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.

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### 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.
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.
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.
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.
10 Ways to Connect Before Bedtime
Momtastic
Read about 10 ways to make bedtime special for toddlers and preschoolers.

Calming Activities Before Bed
Pathways
Read about six activities that can help preschoolers wind down before bedtime.
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.
Create Leaf and Bark Art  
*PBS*

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

Map Maker  
*First 8 Studios*

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

At Home with Makerspaces  
*NAEYC*

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

**Sensational Scarves | Chalinas sensacionales**
First 5 California
Toss scarves up in the air and let children touch them as they fall to the ground.

**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.

**Discovery Bottles**
The New York Public Library
Create your own sensory bottle that children can shake and watch what happens.

**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.

**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.
Sensory Play (continued)

**Sound Box**
*Resources for Early Learning*
Invite children to make sounds with some simple household items.

**I Spy ... A Match! Sensory Bag**
*PBS*
Make your own sensory bag with hidden items for children to find.

**Ball Maze Sensory Bag**
*Raising Dragons*
Invite children to explore this sensory bag and move the ball to the end of the maze.
## 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.

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<td>Create your own homemade mobile for children to explore.</td>
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<td>Place children on their back next to a napkin or scarf and let them practice reaching for it.</td>
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<td>Provide children with cups and containers, of different sizes, that they can put together.</td>
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<td>Build a tower that children can knock down.</td>
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<td>Object Sort</td>
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<td>Invite children to sort toys by color, size, or shape.</td>
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<td>Building with Cups</td>
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<td>Provide children with paper cups to build towers and other structures.</td>
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<td>Explore with children how different objects move down ramps.</td>
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**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.

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.

Hot and Cold
*WonderHowTo*
Hide an object in the house and give children “hot” or “cold” directions for how to find it.

Simon Says
*Help My Kid Learn*
Invite children to play this classic game where they have to do what Simon says.

Tic-Tac-Toe with Rocks
*Raising Dragons*
Create your own tic-tac-toe game with rocks outside.
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.

**Play Pretend: Restaurant**
*PBS*

Gather restaurant props and let children take turns playing the customers, servers, and cooks.
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.
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.
Build Your Own Volcano
PBS
Use some simple ingredients to help children learn how volcanoes 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.

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

Finger Plays for Infants and Toddlers
Resources for Early Learning
Learn short simple rhymes with hand movements.

Rhymes and Songs for Babies and Toddlers
Pewaukee Public Library
Learn words and actions for rhymes, fingerplays, and songs.

Finger Play Videos
Super Simple: A Place to Learn & Play
Watch five videos of fingerplays for toddlers and preschoolers.

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.

Storytime Songs
K Librarian
Access videos of stories with music and fingerplays. Some selections are available in Spanish.
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.
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<tr>
<td>Find ideas on reading with infants, toddlers, and preschoolers.</td>
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<td>Use these ideas to promote preschoolers’ literacy development while reading.</td>
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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.

WestEd.org
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.

**Yoga and Mindfulness for Kids**
Cosmic Kids Yoga
Invite children to practice yoga and mindfulness with these videos designed specifically for them.

**Dance Party**
Resources for Early Learning
Play a variety of fun music so children can practice their favorite dance moves.

**Hide and Seek**
Help My Kid Learn
Take turns hiding and seeking in this classic game.

**Obstacle Course  |  Carrera de obstáculos**
First 5 California
Build an indoor obstacle course for children with fun challenges.
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
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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Age Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Animal Cams</strong></td>
<td>See animals at different zoos and aquariums all over the world.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td><strong>PBS Kids</strong></td>
<td>Watch PBS KIDS live featuring shows such as Daniel Tiger’s Neighborhood, Sid the Science Kid, and more.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td><strong>Sesame Street Videos</strong></td>
<td>Watch Sesame Street videos that include health and safety tips, songs, and more.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td><strong>Toddler Fun Learning</strong></td>
<td>Enjoy videos while learning about colors, shapes, 123s, and ABCs.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td><strong>Max &amp; Ruby</strong></td>
<td>Watch clips and playlists of Max &amp; Ruby.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td><strong>Blippi Toys</strong></td>
<td>Watch Blippi play with toys such as construction vehicles and different modes of transportation.</td>
<td>Infant, Toddler, Preschool</td>
</tr>
<tr>
<td>**Pocoyo</td>
<td>Pocoyo (en español)**</td>
<td>Watch Pocoyo video episodes to awaken imagination and build self-confidence.</td>
</tr>
</tbody>
</table>
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.

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<thead>
<tr>
<th>Activity</th>
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<tr>
<td>13 Activities to Make the Most Out of Video Chats with Kids</td>
<td>PBS</td>
<td>Learn about activities and get ideas for video chats with friends and families.</td>
</tr>
<tr>
<td>Ways to Socialize at a Distance</td>
<td>Common Sense Media</td>
<td>Engage in game nights and online playdates.</td>
</tr>
<tr>
<td>Five Tips to Make the Most of Video Chats</td>
<td>Zero to Three</td>
<td>Communicate and learn from loved ones on the screen.</td>
</tr>
<tr>
<td>When Children Miss Their Friends</td>
<td>Sesame Workshop</td>
<td>Help children stay socially connected, even when they’re physically apart.</td>
</tr>
<tr>
<td>Tips for Video Chatting with Young Children</td>
<td>NAEYC</td>
<td>Support children and adults during video chat.</td>
</tr>
<tr>
<td>A Parent’s Guide to Virtual Playdates During Social Distancing</td>
<td>Parents</td>
<td>Plan virtual playdates to keep kids socially connected to their networks.</td>
</tr>
<tr>
<td>Creative Connections While Apart</td>
<td>Harvard Graduate School of Education</td>
<td>Keep families, schools, and communities together while social distancing.</td>
</tr>
</tbody>
</table>
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

Use these tips while sheltering in place.

**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.
Parents, Take Care of Yourselves!
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.
Talking About COVID-19 with Children
Sesame Workshop

Use these simple ways to inform while also providing comfort.