



The Center for Humanistic Change COVID-19 Resource Guide

The spread of COVID-19, social distancing, and school closures have disrupted our routines and sense of stability, forcing each of us to adapt to a new normal. CHC is devoted to providing you with resources as you find new ways for children and families to learn, feel safe, and be supported and connected. We have compiled this resource guide so that individuals know what resources are available to them amid this pandemic. As things progress, check back often for additional resources at www.thehc.org.

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EDUCATION AND LEARNING FOR STUDENTS:

Center for Humanistic Change: Offering selected courses to students, faculty, staff, and parents, remotely and at no cost to you. The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments. Age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Courses for faculty, staff, and parents are designed to foster resiliency, reduce anxiety, and manage stress. For more information and to access online videos please visit <https://www.thechc.org/>.

Allentown School District: Materials are available by grade level with activities in Math, English, Language Arts, Science, and Social Studies online at <http://allentownsd.ss14.sharpschool.com/cms/One.aspx?portalId=521953&pageId=11762371>. If you do not have access to devices or internet at home, print materials can be picked up at the same location and times as the grab and go meals beginning Thursday, March 19 from 10 a.m. to 2 p.m.

KidsPeace Teen Central: This is a free web-based service for teens. It is confidential and anonymous and provides a range of information and encouragement to older kids and teens including the opportunity to submit questions and concerns and get an individualized response from clinical experts provided in a “safe space” for young people who may have reluctance to discuss such matters with parents or other adults. You can access this at www.teencentral.com.

Online Resources:

- **Khan Academy** <https://www.khanacademy.org/>
- **Scholastic** <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Openstax** <https://openstax.org/>
- **Prodigy Math** <https://www.prodigygame.com/>
- **Mystery Science** <https://mysteryscience.com/school-closure-planning>
- **TED Ed** <https://ed.ted.com/>
- **BrainPop** <https://www.brainpop.com/> You can get free access on the webpage
- **YouTube** – SciShow, SciShow Kids, CrashCourse, and CrashCourse Kids
- **Wonderopolis and Camp Wonderopolis** – explore intriguing questions about the world around us
- **PBS Parents Play and Learn App**
- **NASA** - <https://www.nasa.gov/multimedia/imagegallery/index.html>
- **San Diego Zoo** <https://kids.sandiegozoo.org/>
- **Monterey Bay Aquarium** <https://www.montereybayaquarium.org/animals/live-cams>
- **Discovery Education Field Trips**
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Lunch Doodles** with Children’s Author Moe Willems at 1pm every weekday on his website <https://www.kennedy-center.org/education/mo-willems/>
- **Online Mindfulness Class!** Every Tuesday, Wednesday, and Thursday 1pm
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>