

Daily Activities to Do with Your Child During Quarantine

How to Talk to Your Children About the Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Khan Academy Kids is a **free**, fun, educational program designed to inspire young children to become learners for life.

<https://khankids.zendesk.com/hc/en-us/articles/360004559231-Welcome-to-Khan-Academy-Kids>

Khan Academy has partnered with Walt Disney to bring Imagineering in a Box:

<https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>

CHATTERPACT.NET: A list of FREE, online, boredom-busting resources for anyone staying at home during this period: Arts & Culture/Learning/Well-being. CHATTERPACT.NET

<https://statelinekids.com/2020/03/19/ultimate-list-of-at-home-activities-from-local>

Childhood Anxiety

Is this panic over coronavirus justified, or not

<https://www.washingtontimes.com/news/2020/mar/16/is-this-panic-over-coronavirus-justified-or-not/>

How to survive coronavirus anxiety: 8 tips from mental health

<https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092>

As anxiety rises over coronavirus

<https://www.ctinsider.com/news/ctpost/article/As-anxiety-rises-over-coronavirus-experts-say-to-15118466.php>

Got Coronavirus Anxiety? These 5 Tips Can Calm Your Fears

<https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>

6 Ways to manage anxiety during the coronavirus outbreak

<https://www.synergytherapy.com/manage-anxiety-during-coronavirus-outbreak/>

Resources to help your child deal with Anxiety over the COVID 19 outbreak:

<https://childhoodresilience.org/resources-1>

Resources for Youth with Autism

Do2Learn: Do2learn provides thousands of free pages with social skills, behavioral regulation activities, guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills.

<https://do2learn.com/>

UNC Child Development Institute: Supporting individuals with Autism during uncertain times. This is a comprehensive Guide with pintables and resources including narratives and visuals and schedules, including giving proper space and changes in routine.

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Resources for Youth with Intellectual Disabilities

GiGi's Playhouse National Office

2350 West Higgins Road

Hoffman Estates, Illinois 60169

847-885-6149

info@gigisplayhouse.org

Offers Free Speech, OT, PT, educational, vocational and social skills programs to individuals with Down Syndrome and their families. Offering reading, math, exercise and activity ideas to help while kids of all different skill levels are at home.

Additional Resources

Governor Pritzker's Executive Order COVID 19

https://www2.illinois.gov/dcf/aboutus/newsandreports/news/Documents/Governor_Pritzker_ExecutiveOrder_COVID-19_032020.pdf

Staying Safe: Center for Disease Control resource page:

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

Resources for individuals with a Mental Health Condition:

Mental Health and COVID-19 – Information and Resources

<https://mhanational.org/covid19>

If you have questions about COVID 19 check this out:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>