

At-Home Activities and Resources for Youth and Families



03.18.20

NOTE: This guide does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors. This is simply designed to be a tool to help families as everyone figures out how to positively navigate the challenges posed by the COVID19 coronavirus outbreak.

The recent outbreak of the COVID19 coronavirus has forced many schools and youth organizations to suspend classes and meetings for an extended period of time. These actions can present new challenges for families, as they adjust to a 'new normal' over the next few weeks. In response to this, the Army National Guard (ARNG) Child and Youth Services (CYS) Program has developed this activity and resource guide. Our hope is that the information contained within the guide helps keep youth engaged in learning until classes are able to resume in schools.

As always, if you have questions, or need additional resources, please feel free to contact your local ARNG CYS Team. You can locate relevant contact information by visiting our ARNG CYS Website – simply click on the following link: <https://arngcys.com/my-local-cys-program>.

RESOURCES FOR YOUTH AND FAMILIES

The following resources have been categorized by topic.

HEALTH, SAFETY & AWARENESS

- **Centers for Disease Control and Prevention (CDC)**
 - Overview of COVID19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - Impact on the US: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
 - Preparation: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
 - Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- **Center for the Study of Traumatic Stress (CSTS)** – Fact sheets and other valuable information related to the COVID19 Outbreak.
 - “Helping Homebound Children During the COVID19 Outbreak”
 - **PDF LINK:**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
 - “Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks”
 - **PDF LINK:**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf
- **World Health Organization (WHO)**
 - New and Updates: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
 - Protective Measures: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - COVID19 Overview: https://www.youtube.com/watch?time_continue=20&v=1APWq1df6Mw&feature=emb_logo

Additional Resources:

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Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



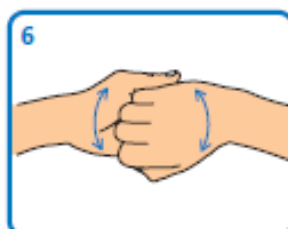
Rub hands palm to palm



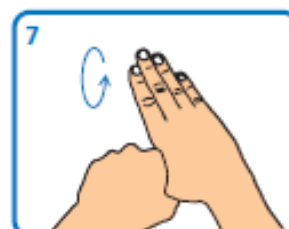
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



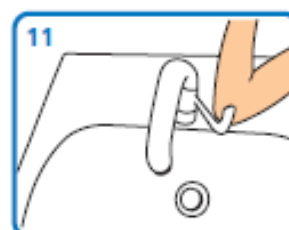
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

SOCIAL, EMOTIONAL AND MENTAL HEALTH RESOURCES

- **Child Mind Institute**
 - “What to Do (and Not Do) When Children Are Anxious”
 - **LINK:** <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- **Common Sense Education**
 - “Reduce Student Anxiety (and Your Own) During Uncertain Times”
 - **LINK:** https://www.commonsense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457638&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
 - “Explaining the News to Our Kids”
 - **LINK:** https://www.commonsensemedia.org/blog/explaining-the-news-to-our-kids?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457640&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
 - “Ready to Play Digital Compass™?” Educator Guide
 - **LINK:** https://www.commonsense.org/education/digital-compass?j=7702172&sfmc_sub=196843640&l=2048712_HTML&u=143457641&mid=6409703&jb=467&utm_source=edu_nl_20200317&utm_medium=email
- **Kids Health**
 - “Anxiety Disorders”
 - **LINK:** <https://kidshealth.org/en/parents/anxiety-disorders.html>
- **Psychology Today**
 - “12 Tips to Reduce Your Child’s Stress and Anxiety”
 - **LINK:** <https://www.psychologytoday.com/us/blog/dont-worry-mom/201302/12-tips-reduce-your-childs-stress-and-anxiety>



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EDUCATIONAL/ACADEMIC SUPPORT AND RESOURCES

- **Amazing Educational Resources** contains a database of various educational resources and supports available to youth and their families. Each resource listed is designed to help support academic growth at all age levels. NOTE: Some links may require the user set-up a profile and/or provide some personal information – please exercise caution when utilizing each website if you do not wish to have your name, email or other identifying information released to a third party.
 - **LINK:** <http://amazingeducationalresources.com/>
- **Curriculum Associates** has developed a website in response to many schools closing over concerns of the COVID19 coronavirus. The website provides parents/guardians with printable activity packs for mathematics and reading, starting with Kindergarten and going through eighth grade.
 - **LINK:** <https://www.curriculumassociates.com/supporting-students-away-from-school>
- **Have Fun Teaching** provides families with access to Coronavirus Relief Packs (by grade level) to foster continuous learning at home.
 - **LINK:** https://www.havefunteaching.com/resources/relief-packs/?fbclid=IwAR2adiBm3ztnFKaFMPSPgBibEv7UqKpD14VnqkV3Hk_Hxyx3IXGdHGmZSSk
- **Military OneSource Morale, Welfare and Recreation Digital Library** provides free, online resources to Service Members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job
 - **LINK:** <https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library?fbclid=IwAR3dNidIFnW7uRPuMsbDUjJG6SycxsbdDWI014v90mZNVvKUNvRxBDsoolgM>
- **Scholastic Learn at Home** is offering daily lessons and projects to keep youth engaged in learning at all ages.
 - **LINK:** <https://classroommagazines.scholastic.com/support/learnathome.html?caching>
- **Starfall.com®** opened in 2012 as a free public service to teach children to read. Since then, it has gone on to include language arts and mathematics for youth in grades PreK through third grade. Starfall's emphasis is on phonemic awareness, systematic sequential phonics and common sight words.
 - **LINK:** <https://www.starfall.com/h/>



VIRTUAL AND DIGITAL ACTIVITIES, TOURS AND RESOURCES

- **Animal Cameras**

Throughout the country are various zoos and animal care facilities with live cameras. These live cameras allow people to observe different types of animals from the comfort of home.

- **LINK (San Diego Zoo):** <https://zoo.sandiegozoo.org/live-cams>
- **LINK (Monterey Bay Aquarium):** <https://www.montereybayaquarium.org/animals/live-cams>
- **LINK (Panda Cam Zoo Atlanta):** <https://zooatlanta.org/panda-cam/>
- **LINK (Houston Zoo Cams):** <https://www.houstonzoo.org/explore/webcams/>
- **LINK (Georgia Aquarium):** <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

- **Colonial Williamsburg**

Take a step back in our nation's history by visiting Colonial Williamsburg via multiple live cameras. Get a glimpse into life back at the time of our country's development.

- **LINK:** <https://www.colonialwilliamsburg.org/webcams/>



- **Ellis Island**

Many families currently living in the United States can trace their history back to the time when Ellis Island served as the landing place for many ships traveling from across Europe and around the world. Take a look into this intriguing history and the role this location played in the growth and expansion of our country.

- **LINK:** <http://teacher.scholastic.com/activities/immigration/webcast.htm>

- **Farm Food 360**

Have you ever wondered how a lot of the food we eat is grown? Do you wonder what it would be like to live on a farm? Farm Food 360 allows people to observe farm life through its 360 degree virtual cameras. Learn about raising pigs, cows, even apples and eggs.

- **LINK:** <https://www.farmfood360.ca/>

- **Google Maps**

Did you know you can explore almost any destination around the world simply by using Google Maps (street view)? Take a look at this view from Pompeii in Italy. Where would you like to explore?

- **LINK:** https://www.google.com/maps/@40.7489468,14.4848331,3a,75y,228.21h,78.56t/data=!3m6!1e1!3m4!1s1e-bu_kis-dL1BnVGZhDdw!2e0!7i13312!8i6656?hl=en

- **Louvre Online Tours**

Are you into art? Wish you could escape away to Paris and visit the Louvre Museum? If so, your wish just came true! The Louvre is now offering virtual online tours of the museum at no cost. Check this site out!

- **LINK:** <https://www.louvre.fr/en/visites-en-ligne>

- **Mars Curiosity Rover**

Have you ever wanted to explore another planet but your spacecraft is in the repair shop? Take a look at the images provided by the Mars Rover of the surface of Mars, the Red Planet.

- **LINK:** <https://mars.nasa.gov/msl/home/>



- **Ouwehand Park Polar Bear Cubs**

Take a virtual trip across the Atlantic Ocean to the Netherlands, where you can watch the live cameras at the Ouwehand Park Polar Bear attraction. Gain a deeper understanding of polar bears and what we can do to help protect them and ensure their longevity on this planet.

- **LINK:** <https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>

- **San Diego Zoo Kids**

Do like animals and watching how they interact with each other? Check out the website created by the great people from the San Diego Zoo, one of the best zoos in the country. Gain access to videos, activities and games...learn more about your favorite animals.

- **LINK:** <https://kids.sandiegozoo.org/animals>

- **Seattle Symphony**

Do you enjoy listening to music? If so, check out this website as it provides insights and access to classical music and concerts. Enjoy one of the best symphonies in the country from the comfort of your own home.

- **LINK:** https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR11aQ8iI5p-NDDeWh58u0yUNCX2c3_Lo69jITdHrJI40VedvwrZu6c3NvM

- **Smithsonian National Zoo**

Explore the various live cameras the zoo operates throughout the year to catch a glimpse of different animals residing at the zoo.

- **LINK:** <https://nationalzoo.si.edu/webcams>



- **The Great Wall of China**

Did you know The Great Wall of China is the only man-made structure visible from space? Use the following link to explore this amazing piece of craftsmanship that has been standing for over 2,000 years.

- **LINK:** <https://www.thechinaguide.com/destination/great-wall-of-china>

- **Travel and Leisure (Virtual Museum Tours)**

This website has compiled a list of museums around the world offering free online/virtual tours. This is a great resource for all youth of all ages.

- **LINK:** https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&fbclid=IwAR36tVeUF6JEAWEg0z3JjURQkfBn8mXWCmTMnRBIE9L8TXK_KwSyNijQVjm4

- **Yellowstone National Park Virtual Field Trip**

Check out one of the most beautiful natural places in the country. Yellowstone National Park is home to so many varieties of animals and plants. Discover some of the popular park sites like the Mud Volcano, Mammoth Hot Springs and so much more.

- **LINK:** <https://www.nps.gov/yell/learn/kidsyouth/index.htm>

Additional Resources:



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ACTIVITIES FOR YOUTH

The following pages contain different activity worksheets for youth that can be done from the comfort of home and without a stockpile of supplies and materials. Use the time youth are out of school to help them explore new hobbies and interests. Whether it is learning how to cook a meal or participating in a virtual trip around the world, there are many resources available for youth and their family.

- **Busy Toddler** is a site with more than forty different games and activities for kids under the age of five. Take a moment to explore the different activity ideas. Most of the activities do not require a large amount of materials; many utilize materials you may already have around the house.
 - **LINK:** https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgLOAwghzxgnhwOajc4auX6o12_xw
- **Centervention** provides free tools, resources and activities to support social and emotional learning (SEL) in youth. For many youth SEL is not a new concept, as they encounter aspects of it each day at school. Take a moment to explore these free SEL resources made available through Centervention.
 - **LINK:** <https://www.centervention.com/social-emotional-learning-activities/>
- **Commonsense.org** is a great resource providing many vetted and educationally-validated lessons, activities and resources for use both in and out of the classroom. Click the link below to be taken to their Educator Toolkit, focused on fostering increased social and emotional learning in youth. Scroll to the bottom of the page to explore SEL activities based on individual character strengths.
 - **LINK:** <https://www.commonsense.org/education/toolkit/social-emotional-learning>
- **Education.com**, similar to Scholastic and Teacher.org, offers a variety of free lesson plans and activities for youth of all ages and all interests. Search for activities either by subject area or grade level, and print the information in the comfort of your home.
 - **LINK:** <https://www.education.com/lesson-plans/>
- **Fun Brain** is a great website for different education and fun games and activities for youth and families. Set-up learning challenges among family members or take the time to read one of the many books available online at no cost.
 - **LINK:** <https://www.funbrain.com/>
- **Highlights Kids** takes the magic of its activity books and puts everything online for easy access. Get youth engaged in various games and activities, explore new areas of learning, and stay engaged in educationally-based lessons.
 - **LINK:** <https://www.highlightskids.com/>
- **Houghton Mifflin Harcourt** has created a website with many ideas for activities youth can complete at home. Activities can be sorted by grade level or subject, and include everything from creative writing activities to following Carmen Sandiego around the world.
 - **LINK:** <https://www.carmensandiego.com/resources/>



- **NASA** is making their entire media library publically accessible and copyright free. If you have an interest in our solar system, visit this site to see some out-of-this-world pictures!
 - **LINK:** <https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR0jmN8gOTkwgh5sFssYa6lv5jpD0GB2SsOZHhCNbjC1cWiOm01Bu3LIkFU>
- **PBSkids** offers educational games and activities for youth. Additionally, parents/guardians, caregivers and educators can sign-up to receive daily activities and tips for helping youth play and learn at home.
 
 - **LINK (Games & Activities):** <https://pbskids.org/>
 - **LINK (Tips & Resources):** <http://public.pbs.org/PBSKIDSDaily?source=pbskids.org>
- **Read, Write, Think** offers free lesson plans, complete with material lists, for youth of various ages. Most of the lessons can be completed in under half an hour (30 minutes), with nothing more than access to the Internet being required. Get started by exploring this lesson plan on animals...
 - **LINK:** <http://www.readwritethink.org/parent-afterschool-resources/activities-projects/take-virtual-field-trip-30290.html?main-tab=2#tabs>
- **Scholastic**, a company many know about by way of their various book clubs, offers teachers and educators a variety of different lesson plans for youth of all ages. All lesson plans and activities have been vetted by those in the education field and align with the multiple learning standards schools follow. Whether your youth likes reading or exploring the great outdoors, this website has a lesson plan for just about every interest and academic area.
 
 - **LINK:** <https://www.scholastic.com/teachers/lessons-and-ideas/>
- **Seussville.com** is dedicated to the parents of small ones. These activities, crafts, and printables provide hours of Seussian ideas to engage your child in playful learning. Add a snack based on favorite books or characters from our tasty recipes, or search our themes for a curated collection of all of the above. So team up with your kid and get creative...there is fun to be done!
 - **LINK:** <https://www.seussville.com/> (click on the 'Parents' tab to access resources and activities)
- **STEM/STEAM LEARNING ACTIVITIES** are likely woven into most of the activities youth do in the classroom. Keep that focus going over the next few months by exploring these great websites.
 - **LINK:** <https://thestemlaboratory.com/stem-activities-for-kids/>
 - **LINK:** <https://www.sciencebuddies.org/stem-activities>
 - **LINK:** <https://stemactivitiesforkids.com/>
 - **LINK:** <https://theeducatorsspinonit.com/stem-activities-for-kids/>
- **STEM Learning Network (The Ohio State University)** has compiled a list of various lessons, resources and activities for parents/guardians to do at home while their youth are out of school. Information available on the various websites can be used to continue learning from the classroom and support educational growth.
 - **LINK:** https://osln.org/2020/03/school-closure-resources-for-parents/?utm_source=salesfusion&utm_medium=email&utm_content=School+closure+resources+for+parents&utm_campaign=FY20_osln#everyone

- **Storyline Online** is a great resource for youth and their parents/guardians. Have you ever wanted to spend a day having some of your favorite actors, musicians and other celebrities read to you? If so, check out the Storyline Online website and YouTube Channel by clicking the link below. What a great way to keep youth excited about reading!!
 - **LINK:** <https://www.youtube.com/user/StorylineOnline>
- **Switch Zoo** is a great website where youth can go and learn more about different types of animals, play games, and take virtual field trips. There is even a page dedicated to teacher resources, where visitors can access lesson plans and educational games and activities.
 - **LINK:** <https://switchzoo.com/>
- **Teacher.org** offers a variety of free lesson plans and curriculum for youth in grades Kindergarten through twelfth grade. You can search for lesson plans by grade level or interest/subject area. Lesson plans uploaded to this website were created by classroom teachers and have been utilized in classrooms across the country and around the world.
 - **LINK:** <https://www.teacher.org/lesson-plans/>
- **Teachers Pay Teachers** is a website designed by educators for educators. Many of the lesson plans and activity worksheets can be downloaded for free, and cover a variety of ages and topics. In no time at all, you can have multiple learning aids available and at your fingertips. Take a look at this zoo field trip worksheet and an aquarium field trip activity for youth...
 - **LINK:** <https://www.teacherspayteachers.com/Product/Zoo-Field-Trip-Questions-Worksheet-Free-3576051>
 - **LINK:** <https://www.teacherspayteachers.com/Product/Aquarium-Field-Trip-Activities-FREEBIE-2863490>
 - **EXTEND THE LEARNING:** Why stop at just these worksheets and activities? Capture youth imagination by extending the learning and completing the following project ideas:
 - Research a favorite animal and create a travel and tour guide for that animal. What are some interesting facts about the animal, where does it normally live, what can people do to help ensure the safety of this animal in zoos and the wild?
 - Create a miniature diorama for one of your favorite animals. With simple materials like an empty shoebox, paper, crayons, markers and glue, youth can build a world of wonder about one or more of their favorite animals.
- **The National Education Association (NEA)** is the largest professional entity in the country for those in the education field. Beyond providing information on national and state standards for learning, NEA also includes a section where educators and parents/guardians can access different lesson activities to support continuous learning in youth.
 - **LINK:** <http://www.nea.org/tools/LessonPlans.html>



- **LINK:** <https://www.oculus.com/experiences/go/section/168408707194936/>
- **EXTEND THE LEARNING:** Why stop at just viewing a destination online? Extend the learning and have youth create travel guides for various locations after they take their virtual tour. This is a great way to extend learning and tie-in academic areas like writing, grammar, spelling and research.
- **EXTEND THE LEARNING:** Another quick activity is to have youth create individual postcards for the destinations they visit while online. Challenge them to create a postcard that makes others want to visit the destination when they travel – virtually or in real life.
- **EXTEND THE LEARNING:** Put on your tour guide hat and have youth create a travel itinerary for some of the destinations they visit online. They can research things like important sites to see, travel logistics, items to pack and other aspects of travel.

Additional Resources:

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MILITARY-THEMED READING LIST

(Compiled by Shae Weyant and Joe Duerksen – VA ARNG CYS Coordinators & DysTech Contractors)

A Flicker of Hope by Julia Cook
A Very Long Time by Geri Timperley
A Yellow Ribbon For Daddy by Anissa Mersiowski
Coloring My Military Life— by Christina Rodriguez
Countdown 'til Daddy Comes Home
Crow Call by Lois Lowry
Daddy You're My Hero by Michelle Ferguson-Cohen
Dear Blue Sky by Mary Sullivan
Deployment Journal for Kids by Rachel Robertson
Don't Forget, God Bless Your Troops by Jill Biden
H is for Honor: The Military Family Alphabet by Devin Scillian and Victor Juhasz
Hero Mom/Hero Dad by Melinda Hardin
Home Again by Dorinda Silver Williams
I Miss You!: A Military Kid's Book About Deployment by Beth Andrews
I'm Here for You Now by Janice Im, Claire Lerner, Rebecca Parlakian and Linda Eggbeer
Impossible Patriotism Project by Linda Skeers
Lily Hates Goodbyes by Jerilyn Marler
Lion's Pride A Tail of Deployment by Grace Anne Remey
Love Lizzie: Letters to a Military Mom by Lisa McElroy
Military Kids' Life
Military Life: Stories and Poems for Children
Mommy Wears a Uniform by Shunsee Wilson and Jenny Burgei
My Dad is DEPLOYED
My Dad/Mom Is Going Away But He Will Be Back One Day!: A Deployment Story
My Dad's Deployment/My Mom's Deployment
My Red Balloon by Eve Bunting
Night Catch by Brena Ehrmantraut
Nubs: The True Story of a Mutt, a Marine & a Miracle by Major Brian Dennis
Operation Celebration by Stephanie Skolmoski
Over There by Dorinda Silver Williams
Paper Hug by Stephanie Skilmoski
Piper Reed Navy Brat by Kimberly Holt
Red, White, and Blue Goodbye by Sarah Tomp
Scarlet Says Good-Bye by Christine Thompson and Hillary Hempstead
Soldier Mom by Alice Mead
Sometimes We Were Brave by Pat Brisson
The Invisible String by Patrice Karst
The Magic Box: When Parents Can't Be There to Tuck You In by Marty Sederman
The Wishing Tree by Mary Redman and Christina
Uncle Sams Kids: When Duty Calls by Angela Sportelli-Rehak
We Serve 2! By Kathleen Edick
Welcome Home Daddy, Love Lexi
We're Moving Today!: A Moving Story
What Will I Play While You Are Away?
When Dad's At Sea by Mindy Pelton
While You Were Away: Absence Journal for Teens Paperback by Eileen Spinelli
Why My Dad? A Story About Military Deployment
You and Your Military Hero by Sarah Jensen Fritz

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PARENT/GUARDIAN RESOURCES

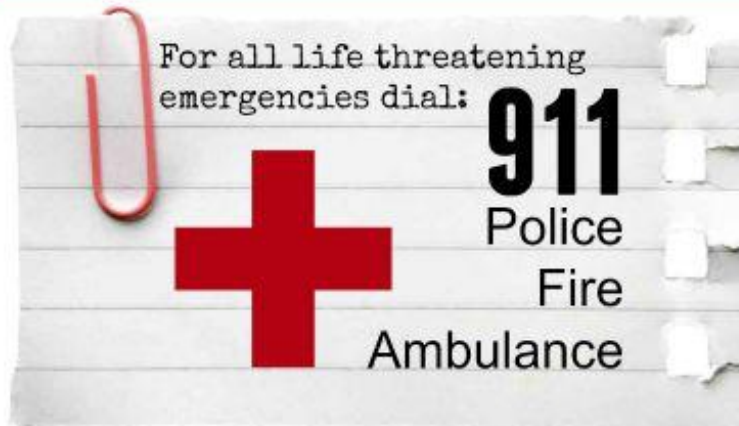
- **Centers for Disease Control and Prevention (CDC)** developed a quick reference document to help better ensure all youth and adults understand what it takes to thoroughly wash their hands, as well as when hands should be washed.
 - “Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About”
 - **PDF LINK:** <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- **Huffpost** recently released an article addressing the importance of maintaining schedules with kids while school is not in session. This article provides practical information and templates for use by parents/guardians. The overall goal is to maintain as much ‘normalcy’ for youth in a time when things seem to change each day.
 - “Sample Schedules for Kids Home From School During Coronavirus Outbreak: Not Being in the Classroom Doesn’t Mean They Have to Stop Learning”
 - **LINK:** https://www.huffingtonpost.ca/entry/sample-kids-home-schedule_ca_5e6e5904c5b6747ef11f12ce?fbclid=IwAR1X7Sr4Z8EievlxFggzxUPOSPcuqsLVPUscdulCNfVVGumGXyldFVrQ8s
- **Khan Academy** has developed free online learning resources for parents/guardians to help support youth impacted by school closings.
 - **LINK:** <https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->
- **National Child Traumatic Stress Network (NCTSN)** developed a guide to help families better prepare and respond to the COVID19 coronavirus outbreak. The guide breaks-down important information, highlighting readiness and response protocols.
 - “Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID19)”
 - **PDF LINK:** https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
 - **PDF LINK SPANISH:** https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf
- **SAMHSA (Substance Abuse and Mental Health Services Administration)** developed a free guide for talking with youth during times of infections and disease outbreaks. The guide provides information and strategies by age group, and offers a variety of resources to support all youth during this challenging time.
 - “Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks”
 - **PDF LINK:** https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

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Emergency Contacts

www.tootsweet4two.com



Police (non-emergency): _____

Fire Department (non-emergency): _____

Poison Control: _____

Additional Emergency Contact Numbers:

MEDICAL CONTACTS

Hospital: _____ Family Doctor: _____

Other Doctor: _____ Dentist: _____

Pharmacy: _____ Vet: _____

UTILITY CONTACTS

Gas/Propane: _____ Electric: _____

Water: _____ Telephone: _____

Cable: _____ Other: _____

INSURANCE CONTACTS

Medical/Health Insurance: _____

Homeowners Insurance: _____

Automobile Insurance: _____

FAMILY CONTACTS

Name: _____ Phone: _____

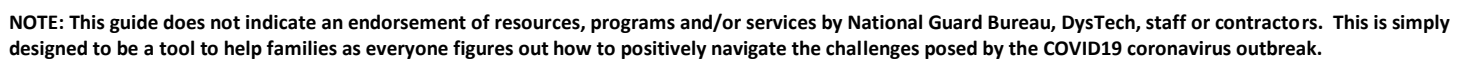
Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This guide developed and produced by the ARNG CYS/DysTech Program Management Team.

NOTE: This guide does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors. This is simply designed to be a tool to help families as everyone figures out how to positively navigate the challenges posed by the COVID19 coronavirus outbreak.