

RESOURCES FOR CHILDREN

RELAXATION



ACTIVITIES



COVID-19



MUSEUM & ZOO ACTIVITIES



The followings resources are curated using information and links from a variety of local and national organizations. This information is not meant to diagnose or treat any medical condition.

ACTIVITIES FOR KIDS

Playdough Recipe



Smithsonian Fun
Stuff for Kids



Smithsonian

Virtual Recess



Coloring Pages



Nature Walk
Scavenger Hunt



Family Vision Board



Choreograph a Dance



Quick, Draw!



RELAXATION

Virtual Calming Bottle



Weave Silk



Sand Relaxation



Stress Relief
Breathing



Happy Relaxing Guitar
Music



Virtual Aquarium



COVID-19 RESOURCES

Talking with kids about
COVID-19



Quarantine Family Toolkit



Sesame Street COVID-19



How to talk with your
child about COVID_19



Sweet Story on Social
Distancing

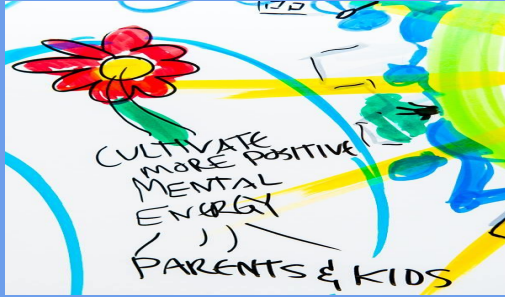


Hand Washing with Elmo



MENTAL HEALTH

CDC Children's Mental
Health



Sea Friends Guided Imagery



Emotions Chart



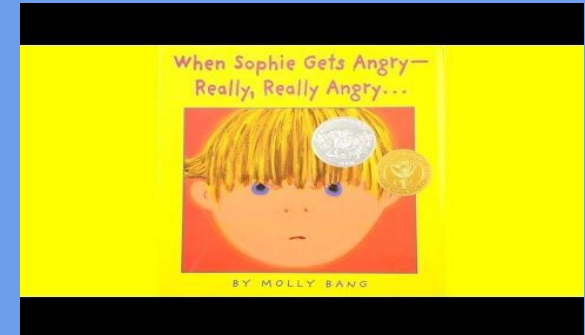
Grief Hero Toolkit



Self-Compassion



When Sophie Gets Angry



ZOO & MUSEUM LINKS

Smithsonian Zoo Webcams



Famous Museum Virtual
Tours



Virtual Children's Museum Tours



Earthcam Animal Webcams



Milwaukee County Zoo
Webcams

