~For Kids, Families and Everyone!~

Coloring Book for Library Lovers

Smithsonian National Museum of African American History

Portal Helps People Explore Issues Of Race, Racism And Racial Identity

The Smithsonian’s National Museum of African American History and Culture today launched Talking About Race, a new online portal designed to help individuals, families, and communities talk about racism, racial identity and the way these forces shape every aspect of society, from the economy and politics to the broader American culture.
Be Kind, Creative and Connected!

Show Compassion. Teach Kindness. Stand Together.

STEM & STEAM Activities Resources
16 pages of resources from A-Z
Have a little fun and learn something too

The collection of resources below includes videos, toolkits, activities to use at home and more to support parents and caregivers and their children during the COVID-19 pandemic. Click a topic listed below to jump to that section.

- Self-Care and Coping with Stress/Anxiety
- Activities and Home Resources
- Talking with Kids about COVID-19
- Information and Fact Sheets for Parents
- Supporting Youth and Young Adults
- Dedicated Partner Resource Pages
- Specific Diagnoses and Special Needs
- Helpful Parenting Infographics
Build Something Fun and Explore!

Build something fun in these Snacks, and learn something too.

**Bottle Racer**
Build a rubber-band-powered rolling plastic water bottle.

**Downhill Race**
Two cylinders that look the same may roll downhill at different rates.

**Marshmallow Puff Tube**
If you blow harder, will it go farther?

**Sound Sandwich**
Make beautiful music with sticks, straws, and rubber bands.

**Square Wheels**
Square wheels roll smoothly on a round road.

**Water-Bottle Membranophone**
This surprising instrument is fun to make—and even more fun to play.

**Whirling Watcher**
Short bursts of moving images produce some interesting effects.

**Ames Chair**
Without depth perception, random lines can become a chair!

**Bacteria Culture Club**
Make yogurt from yogurt.

**Curveball Demonstrator**
Give flight a spin with the Magnus effect.

**Oil Spot Photometer**
Compare the brightness of two light sources with an oil spot on a white card.

**Far-Out Corners**
Your experience of the world influences what you see.
Resources for Parents and Children

Fun Activities for Your Children

**While At Home For Parents**
Thorough list of links to online games and academic resources for children. Also includes wellness tips and strategies for parents and children.

**Stuck at Home? 20 Learning Activities to Keep Your Children Busy**
Links to 20 learning activities that are simple and fun for your child to try.

**Autism Society of Maine Family Information Page**
Includes links to resources for parents and fun activities for children and families.

**Simple Activities for Children and Adolescents**
Check this list from the National Child Traumatic Stress Network of simple activities to help parents engage children and adolescents while families are home and social distancing due to COVID-19.

**Activities for the Whole Family from the Bangor YMCA**
The Bangor YMCA has gone virtual. Their website includes links to activities for kids, virtual family outings, workouts videos with their staff and mental health and stress management videos with their staff.

**Maine Tree and Forest Exploration**
Explore the link to learn more about Maine's forests and trees.

**Pocket nature Journal Activities**
Western Foothills Land Trust is partnering with Greater Lovell Land Trust, Lakes Environmental Association and Loon Echo Land Trust to bring you our Pocket Nature Journal Activity Series. Every Friday we will post a new print-and-fold nature journal to help educate and inspire you and your budding naturalists!
Welcome to our Chewonki @Home resource page. You can find lesson plans, projects, videos, and more to help with nature-based remote learning.

iNaturalist

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society. Here’s how it works: Record your observations, share with fellow naturalists, discuss your findings! Contribute to Science. Every observation can contribute to biodiversity science and will help scientists use your data to preserve species all around the world.

Great Kids' Distance Learning Nature Resources

Let’s face it. It’s really not easy being a parent right now. Antsy children missing their friends and the stability of school combined with the pressure to home school compounded by what’s been less-than-ideal weather—it’s all adding up. As Mainers we get great pleasure from immersing our kids in nature, whether it’s showing them the plants, birds, and insects that live right along our street or by visiting one of the many beautiful protected places across the state. While that’s become more difficult to do as the requirements of physical distancing demand limited movement, thankfully some Maine-based organizations have developed some great online resources to help educate and engage our young people on the topics of the environment and nature. Here are a few our team at the Natural Resources Council of Maine have found.
Science and Nature for cooped up kids!

CORNELL ORNITHOLOGY LAB RESOURCES

Finding ways to engage your child at home during school closures can be challenging. We're here to help! Use our weekly hands-on activities and quests to explore nature and science. A combination of indoor and outdoor activities will ease cabin fever. While being in nature has been shown to decrease stress and boost creativity, use your best judgement and follow local recommendations for being outside.

Citizen Science Projects

Who are citizen scientists?
Citizen scientists typically are not professional scientists. Rather, they are curious or concerned people who collaborate with professional scientists in ways that advance scientific research on topics they care about. Today, citizen scientists come from all walks of life including children and retirees seeking to socially connect with others while applying their seasoned knowledge and experiences in ways that help others; online gamers who lend their skills to specially designed programs to analyze folding protein structures and shape the building blocks of life; educators and students who want a more hands-on experience outside the classroom; environmental justice advocates who want to see critical data with their own eyes; current and former NFL and NBA cheerleaders in science professions who engage thousands of non-traditional audiences in citizen science; and even prisoners are getting involved.

Zooniverse.org-lots of different projects, a favorite is penguin watch
SciStarter

Children's Activity Calendars

EARLY LITERACY AND CHILDREN’S ACTIVITY CALENDARS FROM DEMCO

70 ACTIVITIES FOR YOUR CHILD STUCK AT HOME

INDY’S CHILD

INDIANA’S #1 PARENTING RESOURCE

70 THINGS TO DO WITH YOUR CHILD NOW THAT WE ARE ALL STUCK AT HOME

COVID-19 is now in Indiana, and schools throughout Indianapolis are closed for the next three to four weeks (or more).

Not only that, but many Indy attractions are closed or limiting visitors, and the general recommendation is that everyone should just take this time to stay home and away from other people.

The thought of an unexpected, weeks-long isolation period at home with bored children will send chills down the spine of many parents. In fact, as soon as the schools around Indy started closing, I got panicked group texts from some of my mom friends. “What are we going to do all day if we can’t leave the house?” was a common question.
**IMMERSION PROGRAM IN WORLD LANGUAGES**

**Rosetta Stone is offering up to 250 hours of language learning in 24 languages free to all K-12 students for three months.**

It's an immersion program with reading, writing, and listening exercises. It even has an element in which you speak to answer questions! Lessons can be worked online or downloaded for offline use. Native language reading, writing, and typing skills are helpful for completing lessons.

Choose one language to learn when registering. Parents may register one child per email address.

Wonderopolis: a free online learning resource visited by 13 million students, teachers, and parents annually. Each day, the site invites visitors to explore an intriguing question about the world around us and includes activities that reinforce the content learned while building background knowledge and vocabulary skills

[https://wonderopolis.org/](https://wonderopolis.org/)