



# Surviving Social Isolation and School Closures

All employees at LifeSteps Council on Alcohol and Drugs  
contributed to the development of this resource guide.

Embrace this time and join your family and the time that you have  
to create precious moments and share love!

We are here to help you! If you need any support, please feel free to call or email us!

All the best,

LifeSteps' Staff



## ONLINE RESOURCES

- **Amazing Educational Resources:** [www.amazingeducationalresources.com](http://www.amazingeducationalresources.com)
- **Kids Activities:** [www.kidsactivitiesblog.com](http://www.kidsactivitiesblog.com)
- **Brain POP** (offering free access during school closures): [www.brainpop.com](http://www.brainpop.com)
- **Skype a Scientist:** [www.skypeascientist.com](http://www.skypeascientist.com)
- **Scholastic:** [www.scholastic.com/parents/school-success/home-learning-resources.html](http://www.scholastic.com/parents/school-success/home-learning-resources.html)
- **Switcheroo Zoo:** [www.switchzoo.com](http://www.switchzoo.com)
- **Fun Brain:** [www.funbrain.com](http://www.funbrain.com)
- **Nat Geo for Kids:** [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)
- **PBS Kids:** [www.pbs.org](http://www.pbs.org)
- **Into the Book:** [www.reading.ecb.org](http://www.reading.ecb.org)
- **Seussville:** [www.suessville.com](http://www.suessville.com)
- **Storyline Online:** [www.storylineonline.net](http://www.storylineonline.net)
- **Highlights Kids:** [www.highlightskids.com](http://www.highlightskids.com)
- **Sesame Street:** [www.sesamestreet.org](http://www.sesamestreet.org)
- **Kids Page:** [www.thekidzpage.com](http://www.thekidzpage.com)
- **How Stuff Works:** [www.howstuffworks.com](http://www.howstuffworks.com)
- **Time for Kids:** [www.timeforkids.com](http://www.timeforkids.com)
- **DuoLingo:** [www.duolingo.com](http://www.duolingo.com)
- **Children's Library:** [www.childrenslibrary.org](http://www.childrenslibrary.org)
- **Khan Academy:** [www.khanacademy.org](http://www.khanacademy.org)
- **Watch Know Learn:** [www.watchknowlearn.org](http://www.watchknowlearn.org)
- **All Kids Network:** [www.allkidsnetwork.com](http://www.allkidsnetwork.com)
- **Arcademics:** [www.arcademics.com](http://www.arcademics.com)
- **BeeLine Reader:** [www.beelinereader.com/education](http://www.beelinereader.com/education)
- **BlocksCAD:** [www.blockscad3d.com/distance\\_learning](http://www.blockscad3d.com/distance_learning)
- **Club Oasis (free online STEM Club):** [www.social.oasismatters.com](http://www.social.oasismatters.com)
- **Crash Course:** [www.youtube.com/user/crashcourse](http://www.youtube.com/user/crashcourse)
- **StarFall:** [www.Starfall.com](http://www.Starfall.com)
- **Toy Theater (Educational Games for Kids):** [www.toytheater.com](http://www.toytheater.com)
- **Virtual Trips:** [www.discoveryeducation.com/virtual-field-trips/](http://www.discoveryeducation.com/virtual-field-trips/)
- **Homeschool:** [www.123homeschool4me.com](http://www.123homeschool4me.com)
- **Teens:** [www.teens.drugabuse.gov/teens/games](http://www.teens.drugabuse.gov/teens/games)
- **Adventures:** [www.adventuresinfamilyhood.com](http://www.adventuresinfamilyhood.com)

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## ELEMENTARY ONLINE RESOURCES

### MATH

- **Prodigy:** [www.prodigygame.com](http://www.prodigygame.com)
- **Khan Academy:** [www.khanacademy.org](http://www.khanacademy.org)
- **Cool Math Games:** [www.coolmathgames.com](http://www.coolmathgames.com)
- **CK-12:** [www.ck12.org/browse/](http://www.ck12.org/browse/)
- **Desmos (Algebra, etc):** [www.teacher.desmos.com](http://www.teacher.desmos.com)
- **NeoK12:** [www.neok12.com](http://www.neok12.com)
- **Math Celebrity.com:** [www.mathcelebrity.com/online-math-tutor.php](http://www.mathcelebrity.com/online-math-tutor.php)
- **Minecraft Education Edition:** [www.education.minecraft.net](http://www.education.minecraft.net)

### READING

- **Squiggle Park:** [www.squigglepark.com](http://www.squigglepark.com)
- **NewsELA:** [www.newsela.com](http://www.newsela.com)
- **Wordville:** [www.wordville.com/ReadingComp/](http://www.wordville.com/ReadingComp/)
- **K12 Reader:** [www.k12reader.com/grade-level/grades-k-12](http://www.k12reader.com/grade-level/grades-k-12)
- **Read Works:** [www.readworks.org](http://www.readworks.org)
- **ABC:** [www.abcmouse.com](http://www.abcmouse.com)

### SOCIAL STUDIES

- **History for Kids:** [www.historyforkids.net](http://www.historyforkids.net)
- **Into the Map:** [www.intothemap.org](http://www.intothemap.org)
- **Virtual Tours You Can Take on Your Couch:** [www.travelandleisure.com/attractions/museums-galleries/](http://www.travelandleisure.com/attractions/museums-galleries/)
- **Big History Project (Middle and High School):** [www.school.bighistoryproject.com/bhplive](http://www.school.bighistoryproject.com/bhplive)

### WRITING

- **Typing Club:** <https://www.typingclub.com>
- **Mad Libs for Kids:** <https://www.squiglyplayhouse.com/mobile/madlibs.php>
- **English Worksheets Land:** <https://www.englishworksheetsland.com>
- **Classroom Cereal (printables):** <https://www.classroomcereal.com/>
- **NaNoWriMo:** <https://www.nanowrimo.org/>

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## ELEMENTARY ONLINE RESOURCES

### OTHER

- **E-Learning for kids:** [www.e-learningforkids.org](http://www.e-learningforkids.org)
- **PBS Learning Media:** [www.klrn.pbslearningmedia.org](http://www.klrn.pbslearningmedia.org)
- **Smithsonian Online Exhibits:** [www.si.edu/exhibitions/online](http://www.si.edu/exhibitions/online)
- **Smithsonian Education:** [www.smithsonianeducation.org/students/index.html](http://www.smithsonianeducation.org/students/index.html)
- **Belouga:** [www.belouga.org](http://www.belouga.org)
- **Guinness World Records Kids:** [www.kids.guinnessworldrecords.com/activities/try-this-at-home/](http://www.kids.guinnessworldrecords.com/activities/try-this-at-home/)
- **KiwiCo:** [www.kiwico.com](http://www.kiwico.com)
- **Mystery Science:** [www.mysteryscience.com](http://www.mysteryscience.com)
- **Science Friday:** [www.sciencefriday.com](http://www.sciencefriday.com)
- **Wonderopolis:** [www.wonderopolis.org](http://www.wonderopolis.org)
- **Catch:** [www.catch.org/pages/health-at-home](http://www.catch.org/pages/health-at-home)
- **Learn at home:** [www.scholastic.com/learnathome](http://www.scholastic.com/learnathome)
- **Brain Power:** [www.teens.drugabuse.gov/teachers/brain-power/grades-K-1](http://www.teens.drugabuse.gov/teachers/brain-power/grades-K-1)

## FOR PARENTS

- **Child Mind Institute:** [www.childmind.org/coping-during-covid-19-resources-for-parents/](http://www.childmind.org/coping-during-covid-19-resources-for-parents/)  
Twice daily Facebook Live video chats featuring expert clinicians
- **Talk. They Hear You:** [www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)
- **Parents Empowered:** [www.parentsempowered.org](http://www.parentsempowered.org)
- **Family Dinner:** [www.thefamilydinnerproject.org](http://www.thefamilydinnerproject.org)
- **Family Day:** [www.casafamilyday.org](http://www.casafamilyday.org)
- **CDC:** [www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.htm](http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.htm)
- **Coronavirus in Babies and Children:** [www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-in-babies-and-children](http://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-in-babies-and-children)
- **ADHD Brains Working at Home:** [www.additudemag.com/working-from-home-adhd/](http://www.additudemag.com/working-from-home-adhd/)
- **Mom Blog:** [www.fiveminutesmum.com](http://www.fiveminutesmum.com)
- **Wellness:** [www.littletwistersyoga.com](http://www.littletwistersyoga.com)

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[www.LifeStepsCouncil.org](http://www.LifeStepsCouncil.org)

Round Rock: 512.246.9880 | Georgetown: 512.869.2571 | Waco: 254.225.6047

## APPS (Check availability online, Google Play and Itunes)

- Duckduckmoose.com
- GoNoodle
- Epic4Kids
- Health Tips for Healthy Living
- DrawSomething
- Worms 3
- Family Feud 8
- Hidden Objects
- Daily Health Tips
- Sago Mini Music Box
- My Play Home
- Create a Car
- My First Classic Music App
- Art Class with Dr. Panda
- Toontastic
- Toca Hair Salon Me
- Magic Piano

## IMPORTANT RESOURCES

- [www.CDC.gov/coronavirus](http://www.CDC.gov/coronavirus)
- [www.DisasterDistress.samhsa.gov](http://www.DisasterDistress.samhsa.gov)
- 1 - 800 - 985 - 5900 SAMHSA helpline 24/7 for counseling
- [www.Wilco.auntbertha.com](http://www.Wilco.auntbertha.com)
- Schools are open for food and mental health support - Contact your local school/District
- Waco COVID-19 Updates - [www.waco-texas.com](http://www.waco-texas.com)
- Williamson County COVID Updates - [www.wcchd.org/covid-19/](http://www.wcchd.org/covid-19/)
- Travis County COVID-19 Updates - [www.traviscountytx.gov](http://www.traviscountytx.gov)

*WeeCare, PADRE, and coalition staff collaborated to develop this resource guide to support family activities. LifeSteps is not endorsing any of these resource programs and the opinions expressed in said resources are of the author's own and may not reflect the view of LifeSteps. Please email us at [coalition@lifestepsCouncil.org](mailto:coalition@lifestepsCouncil.org) to add a resource to this list.*

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