

What we can do to about coronavirus anxiety in family life (Handout)

> Articles

- [125+ amazing online learning resources](#)
- [How parents can keep kids busy and learning in quarantine](#) (The Atlantic)
- [How to keep your kid on a schedule during coronavirus school closing](#) (New York Post)
- [Parenting during coronavirus: What to know about play dates, education and more](#) (The Washington post)
- [Resources for supporting children's emotional well-being during the COVID-19 pandemic](#)
- [School's out- A parents' guide for meeting the challenge](#) (NYU)
- [What parents can do to face coronavirus anxiety](#) (CNN)



> Schooling

- [Free educational subscriptions](#)
- [Free online museums visit](#)
- [North Carolina School of Science and Math](#) (Reading books for all ages children on Facebook)
- [Scholastic is offering free online courses so your kids can keep learning while schools are closed](#) (CNN)
- [Slate has a different approach to hope for those of us with children home from school](#)
- [Taking care of your behavioral health from SAMHSA](#)
- [Tips to reduce anxiety and stress](#) (American Psychological Association)
- [Talking with children tips for caregivers, parents, and teachers during infectious disease outbreaks](#) (SAMHSA)
- [The national child traumatic stress network](#) (NCTSN)
- [Virtual field trips](#)
- [Virtual museum tours](#) (Travel leisure)



> Additional Resources

- [North Carolina 4-H](#)
- [4-H Healthy and living activity guide](#)
- [Academic earth- older youth](#)
- [Coursera](#)
- [Code](#)
- [Coolmath](#)
- [Coronavirus information for youth children](#)
- [Cincinnati zoo- fiona the hippo](#)
- [Duolingo- free language lessons](#)
- [Disney online learning resources](#)
- [Headspace](#)
- [Khan Academy](#)
- [NC Zoo wildlife cams](#)
- [Scholastics- daily online free reading activities](#)
- [Scholastic creates free, open-access digital hub to help keep students learning while schools are disrupted by coronavirus](#)
- [Sesame street- PBS kids](#)
- [Sesame street- PBS kids video](#)
- [Wildlife Cam- Jordan Lake](#)

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