

[Storytime Songs](#)

K Librarian

Access videos of stories with music and fingerplays. Some selections are available in Spanish.



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PRESCHOOL



Rhymes & Fingerplays (continued)

StoryBlocks

Colorado Libraries for Early Literacy

See rhymes, songs, and fingerplays in English, Spanish, Russian, and Vietnamese. Click on the preferred language name to access resources in that language.



Songs and Rhymes in 15 Languages

Burnaby Public Library

Watch video performances of rhymes and songs in many languages, including Arabic, Cantonese, English, Farsi, Filipino, Hindi, Mandarin, Russian, and Spanish. Click on the language name to access songs and rhymes in that language.



Fingerplays, Rhymes, and Songs with Miss Nancy

San José Public Library

Access a video demonstration of five fingerplays for infants, toddlers, and preschoolers.



Sweet Stories from SFPL

San Francisco Public Library

See videos of fingerplays, songs, and stories.





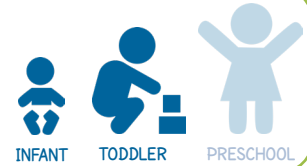
Reading Together & Storytelling

Click on the title of the resource to learn about more about ways to make reading together fun and meaningful. If the resource is available in another language, click on the resource title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Babies, Toddlers, and Early Reading](#)

Zero to Three

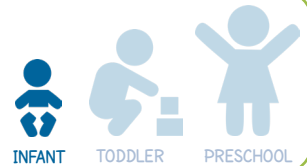
Watch a video on ways to read with infants and toddlers.



[Sharing Books with Your Baby | Cómo compartir libros con su bebé](#)

Illinois Early Learning

Read tips for building infants' love of reading.

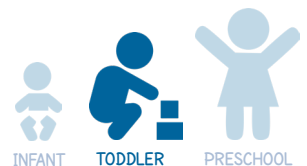


[Sharing Books with Your Toddler](#)

[Cómo compartir libros con su niño de 1 ó 2 años de edad](#)

Illinois Early Learning

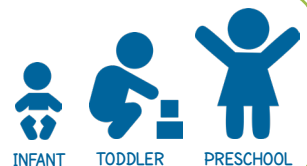
Read tips for building toddlers' love of reading.



[Family Time with Books](#)

The National Center on Quality Teaching and Learning

Find ideas on reading with infants, toddlers, and preschoolers.

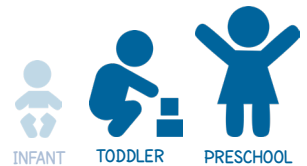


[Sharing Wordless Picture Books](#)

[Compartir libros de dibujos sin palabras](#)

Reading Rockets

Access tips on how to tell stories using wordless picture books.



[How to Read a Wordless Picture Book](#)

Fostering Readers

Watch a video on how to read a wordless picture book.



[Reading with Preschoolers](#)

Scholastic

Use these ideas to promote preschoolers' literacy development while reading.



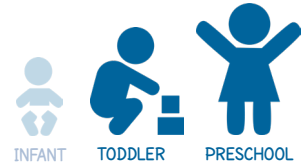


Reading Together & Storytelling (continued)

Use and Create Nonfiction Books at Home

National Association for the Education of Young Children

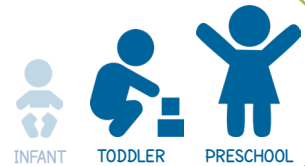
Learn two easy tips on how to make nonfiction fun for toddlers and preschoolers.



Everyone Can Be a Storyteller

National Association for the Education of Young Children

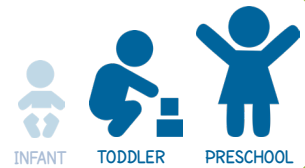
Use these three tips for storytelling and supporting preschoolers to tell stories.



Storytelling with Family Photos

Scholastic

Learn ways to use family photos to encourage storytelling.



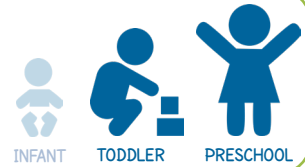


Online Read-Alouds

Click on the title of the resource to access a selection of picture books read aloud. Resource descriptions indicate whether read-alouds are available in languages other than English. The icons on the right indicate the appropriate age level(s) for each activity.

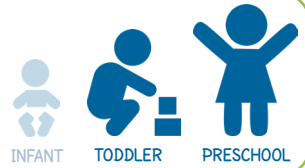
[Storyline Online](#)

Access a large selection of picture books read aloud on video.



[Érase una vez](#)

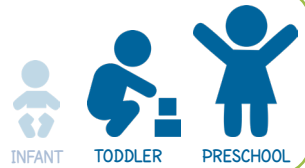
View a selection of Spanish language picture books read aloud on video.



[Read Out Loud](#)

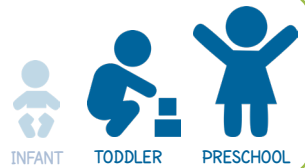
KidLit TV

See authors read their children's picture books.



[The Story Time Family](#)

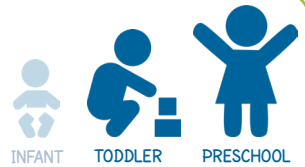
Watch a large selection of picture books read aloud. The reader pauses, asks questions, and provides information to help children understand the story.



[100+ Free Video Read-Alouds](#)

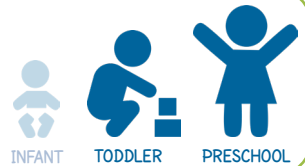
The Indianapolis Public Library

Access picture book read-alouds from a variety of sources. Click on the book cover to access the story.



[Scholastic Storybook Treasures](#)

See picture books read in multiple languages, including English, Mandarin, and Spanish.



[Unite for Literacy](#)

Access nonfiction picture books with English text and photos; provides options for read-alouds in a wide variety of languages including English, Spanish, multiple Chinese dialects, and Tagalog.





Indoor Movement

Click on the title of the activity for ways to engage children in indoor movement activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

Healthy at Home

Ready Rosie

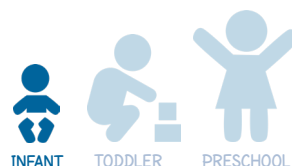
Browse through the videos on this website to find fun indoor movement activities to do with children. New activities are posted weekly.



A Bit Beyond Reach | Un poco más allá de su alcance

First 5 California

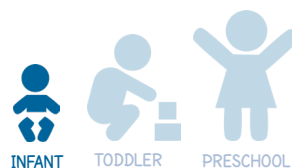
Place some toys just outside infants' reach so they can learn to stretch, roll, and crawl.



Tummy Time

Resources for Early Learning

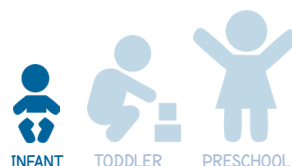
Allow children to explore while lying on their tummy.



Soft Obstacle Course

Help My Kid Learn

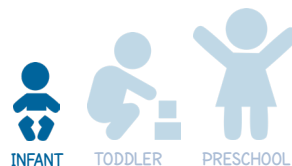
Set up a soft obstacle course for infants to crawl on and explore.



Floating Game

Best Beginnings Alaska

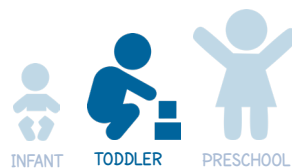
Throw some scarves in the air and show infants how to reach and grasp for them.



Move Like an Animal

Help My Kid Learn

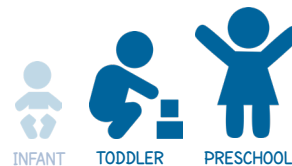
Encourage toddlers to move around and pretend they are an animal.



Abby's Freeze Dance

Sesame Workshop

Engage children in a dancing game with this fun freeze-dance video.





Indoor Movement (continued)

Dance with GoNoodle

GoNoodle

Encourage children to move and dance along with any one of GoNoodle's movement and dance videos. The collection also includes some videos in Spanish.



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Yoga and Mindfulness for Kids

Cosmic Kids Yoga

Invite children to practice yoga and mindfulness with these videos designed specifically for them.



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Dance Party

Resources for Early Learning

Play a variety of fun music so children can practice their favorite dance moves.



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Hide and Seek

Help My Kid Learn

Take turns hiding and seeking in this classic game.



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Obstacle Course | Carrera de obstáculos

First 5 California

Build an indoor obstacle course for children with fun challenges.



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Outdoor Movement

Click on the title of the activity for ways to engage children in outdoor movement activities. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Homemade Bubbles | Burbujas caseras](#)

First 5 California

Make homemade bubbles to engage children in bubble play. Use [this article](#) to think about how to engage babies and toddlers in bubble play.



[7 Ideas to Get Creative on a Family Walk](#)

PBS

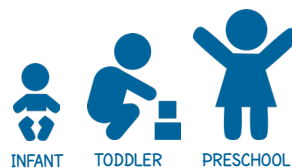
Learn and explore nature with family.



[Healthy at Home](#)

Ready Rosie

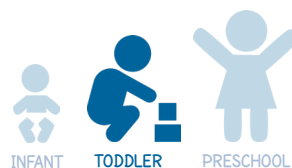
Browse through the videos on this website to find fun outdoor movement activities to do with children. New activities are posted weekly.



[Water Play](#)

Raising Dragons

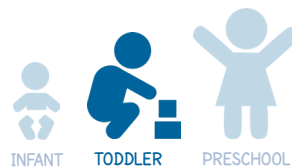
Fill a bucket with water and a few containers for some fun outdoor play.



[Nature Walk](#)

Resources for Early Learning

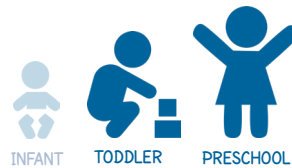
Take a walk together and explore nature.



[Outdoor Water Blob](#)

PBS

Have children slide and roll around on a big water blob and watch the water ripple from side to side.



[Nature Cat Scavenger Hunt](#)

PBS

Send children on a backyard scavenger hunt to find items in nature.



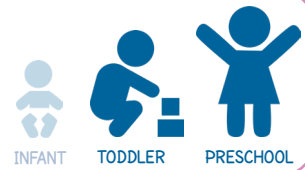


Outdoor Movement (continued)

Host a Family Olympics

PBS

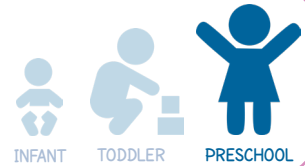
Create an at-home Olympics for everyone to join in.



Bird-Watching | Avistaje de aves

First 5 California

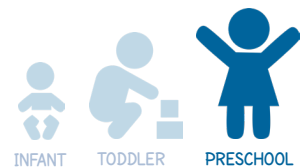
Encourage children to observe the birds in their backyard or neighborhood.



Jump, Jump, Measure

PBS

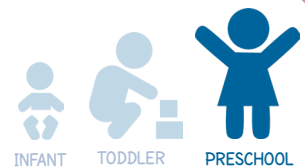
Invite children to jump as far as they can and measure with blocks or measuring tape.



Plants Here and There

Resources for Early Learning

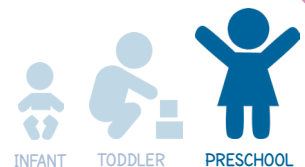
Invite children to observe and draw the plants and trees around them.



Take Flight with a DIY Kite

PBS

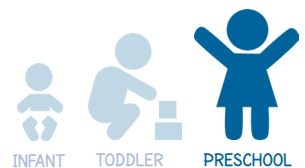
Help children build and fly a kite with some simple materials.



Play Letter Hopscotch

PBS

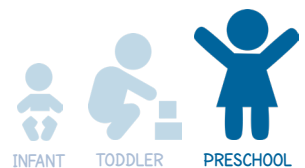
Create a hopscotch game with letters so children can get their brain and body moving.



Trace Words on the Sidewalk

PBS

Write some simple words using chalk and invite children to trace letters with water.





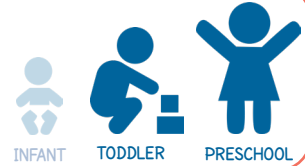
Online Educational Games

Click on the title of the activity for ways to engage children in online educational games. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[PBS Kids Games](#)

PBS

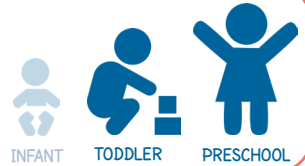
Engage children in games featuring favorite PBS shows.



[Sesame Street Games](#)

Sesame Workshop

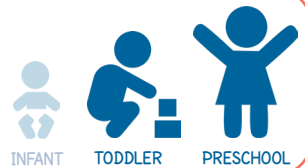
Have children play games featuring Sesame Street characters and themes.



[Starfall](#)

Starfall

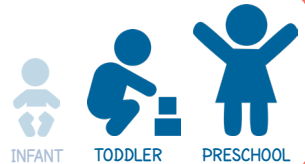
Use these games to help get children ready for kindergarten.



[ABCya Pre-K Games](#)

ABCya

Engage children in word and math games.

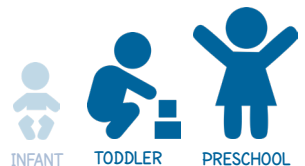


[Apps for Preschool Learning](#)

[Apps de aprendizaje para niños de preescolar](#)

Common Sense Media

Use these apps for learning, creative play, social-emotional skills, and more.





Educational Videos & Television

Click on the title of the activity for ways to engage children in educational videos and television. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[Animal Cams](#)

Earth Cam

See animals at different zoos and aquariums all over the world.



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[PBS Kids](#)

PBS

Watch PBS KIDS live featuring shows such as Daniel Tiger's Neighborhood, Sid the Science Kid, and more.



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[Sesame Street Videos](#)

Sesame Workshop

Watch Sesame Street videos that include health and safety tips, songs, and more.



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[Toddler Fun Learning](#)

Toddler Fun Learning YouTube Channel

Enjoy videos while learning about colors, shapes, 123s, and ABCs.



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[Max & Ruby](#)

Max & Ruby YouTube Channel

Watch clips and playlists of Max & Ruby.



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TODDLER



PRESCHOOL

[Blippi Toys](#)

Blippi Toys YouTube Channel

Watch Blippi play with toys such as construction vehicles and different modes of transportation.



INFANT



TODDLER



PRESCHOOL

[Pocoyo | Pocoyo \(en español\)](#)

Zinkia Entertainment

Watch Pocoyo video episodes to awaken imagination and build self-confidence.



INFANT



TODDLER



PRESCHOOL

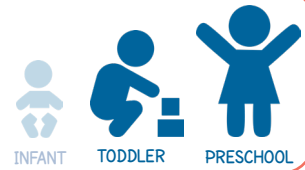


Educational Videos & Television (continued)

[Yes, You Can Make TV Time Count](#)

Common Sense Media

Co-view TV to learn and bond with children.

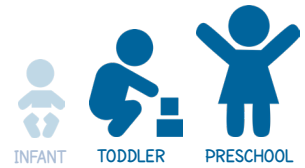


[5 Tips to Make Family Movie Night a Success](#)

[Movie Night: 5 consejos para que se diviertan en familia](#)

Common Sense Media

Plan a movie night for the whole family.





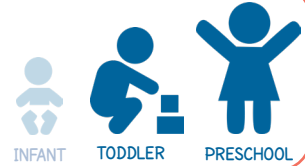
Virtual Get-Togethers

Click on the title of the activity for ways to engage children in virtual get-togethers and family time. If the activity is available in another language, click on the activity title in the language you prefer. The icons on the right indicate the appropriate age level(s) for each activity.

[13 Activities to Make the Most Out of Video Chats with Kids](#)

PBS

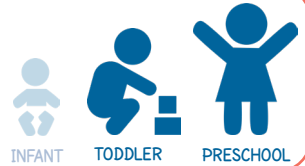
Learn about activities and get ideas for video chats with friends and families.



[Ways to Socialize at a Distance](#)

Common Sense Media

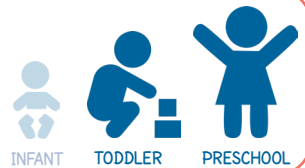
Engage in game nights and online playdates.



[Five Tips to Make the Most of Video Chats](#)

Zero to Three

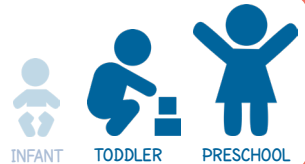
Communicate and learn from loved ones on the screen.



[When Children Miss Their Friends](#)

Sesame Workshop

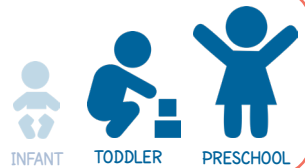
Help children stay socially connected, even when they're physically apart.



[Tips for Video Chatting with Young Children](#)

NAEYC

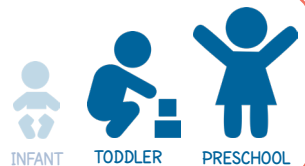
Support children and adults during video chat.



[A Parent's Guide to Virtual Playdates During Social Distancing](#)

Parents

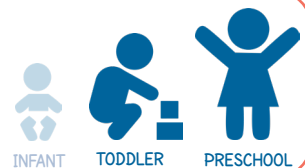
Plan virtual playdates to keep kids socially connected to their networks.



[Creative Connections While Apart](#)

Harvard Graduate School of Education

Keep families, schools, and communities together while social distancing.





Caring for Yourself

Click on the title of the resource for ways to support your well-being while sheltering in place. If the resource is available in another language, click on the resource title in the language you prefer.

[Stress and Coping](#)

[Estrés y cómo sobrellevarlo](#)

[压力和应对](#)

[Sự Căng Thẳng Và Cách Đối Phó](#)

[스트레스와 대처](#)

CDC

Use these tips to take care of yourself and your community.

[Self-Care for Adults During Health Emergencies](#)

Sesame Street in Communities

Care for yourself so you are better able to care for children.

[Your Health During COVID-19](#)

First 5 LA

Use these tips while sheltering in place.

[Parenting During Coronavirus: You Are Enough](#)

PBS

Learn about managing parenting expectations while sheltering in place.

[Young Children at Home During the COVID-19 Outbreak: The Importance of Self-Care](#)

[Los niños pequeños en casa durante el brote del COVID-19: La importancia del cuidado personal](#)

Zero to Three

Read about ways you can take care of yourself by paying attention to how you are feeling.

[Self-Care for Parents](#)

PBS

Use these tips to recharge and take care of you.



Caring for Yourself (continued)

Parents, Take Care of Yourself!

SCAN of Northern Virginia

Use these tips for physical, mental, and spiritual care.

Managing Stress with Mindful Moments

Head Start Early Childhood Learning & Knowledge Center

Explore breathing and movement strategies.

Free Guided Meditations

UCLA Health

Practice mindfulness with these guided meditations in English and Spanish.



Caring for Children

Click on the title of the resource for ways to care for children's emotions. If the resource is available in another language, click on the resource title in the language you prefer.

[Talking with Children About COVID-19](#)

[Hablar con los niños acerca de la enfermedad del coronavirus 2019](#)

[与儿童讨论2019年新型冠状病毒肺炎](#)

[Nói Chuyện với Trẻ Em về Bệnh Vi-rút Corona 2019](#)

[코로나바이러스 감염증 2019에 관해 자녀들과 이야기하기](#)

CDC

Use these general principles for talking to children about COVID-19.

[Helping Your Child During the Pandemic](#)

National Center for Pyramid Model Innovations

Use these tips to offer some guidance and support for children during this time.

[Comfort Strategies](#)

Sesame Workshop

Provide reassurance and build children's sense of security using these tips.

[Supporting Kids During the Coronavirus Crisis](#)

[Cómo apoyar a los niños durante la crisis del coronavirus](#)

Child Mind Institute

Draw on these tips for nurturing and protecting children at home.

[Helping Children Cope with Changes Resulting from COVID-19](#)

National Association of School Psychologists

Offer guidance during stressful events using these tips.

[10 Tips for Talking About COVID-19 with Your Kids](#)

PBS News Hour

Learn language to use when explaining COVID-19 to young children.

[Why are people wearing masks? Why are people covering their faces?](#)

Zero to Three

Answer children's questions about COVID-19.



Caring for Children (continued)

Talking About COVID-19 with Children

Sesame Workshop

Use these simple ways to inform while also providing comfort.