

## Family resources

### Education

#### Helpful tool for parents

<https://www.sophia.org/free-online-courses?gclid=EAIaIQobChMIIsPTbzZWR6QIVA9vACh3ALQp3EAAYAyAAEgKdsfDBwE#courses>

### Reading/writing

#### PB kids read alongs and more

[https://www.youtube.com/channel/UCrNnkowFBnCS1awGjq\\_ijGQ](https://www.youtube.com/channel/UCrNnkowFBnCS1awGjq_ijGQ)

### Film

#### El Dorado writing project

<https://www.youtube.com/channel/UCDBwXRaWOGPaKd9Hogt5C-w/featured>

### Fitness

#### The body coach tv- PE with Joe

<https://www.youtube.com/channel/UCAxW1XToiEJooTYlRfn6rYQ>

### Math

#### Lockdown math

[https://www.youtube.com/channel/UCYO\\_jab\\_esuFRV4b17AJtAw/featured](https://www.youtube.com/channel/UCYO_jab_esuFRV4b17AJtAw/featured)

### Dance

#### Kids bob

<https://www.youtube.com/channel/UCKEoXnj818IDaHvIcRiqoBg>

### Mixed activities

#### Khan academy- tutorials, dances, helpful tips for parents

<https://www.youtube.com/channel/UC2ri4rEb8abnNwXvTjg5ARw>

## Family Activities

### Fitness

#### Youtube vidos

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

<https://www.youtube.com/watch?v=d2Bh0ukDHwY>

[https://youtu.be/x\\_YFkVSp34s](https://youtu.be/x_YFkVSp34s)

### Tick tocs

<https://youtu.be/CfZxrTV1kIU>

## **Face book videos**

<https://www.facebook.com/Gymshark/>

<https://www.facebook.com/Dancefitnesswithjessica/>

## **Instagram videos**

<https://www.instagram.com/home.exercises/?hl=en>

[https://www.instagram.com/fitnessfamily\\_nati/](https://www.instagram.com/fitnessfamily_nati/)

## **Orange theory fitness**

<https://www.orangetheory.com/en-us/athome/?>

[utm\\_source=google&utm\\_medium=sem&utm\\_campaign=Orangetheory-2020-PPC-Non-Brand-AtHomeWorkout&utm\\_term=tombras&utm\\_content=OTFatHome\\_us&gclid=EAIaIQobChMIy u7Qlr6R6QIVJ\\_fjBx3MkwskEAAYAAEgIOrfD\\_BwE](https://www.orangetheory.com/en-us/athome/?utm_source=google&utm_medium=sem&utm_campaign=Orangetheory-2020-PPC-Non-Brand-AtHomeWorkout&utm_term=tombras&utm_content=OTFatHome_us&gclid=EAIaIQobChMIy u7Qlr6R6QIVJ_fjBx3MkwskEAAYAAEgIOrfD_BwE)

## **Fun**

### **Arts and crafts:**

#### **Tornado out of soda bottles**

[https://www.youtube.com/watch?v=-ZirFmGi\\_dE](https://www.youtube.com/watch?v=-ZirFmGi_dE)

#### **Bird house**

[https://www.youtube.com/watch?v=DR6i\\_v7Ana4](https://www.youtube.com/watch?v=DR6i_v7Ana4)

#### **Side walk chalk drawings**

<https://whatmomslove.com/kids/sidewalk-chalk-ideas/>

#### **Build a fort**

<https://www.youtube.com/watch?v=zR1Z7euvdhk>

#### **Dream catchers**

<https://www.youtube.com/watch?v=L4fE3Y-C9b0>

#### **Science experiments**

<https://www.youtube.com/watch?v=087hssnar-0>

<https://www.youtube.com/watch?v=hGwG--GZEfw>

#### **Baking cookies, cakes, brownies etc**

<https://www.youtube.com/watch?v=xckyFTyrkmw>

<https://www.youtube.com/watch?v=JCAQbgAo3aU>

#### **Game night**

<https://www.thechaosandtheclutter.com/archives/family-game-night-ideas>

#### **Movie night**

<https://www.familyminded.com/s/best-family-movies-70f0f42b29d34b3a>

