**Project Sunshine Resource Inventory for Social Content:**

**Suggested Developmental Ages For Children:**

**0-3 years old:**

**All things Books:**

[ALIVEStoryTime:](https://www.youtube.com/channel/UCqjZKaooWbqvQ-ETGSNuQFw) Join Miss Ferreira and her friend Eddy the Elephant as they bring the most magical and adventurous stories to life!

[AudibleBooks](https://stories.audible.com/start-listen): Stream hundreds of incredible stories free on your desktop, laptop, phone or tablet.

[Lalilo](https://lalilo.com/): The best phonics and comprehension program now for free.

[PenguinKids](https://www.instagram.com/penguinkids/): Check out their Instagram and join your favorite authors & celebrities for Virtual Storytime. #ReadTogetherBeTogether

[SaveWithStories](https://www.instagram.com/savewithstories/channel/): Listen to celebrities read their favorite stories on Instagram.

[StoryTimePart1:](https://youtu.be/JFMuAhSKh1k) Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[StoryTimePart2](https://youtu.be/nd9fGpuyukE): Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[StoryTimePart3](https://youtu.be/k7ZQVh87Zhc): Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[StoryTimeWithAuthors](https://www.instagram.com/runningpresskids/): Join different authors every day at 10am EST as books come to play.

**TV channels and educational games:**

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[KidsShouldSeeThis](https://thekidshouldseethis.com/): Let your kids explore smart videos for curious minds of all ages.

[MisterChris](https://www.vermontpbs.org/misterchris/): Enjoy seasons 1 and 2 of Mister Chris on PBS.

[MonsterMeditation](https://youtu.be/J9nE4RE8uiQ): Join the Cookie Monster and Andy for some Monster Meditation

[PBSkids](https://pbskids.org/): Check out PBSkids for a collection of pintable and educational games for your kids.

[Sesame Street](https://www.sesamestreet.org/): Check out Sesame Street for videos, playful learning activities, art projects and more.

[YouTubeKids](https://youtube.com/kids/?gclid=CjwKCAjwmKLzBRBeEiwACCVihkhM2do30WHPHqWiNN4fcH0_34g_oBLPmbuQbaJV0g4u2PkjGW6PsxoCN3AQAvD_BwE&gclsrc=aw.ds): A safe space for kids to explore games and videos online.

**Music:**

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[BabySharkSong](https://youtu.be/BJUnWzN_4_o): Enjoy this lovely version of Baby Shark performed by Project Sunshine volunteer Davina Goodman.

[IfYou'reHappyandYouKnowItSong:](https://youtu.be/xQIXTwqiRWQ) Enjoy this lovely version of If You’re Happy and You Know it by Project Sunshine volunteer Davina Goodman.

[JesseJukebox](https://www.facebook.com/pg/JesseJukebox/events/): Join Jesse every Monday, Wednesday and Friday at 11am EST for fun interactive music sessions.

[MusicForSprouts](https://www.musicforsprouts.com/athome): Join Mister Chris and Miss Emma Monday – Friday at 10am EST for free music classes.

[TheItsyBitsyMonkeySong](https://youtu.be/7CIEANr0iS8): Enjoy this lovely version of the Itsy Bitsy Spider and the Itsy Bitsy Monkey performed by Project Sunshine volunteer Davina Goodman.

**Online Museums and Zoos:**

[Cincinnatizoo](https://www.facebook.com/cincinnatizoo/): Join the Cincinnati Zoo for daily home safaris at 3pm EST.

[DallasZoo](https://www.facebook.com/DallasZoo): Check out the Dallas Zoo Facebook page for daily tours of different animal exhibits. #BringTheZootoYou

[NationalGeographicKids](https://kids.nationalgeographic.com/): Discover games, videos, animals and the wildest places on earth on Nat Geo Kids.

**Other:**

[WonderSparkPuppets](https://www.wondersparkpuppets.com/shop?fbclid=IwAR3GPRMJ7XekhA0qBD3qZCMC76bcLKqBKOf2MMUIVJW_TKSKs-60_zCs5eM): Join the Wonderspark Puppets for daily DIY workshops and live puppet shows every Friday at 11am EST.

**4-7 years old:**

**Virtual Classes:**

[AvengersWorkout](https://www.youtube.com/watch?v=jyWyBern6q4): Let your kids experience an awesome Avengers Endgame Kids Tabata workout.

[TheBodyCoach](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ): Join Joe for free online work outs that can be done at home with your kids.

[Buddhabellykidsyoga](https://linktr.ee/buddhabellykidsyoga): Live stream yoga classes dedicated to nurturing kids’ innate desire for movement and play.

[HarryPotterWorkout](https://www.youtube.com/watch?v=TBGOZlZ2-DY): Let your kids experience an awesome Harry Potter Hogwarts School Workout.

[Minimelanie](https://minimelanie.com/pages/behind-the-scenes-with-mini-melanie): Explore MiniMelanie for awesome baking ideas to make with your kids.

[MoWillems](https://www.kennedy-center.org/education/mo-willems/): Mo Willems invites you into his studio every day at 1pm EST to draw, doodle and explore new ways of writing.

[Unionsquareplay](https://unionsquareplay.com/): Bringing play to families everywhere! Explore classes, online activities, interviews and more for the whole family.

[Virtual School Day](https://www.varsitytutors.com/virtual-school-day): Over 100 free live K-12 classes available all day long intended to help parents fill their children’s day with enriched learning. Some popular classes are "Intro to Spanish for Kids", “Coolest Women in History”, “Java Programming Basics”, and “The Story of Your Favorite Fairy Tales”.

[Yoyoyoga](http://www.yoyoyogaschool.com/): Join Lisa for Movement, Mindfulness and Meditation. Online yoga and meditation for you and your children including yoga that can be done from a chair.   
Here are four different videos to follow along to:   
1. Gentle Chair MMM for all [ages](https://drive.google.com/file/d/1Zj3E0Otk6DrMt5BeTzmLi_q4AOEi4n5B/view?ts=5e77f06b).   
2. Take an adventure to the [beach](https://drive.google.com/file/d/1zfj-giwX-JGQn4T-R0EbOLSQVjdb06Vi/view?ts=5e77f06b).   
3. Channel your inner [athlete](https://drive.google.com/file/d/1qVmP4hoA8u5diPK5vzJSk5Rs5TK2hKwa/view?ts=5e77f06b).   
4. Learn about [bees](https://drive.google.com/file/d/10D1RHarYxm1RteS73HOkO6sdFI7vgFGI/view?ts=5e77f06b).

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[Coolmath4Kids](https://www.coolmath4kids.com/): Improve your math skills with math and games for kids, teachers and parents.

[JoshGadBookClub](https://twitter.com/hashtag/GadBookClub?src=hashtag_click): Join Actor Josh Gad as he reads books to kids [online](https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789/) every night.

[Lalilo](https://lalilo.com/): The best phonics and comprehension program now for free.

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[LittlethinkerAdventures](https://littlethinkeradventures.com/): Discover educational and entertaining adventures for your kids. Go to outer space, the circus, see a dinosaur, let their imaginations run free.

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[ScienceKids](http://www.sciencekids.co.nz/): Fun science games, lessons, projects, experiments and quizzes for kids.

[Sesame Street](https://www.sesamestreet.org/): Check out Sesame Street for videos, playful learning activities, art projects and more.

[SplashLearn](https://www.splashlearn.com/): Create a customized math learning program for your kids.

[YouTubeKids](https://youtube.com/kids/?gclid=CjwKCAjwmKLzBRBeEiwACCVihkhM2do30WHPHqWiNN4fcH0_34g_oBLPmbuQbaJV0g4u2PkjGW6PsxoCN3AQAvD_BwE&gclsrc=aw.ds): A safe space for kids to explore games and videos online.

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[Rocknessmusic](https://www.facebook.com/pg/rocknessmusic/about/?ref=page_internal): A modern music class for kids. Join real rock and roll musicians for live streamed classes Monday – Friday at 10am and 3pm EST.

[MusicForSprouts](https://www.musicforsprouts.com/athome): Join Mister Chris and Miss Emma Monday – Friday at 10am EST for free music classes.

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[MetKids](https://www.metmuseum.org/art/online-features/metkids/explore): The Metropolitan Museum of Art is full of treasures! Take virtual tours of the museum and get ready to explore over 5000 years of art.

[NationalGeographicKids](https://kids.nationalgeographic.com/): Discover games, videos, animals and the wildest places on earth on Nat Geo Kids.

**Tablet Apps and Online Games:**

[Duckduckmoose](http://www.duckduckmoose.com/): Keep your kids entertained with fun and engaging apps that encourage imagination, creativity and learning in children.

**Other:**

[DisneyPrincesses](https://thewordsearch.com/puzzle/1206875/disney-princesses/): Enjoy this fun word search from Project Sunshine Volunteer Samea Chaudhry.

[PodcastsForKids](https://www.commonsensemedia.org/blog/the-best-podcasts-for-kids): Explore the 25 best podcasts for kids.

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[WonderSparkPuppets](https://www.wondersparkpuppets.com/shop?fbclid=IwAR3GPRMJ7XekhA0qBD3qZCMC76bcLKqBKOf2MMUIVJW_TKSKs-60_zCs5eM): Join the Wonderspark Puppets for daily DIY workshops and live puppet shows every Friday at 11am EST.

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3. Channel your inner [athlete](https://drive.google.com/file/d/1qVmP4hoA8u5diPK5vzJSk5Rs5TK2hKwa/view?ts=5e77f06b).   
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[PhysicsCentral](https://physicscentral.com/explore/comics/): Enjoy a new way of engaging children with physics-based comic books.

[ProjectGutenberg](http://www.gutenberg.org/): Explore a free library of ebooks for kids to download or read online.

[Scholastic](https://kids.scholastic.com/kids/home/): Enjoy access to your kids favorite books, games and educational activities.

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[NationalGeographicKids](https://kids.nationalgeographic.com/): Discover games, videos, animals and the wildest places on earth on Nat Geo Kids.

[VanGogh](https://vangoghmuseum.nl/en/whats-on/children-and-families/crafting-and-colouring?v=1): Have some fun with free coloring pages of famous Van Gogh masterpieces.

**Tablet Apps and Online Games:**

[Jigsawpuzzles](https://thejigsawpuzzles.com/?fbclid=IwAR0SXEUUXQAQfKLKxjTZXVyswOzyzyrvbZyW5krMIuZZvzJzdaUZC6EK_lo): Stores sold out of puzzles? Enjoy this ever-growing collection of free online puzzles.

**Other:**

[AtHomeTogether](https://www.youtube.com/watch?v=I2NTcBmQkjw): Join celebrities for online shows and performances. #athometogether

[DisneyPrincesses](https://thewordsearch.com/puzzle/1206875/disney-princesses/): Enjoy this fun word search from Project Sunshine Volunteer Samea Chaudhry.

[Howstuffworks](https://www.howstuffworks.com/): Wonder how the world actually works? Explore thousands of easy-to-understand answers and explanations.

[MakeUpTutorial](https://www.youtube.com/watch?v=mSOj0nc9hDY): Enjoy Ashlee Glazer's Makeup Tutorial #PSJoy

[Nasa](https://oh.larc.nasa.gov/oh/): Take a virtual tour of NASA Langley Research Center.

[PodcastsForKids](https://www.commonsensemedia.org/blog/the-best-podcasts-for-kids): Explore the 25 best podcasts for kids.

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[YoungWritersProject](https://youngwritersproject.org/): Join a community of young writers and artists who create and connect online through words, photos, and art.

**Teens:**

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[Ck12](https://www.ck12.org/student/): The smarter way for high school kids to learn science, math, social studies and photography.

[LiveDrawingClass](https://www.instagram.com/wendymac/?hl=en): Join Wendy Mac for live drawing classes Monday – Friday at 1pm EST.

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**All things Books:**

[ActivityBook:](file:///\\PS-SERVER01\projects\PROGRAM\Remote%20programming\Program%20Ideas\Activity%20Book%20-%20Tiffany%20Kwong.pdf) Enjoy this Project Sunshine Activity Book created by Project Sunshine volunteer Tiffany Kwong.

[AudibleBooks](https://stories.audible.com/start-listen): Stream hundreds of incredible stories free on your desktop, laptop, phone or tablet.

[ProjectGutenberg](http://www.gutenberg.org/): Explore a free library of ebooks for kids to download or read online.

[PhysicsCentral](https://physicscentral.com/explore/comics/): Enjoy a new way of engaging children with physics-based comic books.

[Scholastic](https://kids.scholastic.com/kids/home/): Enjoy access to your kids favorite books, games and educational activities.

**TV channels and educational games:**

[EducationFreeSubscriptions](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/): Explore this list for education companies offering free subscriptions while schools are closed.

[LearnatHome](https://classroommagazines.scholastic.com/support/learnathome.html): Day-by-day projects to keep kids reading, thinking and growing.

**Online Museums and Zoos:**

[Cincinnatizoo](https://www.facebook.com/cincinnatizoo/): Join the Cincinnati Zoo for daily home safaris at 3pm EST.

[CoralReefCam](https://www.montereybayaquarium.org/animals/live-cams/coral-reef-cam/): Join the Monterey Bay Aquarium and check out their live coral reef cam.

[DallasZoo](https://www.facebook.com/DallasZoo): Check out the Dallas Zoo Facebook page for daily tours of different animal exhibits. #BringTheZootoYou

[MetKids](https://www.metmuseum.org/art/online-features/metkids/explore): The Metropolitan Museum of Art is full of treasures! Take virtual tours of the museum and get ready to explore over 5000 years of art.

[Museums](https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en): Explore collections from hundreds of Museums all over the world.

[VanGogh](https://vangoghmuseum.nl/en/whats-on/children-and-families/crafting-and-colouring?v=1): Have some fun with free coloring pages of famous Van Gogh masterpieces.

**Tablet Apps and Online Games:**

[Jigsawpuzzles](https://thejigsawpuzzles.com/?fbclid=IwAR0SXEUUXQAQfKLKxjTZXVyswOzyzyrvbZyW5krMIuZZvzJzdaUZC6EK_lo): Stores sold out of puzzles? Enjoy this ever-growing collection of free online puzzles.

[ShadowsEdge](https://www.shadowsedge.com/the-game/): The game where the world is your canvas and your words, your adventure.

[3Games](https://diggingdeep.org/games-emotional-well-being-covid19/): Enjoy three free games to support emotional well being in children studying at home.

**Other:**

[AtHomeTogether](https://www.youtube.com/watch?v=I2NTcBmQkjw): Join celebrities for online shows and performances. #athometogether

[CoronavirusAnxietyWorkbook](https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf): The Wellness Societies tool to help you build resilience during difficult times.

[DiggingDeep](https://diggingdeep.org/): Explore this incredible resource that believes that every young person can work through their challenges if given the chance to Dig Deep.

[FarmFood360](https://www.farmfood360.ca/): Immerse yourself in Canadian Farm and Food Tours.

[GreatWallofChina](https://www.thechinaguide.com/destination/great-wall-of-china): Ever wanted to go to China? Take a virtual tour of the Great Wall of China.

[Howstuffworks](https://www.howstuffworks.com/): Wonder how the world actually works? Explore thousands of easy-to-understand answers and explanations.

[Kodewithklossy](https://www.kodewithklossy.com/apply): Apply to the Kode with Klossy 2 week virtual camp and learn a coding superpower this summer.

[MakeUpTutorial](https://www.youtube.com/watch?v=mSOj0nc9hDY): Enjoy Ashlee Glazer's Makeup Tutorial #PSJoy

[Nasa](https://oh.larc.nasa.gov/oh/): Take a virtual tour of NASA Langley Research Center.

[PodcastsForTeens](https://www.commonsensemedia.org/blog/10-must-listen-podcasts-for-tweens-and-teens): Explore the 10 best podcasts for teens.

[SeriousFun](https://cdn2.hubspot.net/hubfs/2291832/SeriousFun%20-%20Camp%20Activities%20Guide%202020.pdf?utm_source=hs_email&utm_medium=email&utm_content=84930633&_hsenc=p2ANqtz--DHigN8N-XKQplU3g2wDLoZw296IfW0S47wzts-dRGmIrufW071IzxuMIqYv6RQ4OBaFtL7_ADf_IrymLMAvoGT7uJk6IUircZFSNLlZgoeFbouP4&_hsmi=84930633): 18 of the best indoor games and crafts to keep your whole family occupied, exploring and laughing all day.

[SunshinesongsConcert](https://sunshinesongs.com/): incase you missed it you can watch the Sunshine Concerts free concert from May 2nd here.

* Here is a link to the [30minutes](https://drive.google.com/file/d/11hScG5Fk9igE34fsHXoklqExYoKdsHBV/view) standalone
* Here is a link to the [60minute](https://drive.google.com/file/d/1U403qox43PMyPEtX2HSuuAahkX7Wukqp/view) livestream with Laura Benanti

[SunshinesongsConcert2](https://sunshinesongs.com/): incase you missed it you can watch the Sunshine Concerts free concert from May 30th here.

* Here is a link to the 30minutes [standalone](https://vimeo.com/424337282/2a34b58ce6).
* Here is a link to the 60minutes [livestream](https://vimeo.com/424985048/73b71181eb).

[TimothyCurtis:](https://www.youtube.com/watch?v=qw4HMc8tBTg) Just in time for Mental Health Awareness Month, Project Sunshine is excited to share Part 1 of our Feelings Vocabulary Chart video series created by artist Timothy Curtis.

* Here is the link to [part 2](https://www.youtube.com/watch?v=G8O5xEXYn3k).
* Here is the link to [part 3](https://www.youtube.com/watch?v=dvcdhoWzV0I).

[Virtual Summer Camps](https://www.varsitytutors.com/virtual-summer-camps): Free half-day summer camps will be a week-long, with enrichment-based classes in subjects like foreign languages, chess, theater, coding, Minecraft, how to be a detective, photography and more. These live, interactive classes will be taught by expert instructors vetted through Varsity Tutors' platform.

[YoungWritersProject](https://youngwritersproject.org/): Join a community of young writers and artists who create and connect online through words, photos, and art.

**Families and Caregivers:**

[ActivityBook:](file:///\\PS-SERVER01\projects\PROGRAM\Remote%20programming\Program%20Ideas\Activity%20Book%20-%20Tiffany%20Kwong.pdf) Enjoy this Project Sunshine Activity Book created by Project Sunshine volunteer Tiffany Kwong.

[BaaBaaBlackSheepSong](https://youtu.be/4fIc-3tDwxU): Enjoy this lovely version of Baa Baa Black Sheep by Project Sunshine volunteer Davina Goodman.

[BabySharkSong](https://youtu.be/BJUnWzN_4_o): Enjoy this lovely version of Baby Shark performed by Project Sunshine volunteer Davina Goodman.

[BecauseofTheCoronavirus:](https://www.youtube.com/watch?v=_6fjZQ92Tm4&feature=youtu.be&fbclid=IwAR0jakeAmema2x6s8UnzNzxVetHbvtZwzbnGYm_S6HLNawbdOo-_SC-t5Io) Read Dr. Rotenstein’s children’s book that discusses social distancing from a child’s point of view and explains in simple terms what a virus is and how we can all help fight it.

[CaregiverResources](https://www.promisestudio.org/covid-caregiver-resources#ece-distance-learning-resources-copy-copy/?view_574_page=1): Resources for parents, caregivers and educators for young children during this time.

[ChildLifeMommyBlog](https://childlifemommy.com/wp-content/uploads/2020/04/Supporting-Children-and-Teens-During-COVID-19-Child-Life-Mommy.pdf): Explore Child Life Mommy’s Blog with advice and tips ono supporting children and teens during COVID-19.

[ChildMind](https://childmind.org/article/talking-to-kids-about-the-coronavirus/): Kids worry more when they are kept in the dark. Here are great tips from the Child Mind Institute on how to talk to kids about the coronavirus.

[ChildRegressionSigns](https://www.today.com/parents/child-regression-signs-regression-kids-what-do-about-it-t177861): Is your child showing signs of stress and anxiety since schools closed? This article has some great tips to help you through this time.

[ComfortingKidsDuringCrisis](https://www.ucsf.edu/magazine/frontliner-craft): Read Katie Craft’s, Certified Child Life Specialist from UCSF Benioff Children’s Hospital, words on how her team has adapted and what she has learned during COVID-19.

[CoronavirusAnxietyWorkbook](https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf): The Wellness Societies tool to help you build resilience during difficult times.

[DiggingDeep](https://diggingdeep.org/): Explore this incredible resource that believes that every young person can work through their challenges if given the chance to Dig Deep.

[DiggingDeepBlog](https://diggingdeep.org/blog/): From COVID-19 tips for learning at home to compassionate self-care cards this blog is a gold mine of resources to help you.

[DisneyPrincesses](https://thewordsearch.com/puzzle/1206875/disney-princesses/): Enjoy this fun word search from Project Sunshine Volunteer Samea Chaudhry.

[Family Activity To Help During COVID\_19:](https://childlifemommy.com/family-activity-to-help-during-covid-19-isolation/) Join Child Life Mommy as she demonstrates an awesome activity to do with your children during COVID-19.

[IfYou'reHappyandYouKnowItSong:](https://youtu.be/xQIXTwqiRWQ) Enjoy this lovely version of If You’re Happy and You Know it by Project Sunshine volunteer Davina Goodman.

[Kodewithklossy](https://www.kodewithklossy.com/apply): Apply to the Kode with Klossy 2 week virtual camp and learn a coding superpower this summer.

[MakeUpTutorial](https://www.youtube.com/watch?v=mSOj0nc9hDY): Enjoy Ashlee Glazer's Makeup Tutorial #PSJoy

[NetflixParty](https://www.netflixparty.com/): A new way to watch Netflix with your friends online.

[NYTimesParenting](https://parenting.like2buy.curalate.com/c/gallery/like2buy?id=HQQXWxJC&l=like2buy&fbclid=IwAR3_Q6J5x3BAPiAk5Poi1B6_8AHSiOFrhVLQOhHVDJiu9pkLm-dG-WWdPwE): Hundreds of different resources for parents at home with their kids.

[PBSKidsforParents](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus): A great resource for how to talk to your children about coronavirus.

[PBSNewsHour](https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids): The top 10 tips for talking about coivd-19 with your kids.

[PediaPlay](https://pediaplay.com/): Explore Deb Vilas’s blog for connecting, coping and healing through play.

[SelfCareForWhenCOVID-19Ends](https://lernercenter.syr.edu/2020/06/03/ib-26/): Check out Professor Dessa Bergen-Cico’s brief on Breaking Isolation: Self Care for When Coronavirus Quarantine Ends.

[SilverlineBlog](https://silverlinecrm.com/blog/silverline-news/silverline-cares/working-from-home-with-your-kids-learning-resources-to-the-rescue/?utm_source=LinkedIn&utm_medium=social%20media&utm_campaign=LinkedIn): Working from home with your kids? Learning resources to the rescue!

[StoryTimePart1:](https://youtu.be/JFMuAhSKh1k) Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[StoryTimePart2](https://youtu.be/nd9fGpuyukE): Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[StoryTimePart3](https://youtu.be/k7ZQVh87Zhc): Enjoy this lovely story created and read by Project Sunshine volunteer Brandi Van.

[SunshinesongsConcert](https://sunshinesongs.com/): incase you missed it you can watch the Sunshine Concerts free concert from May 2nd here.

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[SunshinesongsConcert2](https://sunshinesongs.com/): incase you missed it you can watch the Sunshine Concerts free concert from May 30th here.

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* Here is a link to the 60minutes [livestream](https://vimeo.com/424985048/73b71181eb).

[SupportingKids](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/): Tips for nurturing and protecting children at home from the Child Mind Institute.

[TheItsyBitsyMonkeySong](https://youtu.be/7CIEANr0iS8): Enjoy this lovely version of the Itsy Bitsy Spider and the Itsy Bitsy Monkey performed by Project Sunshine volunteer Davina Goodman.

[TimothyCurtis:](https://www.youtube.com/watch?v=qw4HMc8tBTg) Just in time for Mental Health Awareness Month, Project Sunshine is excited to share Part 1 of our Feelings Vocabulary Chart video series created by artist Timothy Curtis.

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* Here is the link to [part 3](https://www.youtube.com/watch?v=dvcdhoWzV0I).

[Virtual School Day](https://www.varsitytutors.com/virtual-school-day): Over 100 free live K-12 classes available all day long intended to help parents fill their children’s day with enriched learning. Some popular classes are "Intro to Spanish for Kids", “Coolest Women in History”, “Java Programming Basics”, and “The Story of Your Favorite Fairy Tales”.

[Virtual Summer Camps](https://www.varsitytutors.com/virtual-summer-camps): Free half-day summer camps will be a week-long, with enrichment-based classes in subjects like foreign languages, chess, theater, coding, Minecraft, how to be a detective, photography and more. These live, interactive classes will be taught by expert instructors vetted through Varsity Tutors' platform.

[Yoyoyoga](http://www.yoyoyogaschool.com/): Join Lisa for Movement, Mindfulness and Meditation. Online yoga and meditation for you and your children including yoga that can be done from a chair.   
Here are four different videos to follow along to:   
1. Gentle Chair MMM for all [ages](https://drive.google.com/file/d/1Zj3E0Otk6DrMt5BeTzmLi_q4AOEi4n5B/view?ts=5e77f06b).   
2. Take an adventure to the [beach](https://drive.google.com/file/d/1zfj-giwX-JGQn4T-R0EbOLSQVjdb06Vi/view?ts=5e77f06b).   
3. Channel your inner [athlete](https://drive.google.com/file/d/1qVmP4hoA8u5diPK5vzJSk5Rs5TK2hKwa/view?ts=5e77f06b).   
4. Learn about [bees](https://drive.google.com/file/d/10D1RHarYxm1RteS73HOkO6sdFI7vgFGI/view?ts=5e77f06b).