

Resources for Children & Youth During the COVID-19 Crisis



Educational Resources

- [Pearson Canada](#) is now offering free supplementary math resources for students in grades K-3
- [Scholastic](#) has videos, books, science and literacy resources for grades K-12
- [Grand Council Treaty #3](#) has compiled a comprehensive list of online learning, educational resources, First Nation education links and virtual tours
- [Rosetta Stone](#) is offering 3 months of learning free
- [The Royal Ontario Museum](#) is teaching kids 8-14+ how to write in hieroglyphs

Mental Health Resources

- [Healthy Children](#) has information on talking to children & youth about COVID-19
- [The Centre for Addiction and Mental Health](#) has a dedicated COVID-19 page with information on managing stress & anxiety, social isolation and talking with kids
- [Aboriginal Shelters of Ontario](#) has created a resource with information on understanding and mitigating the impacts of the crisis on children, youth, families and communities.
- [The Harm Reduction Coalition](#) has created a document focused on COVID-19 and harm reduction which may be helpful for youth

Entertainment Resources for Children

- [Rebel Girls](#) is now offering a digital version of the rebel girl journal and step by step activity guides for kids 6-12 on topics such as planting a garden, reading, and writing
- [The Toronto Zoo](#) offers free online programming at 1pm daily
- [The National Film Board](#) is streaming free titles including an Indigenous cinema library
- [Board Game Arena](#) offers games for a variety of ages that can be played online with friends/family or solo
- [PBS kids](#) offers videos and downloadable games
- [Google Arts & Culture](#) shares art collections from some of the most famous museums around the world
- [Try an offline activity](#), such as making a time capsule, reading, painting, yoga, cooking, scavenger hunts, play doh and meditation

Keeping Adult Minds Active

- [The Show Must Go Online](#) is a digital project currently offering weekly live streams of Shakespearean play readings
- [Broadway HD](#) is offering free viewing of a range of musicals (for a limited time)
- [Spotify](#) has a free 78 hour music playlist "1200 years of women composers"
- [Cirque du Soleil](#) is putting on free live and pre-recorded virtual shows through their Cirque Connect platform
- [Royal Opera House](#) is offering free ballet and opera performances online
- [Lynda.com/LinkedIn Learning](#) is offering a free one month trial for courses on subjects including web development and photography
- [Many public libraries](#) have virtual resources on their website with free ebooks, audiobooks, digital magazines, and more

- ✓ Develop a routine
- ✓ Take time for yourself
- ✓ Reach out for support when needed



- ✓ Limit screen time & watch together
- ✓ Use screens for human connection
- ✓ Balance offline and online activities