



for kids only
AFTERSCHOOL



(UPDATED MAY 1, 2020)

Dear Families,

We hope you are healthy and well.

This Home Enrichment Activity Guide has been created by FKO staff to provide you and your family with some ideas for fun enrichment to do at home!

Included In this Guide:

- Art and Creativity
- Fitness
- Learning
- Mindfulness
- Social Emotional Learning
- STEM
- Virtual Field Trips

Reach out to your Site Director at ANYTIME if you have any questions!

Enjoy!
FKO

ART AND CREATIVITY

JumpStart - Art Activities for Kids

- Thanks to JumpStart, children will channel their creative juices with fun art activities!
 - <https://www.jumpstart.com/parents/activities/art-activities>

Simple Fun for Kids - Art Activities for Kids

- Art activities focused on “simple” painting & drawing with and on all kinds of materials.
 - <https://www.simplefunforkids.com/art-activities-for-kids.html>

PBS KIDS - Cardboard Spring Bunnies Craft

- Spring is here! Hop to this bunny craft with just a few toilet paper rolls and some paint!
 - <https://www.pbs.org/parents/crafts-and-experiments>

PBS KIDS - No-Bake Playdough Recipe

- This hands-on activity turns simple ingredients into playdough without using an oven.
 - <https://www.pbs.org/parents/crafts-and-experiments/no-bake-playdough-recipe>

Babble Dabble Do – 12 Easy Art Ideas For Kids

- 12 easy, colorful and inexpensive art ideas for children!
 - <https://babbledabbledo.com/12-easy-art-ideas-for-kids/>

Good Housekeeping - 50 Fun DIY Activities for Kids

- Test out these DIY projects to bust boredom for good!
 - <https://www.goodhousekeeping.com/home/craft-ideas/>

LUNCH DOODLES – w/ Mo Willems and the Kennedy Center

- 15 studio episodes and downloadable activities with Artist, Mo Willems!
 - <https://www.kennedy-center.org/education/mo-willems/>

FITNESS & NUTRITION

Action for Healthy Kids – Healthy At Home Activities

- A variety of activities - active play, healthy eating and nutrition and emotional health.
 - <https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/>

CATCH - Health at Home

- Free and easy health, nutrition, and fitness activities!
 - <https://www.catch.org/pages/health-at-home - instructions>

PBS KIDS - 8 Indoor Activities to Release Kids' Energy

- Eight creative indoor games to help children get their wiggles out!
 - <https://www.pbs.org/parents/thrive/8-indoor-activities-to-release-kids-energy>

Cosmic Kids - Yoga and Mindfulness for Kids

- Provides videos on yoga, mindfulness, and relaxation.
 - <https://www.youtube.com/user/CosmicKidsYoga>

Playworks – Play At Home

- Find ways to keep kids engaged, active and having fun while at home!
 - <https://www.playworks.org/get-involved/play-at-home/>

FitnessGram by The Cooper Institute

- Physical fitness and physical activity resources for students, parents and teachers.
 - <https://fitnessgram.net/covid19-resources/>

Go Noodle

- Movement and mindfulness activities for all kids!
 - <https://www.gonoodle.com>

LEARNING

Scholastic Learn at Home

- Free digital learning hub designed to support virtual learning, covering ELA, STEM, Science, Social Studies, and Social Emotional Learning.
 - <https://classroommagazines.scholastic.com/support/learnathome.html>

Khan Academy - Free online courses, lessons & practice

- A personalized learning experience for all ages.
 - <https://www.khanacademy.org/humanities/hass-storytelling/>

Mystery Science - Free Science Lessons

- Tons of fun science experiments and activities, categorized by grade!
 - <https://mysteryscience.com/school-closure-planning>

Epic! - Digital Library

- Instantly access 40,000 of the best books, learning videos, quizzes & more!
 - <https://www.getepic.com>

Daily Virtual Story Time

- Virtual read-alouds by various authors to ensure children continue reading!
 - <https://kidsactivitiesblog.com/136038/online-story-time>

Novak/Sancinito Homeschool Plan – Coronavirus 2020

- A guided scheduled curriculum plan for your every day!
 - <https://www.novakeducation.com/novak-homeschool-plan-coronavirus>

PBS Learning – Bringing the Universe to America's Classrooms

- Digital media resources for K-12 Earth and Space Science!
 - <https://www.pbslearningmedia.org/collection/universe/>

Verywell Family - Fun Learning Activities for Kids You Can Do at Home

- Engaging and effective learning activities that you can do at home.
 - <https://www.verywellfamily.com/fun-learning-activities-kids-at-home-3128960>

Child Mind Institute – Remote Learning Resources

- Resource to help create an age appropriate home school learning environment.
 - [Resources-for-Home-Learning-Child-Mind-Institute.pdf](#)

Great Minds – Free Knowledge-Building Resources for Kids

- Curriculum files, lesson plans, core and supplemental materials, video series and more!
 - <https://greatminds.org>

MINDFULNESS

Mindful Schools – Free, online mindfulness classes for kids

- Free mindfulness activities, mindful movement, read-alouds and more!
 - <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Positive Psychology - 25 Fun Mindfulness Activities for Children and Teens

- 25 Fun Mindfulness Activities for Children and Teens (+Tips!)
 - <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Mindful Day – Book Written by Deborah Hopkinson

- Turn a dull day into a mindful day with a short read a long!
 - <https://www.youtube.com/watch?v=8OM9LtBWCgY>

Waterford.org – 51 Mindfulness Exercises for Kids in the Classroom

- Activities for teaching elementary students how to practice mindfulness!
 - <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

Guided Meditation for Kids

- Various guided meditation practice videos for children.
 - <https://youtu.be/neqwDPmn6yY>
 - <https://youtu.be/GwlagSZuHkg>
 - <https://youtu.be/Iuzy79GGZWU>
 - <https://m.youtube.com/watch?v=6TvmU8Y>

SOCIAL AND EMOTIONAL LEARNING

Understood – Five Social-Emotional Activities for Children

- Children manage their emotions through fun social & emotional learning games!
 - <https://www.understood.org/en/school-learning/learning-at-home>

PBS Learning – Arthur: All About Community

- Activities to help children understand themselves and those around them.
 - <https://www.pbslearningmedia.org/collection/>

Proud to be Primary – 16 Social-Emotional Learning Games for Kids

- Teach positive social interactions, encourage relationship skills, and practice effective communication.
 - <https://proudtobeprimary.com/social-emotional-learning-games/>

Pathway 2 Success – 10 Social Emotional Activities

- 10 SEL activities you that you can bring into your own home!
 - <https://blog.teacherspayteachers.com/10-social-emotional-activities-for-home/>

Respectful Ways – Online SEL Curriculum

- Course modules sorted by age group and behavioral pillar.
 - <https://respectfulways.com/free-sel-access-coronavirus/>

SCIENCE, TECHNOLOGY, ENGINEERING, MATH (STEM)

Nasco Education - Online Educational Resources

- A unique selection of Sciences, Arts and Math activities for all ages!
 - <https://www.enasco.com/free-activities-lesson-plans-STEAM>

PBS KIDS - The Cat In The Hat Invents

- The Cat in the Hat engages younger children in engineering and problem solving.
 - <https://pbskids.org/apps/the-cat-in-the-hat-invents.html>

STEM Activities For Kids

- STEM resources, ideas and encouragement for children and families!
 - <https://stemactivitiesforkids.com/about/>

Code.org

- Students can learn about computer science and programming on their own!
 - <https://code.org>

Generation Genius – Free Online Science Videos and Lessons for K-5

- Standards-based videos, reading material, quiz games, simple DIY activities & more!
 - <https://www.generationgenius.com/>

Rasmussen College – 11 Engaging STEM Activities for Kids that Will Foster Curiosity

- Simple STEM projects that spark a lifetime interest in STEM!
 - <https://www.rasmussen.edu/degrees/education/blog/>

MIT's “Full STEAM Ahead” - Stepping into Invention Education

- Learn how inventors find and solve problems through inquiry-based projects!
 - <https://fullsteam.mit.edu/week-2-package-stepping-into-invention/>

Framingham State University - Christa McAuliffe Center for Integrated Science Learning

- Engaging webinars and “do it yourself” instruction!
 - <https://cm-center.org>

VIRTUAL FIELD TRIPS

Museums

- Visit 2,500 museums and galleries around the world!
 - <https://artsandculture.google.com/partner?hl=en>

National Parks

- Thanks to Google Earth, tour 33 National Parks from the comfort of your home!
 - <https://totallythebomb.com/heres-33-national-park-tours>

Zoo Tours

- **Atlanta Zoo:** This Georgia institution has a dedicated panda cam sure to put a smile on kids' — and grown-ups' — faces.
 - <https://zooatlanta.org/panda-cam/>
- **Cincinnati Zoo:** “Home Safari Facebook Lives” showcasing one of their animals and offering a fun, educational activity. Every day at 3 p.m. EST.
 - <https://www.facebook.com/cincinnati-zoo/>
 - <https://www.youtube.com/channel/UCF3VoxyYmyQCRReOXk2ogsVg>
- **Georgia Aquarium:** Have a soothing look under the sea with live cams of beluga whales, African penguins, jellyfish and more.
 - <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
- **Houston Zoo:** This Texas zoo has webcams focused on gorillas, giraffes, rhinos, elephants, leafcutter ants and more for your viewing pleasure.
 - <https://www.houstonzoo.org/explore/webcams/>
- **Monterey Bay Aquarium:** Dive under water with live streams of sharks, sea otters, jellyfish, and turtles. A live cam of the crashing waves in the Monterey Bay!
 - <https://www.montereybayaquarium.org/animals/live-cams>
- **National Aquarium:** Explore winding, sea life-filled floors with this virtual tour of the Baltimore-based aquarium.
 - <https://aqua.org/media/virtualtours/baltimore/index.html>
- **Oregon Zoo:** This zoo is sharing daily video updates on their Facebook page of different animals during their temporary closure.
 - <https://www.facebook.com/pg/oregonzoo/videos/>
- **San Diego Zoo:** This zoo has a number of different live cams monitoring their furry and feathered friends, including penguins, pandas, koalas and elephants.
 - <https://kids.sandiegozoo.org/videos>

Disney Experiences

- [Space Mountain](#) in Tomorrowland at Disney's Magic Kingdom.
- [Slinky Dog Dash](#) at Disney's Hollywood Studios.
- [It's A Small World](#) in Fantasyland at Magic Kingdom.
- [Frozen Ever After](#) at Epcot.
- [Mickey & Minnie's Runaway Railway](#) at Disney's Hollywood Studios.
- [Buzz Lightyear's Space Ranger Spin](#) at Tomorrowland at Magic Kingdom.
- [The Little Mermaid: Ariel's Undersea Adventure](#) at California Adventure, Disneyland.
- [Pirates of the Caribbean](#) at Disneyland.
- [Peter Pan's Flight](#) in Fantasyland at Magic Kingdom.
- [The Seas with Nemo & Friends](#) at Epcot
- <https://streamingthemagic.com> Streaming live!

Additional Virtual Field Trip Resources

- Adventures in Familyhood – 20 Virtual Field Trips to Take With Your Kids
 - <https://adventuresinfamilyhood.com/20-virtual-field-trips>
- Lifewire – The 10 Best Free Virtual Field Trips of 2020
 - <https://www.lifewire.com/best-free-virtual-field-trips-4800629>
- The Educators Spin On It – 30 + Virtual Field Trips for Kids
 - <https://theeducatorsspinonit.com/virtual-field-trips-for-kids/>