

# Resources for Busy Parents

This resource document was compiled by AdvanceRIT at the request of RIT parents. We were asked to come up with a list of technologies to give children healthy online (or offline) things to do while faculty teach, grade, plan, and even do research and service. Below is a list of links and summaries of resources and websites that can help keep children busy and engaged in a healthy and happy way. We have also included resources for parenting during the COVID-19 pandemic.

## Online Resources

- ★ [BrainPOP](#): offers a variety of online interactive resources that help keep children busy, but also engaged. From STEM to arts and music, this website will help educate your children while also providing them with fun interactive activities online.
- ★ [Edheads](#): While intended for classroom engagement for students at varying ages, this website offers intriguing interactive simulations for students such as virtual knee surgery and manufacturing simulations. There is a Teacher/Parent membership (\$20/year) that can be purchased to allow your kids to become engaged and allow them to explore different types of careers; you can also still find some free games/simulations on the site as well.
- ★ [CircleTime](#): this website provides online classes for children ages 0-8, with recorded classes such as yoga adventures, interactive story times, as well as live sessions that your child can follow along with. This online resource can engage your child with lessons and playtime all at once, and you can choose any session that works for you, so you can work freely, or join in as well.
- ★ [Beanstalk](#): this website provides live interactive classes for children 18mo-6yrs of age. These interactive educational videos engage children through a screen by having them do physical activities and hands-on fun. They have a schedule of live sessions, or you can choose from various on-demand classes if you can't find anything that works in your schedule.
- ★ [Story Time from Space](#): this nonprofit program offers various videos that can keep your child happy and busy by providing them with videos to watch and listen to. The website has story time videos on different stories about space for kids as well as science videos. The stories on this website are read to kids by real astronauts in space, so children can enjoy a good story while seeing real-life astronauts deployed in space.
- ★ [The Doctor Is In](#): This great YouTube channel hosts real professionals that answer some of the biggest questions like "what sound dinosaurs really make" and "why do cats love boxes?". These very brief videos will help keep your child entertained and learning during the pandemic.
- ★ [PBS Kids](#): the PBS Kids website hosts a wide variety of online games and activities for your children to enjoy. The site plays to an audience of children ages ranging from K-12.
- ★ [Fun Brain](#): this site hosts various games and academic videos for kids of all ages and grade levels.
- ★ [National Geographic Kids](#): the National Geographic for kids' website is a great resource for learning about animals and nature. The site offers educational games videos and activities for kids interested and excited about the world.
- ★ [Yoga for Kids!](#): This link takes you directly to a YouTube video where you and/or your kids can get up and keep active by doing some fun yoga!



# Hands-on Activities



- ★ [All Kids Network](#) hands on crafts and activities for children. You can print them out and have your children do exciting activities while you have to work. There are hundreds of crafts, worksheets, and activities listed on the site, as well as other resources
- ★ [You Can Draw](#) has a variety of artistic activities from blank comic book pages to special activities that you can print out for your child to keep busy, but also engaged and practicing their artistic skills.
- ★ [Fold'N Fly](#): This cool website teaches kids how to build paper airplanes with easy to follow instruction. There is a wide variety of styles and places that kids can choose from when learning how to fold paper airplanes, from easy to hard, and distance to acrobatic.
- ★ [Paper Kawaii](#) teaches kids how to make origami. They can pick and choose what kind of design they want to try, and then there are tutorials for them to follow along. If you provide some cute/colorful paper you kid will have fun making origami animals.
- ★ [Department of Environmental Conservation](#): This government site has printable activities for you and your kids to do outside. They contain information sheets and activities for exploring the outdoors. Promote good physical activity and mental health by adventuring outside and learning about nature.
- ★ [The Thrifty Couple](#) has a multitude of crafts and activities to keep your kid busy. Children can choose from activities such as making an Olaf sock to I Spy jars and click the link to take them to the tutorial and instructions on how to do it.
- ★ [Hands On As We Grow](#) hosts a variety of activities and crafts for children of all ages. You can choose from educational activities from fun and creative activities for your kids.
- ★ [Left Brain Craft Brain](#) provides activities and educational projects in the STEM fields for kids. You can choose from a variety of crafts and activities for your children to do and learn from the focus on STEM related topics.
- ★ [4-H at Home](#) offers hundreds of activities and projects to keep kids and teens interested and learning while at home.
- ★ [Mommy Poppins](#) has thousands of different activities and crafts for your kids to do to keep busy and engaged. Not only that, but it also has ideas and resources for keeping active and family fun.
- ★ [Natural History Museums of Los Angeles County](#): The NHMLAC has posted a cool article where you and your kids can make dinosaur shadow puppets and put on a show. Click the link to be taken to a tutorial on how to make these puppets and engage your kids in a fun activity.
- ★ [Exploratorium](#) hosts a variety of educational and fun activities and videos to help your kid learn about viruses and get a better understanding of what is happening right now.
- ★ [Color Our Collections](#): This website offers hundreds of free pdf print outs for kids to color. Choose from a variety of selections and institutions.
- ★ [European Space Agency](#): this governmental site has free print out instructions and models for kids to put together. Children interested in science and space will find that these models are fun and interesting to build.
- ★ [NASA Space Place](#): is a kid friendly site by NASA that offers kids a chance to explore space. This activity here is all about making a star finder and helping teach kids about the night sky and to identify constellations.



## Virtual Tours & Live Webcams

- ★ [Yellowstone National Park](#): go on some virtual tours of this awesome national park.
- ★ [Explore](#): this website hosts live webcams of all types of animals and sanctuaries for your kids to watch and enjoy. While everyone is stuck inside your children can visit exotic animals from bears to whales through their screens.
- ★ [PBS Learning Media](#): this site offers little videos for elementary school aged children. These videos are virtual field trips videos that go to a variety of different places and let your kid experience what these places are like without having to actually go to them.
- ★ [Monterey Bay Aquarium](#): the Monterey Bay Aquarium has set up live web cams for people to see and experience these animals without having to be there in person. They also have posted a schedule of their feedings that are narrated and shown live on webcams.



## Articles & Tips for Parents during COVID-19

- ★ [How parents can prevent cracking under coronavirus pressure](#)
- ★ [COVID-19 Guidance for Parents & Teenagers](#)
- ★ [Tips for Parenting during COVID-19](#)
- ★ [Taking Care of Young Children during COVID-19](#)
- ★ [Caregiver Tips for Children with Neurodevelopmental Disorders during COVID-19](#)
- ★ [Zero to Three Tips for Families](#)
- ★ [Parenting During a Pandemic](#)

## Resources Used in the Creation of this Document and Other Useful Articles

<https://www.forbes.com/sites/kristenmoon/2020/03/26/15-free-resources-to-keep-your-child-busy-while-school-is-out/#7d7f841a6fd9>

<https://www.devry.edu/blog/activities-to-keep-kids-busy.html>

<https://www.sierraclub.org/articles/2020/03/keeping-our-kids-curious-and-engaged-home>

<https://4-h.org/about/blog/5-ways-to-keep-kids-engaged-and-learning-at-home/>

<https://iei.ncsu.edu/kidsreadync/coronavirus-covid-19-resources/>

[https://docs.google.com/document/d/1z5JGOxELIIZiAbyhDFT8LKhfB\\_EjUKegv5S1U1BVM9s/edit](https://docs.google.com/document/d/1z5JGOxELIIZiAbyhDFT8LKhfB_EjUKegv5S1U1BVM9s/edit)

<https://docs.google.com/document/d/1cVgKLCvWh4scsBW5dxrhU7vtNbmHFBIYtxrgoy68ty4/edit#heading=h.es1cohivlagv>

<https://www.sittercity.com/sitters/virtual-babysitting-activities-for-kids>

<https://www.nytimes.com/2020/03/19/opinion/coronavirus-home-school.html?action=click&module=Opinion&pgtype=Homepage>

[https://depts.washington.edu/ccfwb/resource/supporting-well-being-during-the-covid-19-crisis/?\\_ga=2.157003707.1405689922.1593626192-466785451.1593015373](https://depts.washington.edu/ccfwb/resource/supporting-well-being-during-the-covid-19-crisis/?_ga=2.157003707.1405689922.1593626192-466785451.1593015373)