



What is CalWORKs Cares - CalWORKs Cares-Grossmont College is a response to Grossmont College's shift to remote/online learning in the wake of COVID-19, and our commitment to continue to serve and provide resources to our students.

This Week's Topic: KEEPING KIDS ENTERTAINED AT HOME

By: Haile Wright, ASW, CalWORKs Counselor

March 30th, 2020

A lot of folks are still adapting to work and/or "going to" school at home. I imagine in the past many folks may have avoided staying home when actually sick, for fear of forfeiting much needed income or falling behind in school. The concept of being instructed to stay home by employers and school administrators is a foreign one. However, while we all continue to wrap our heads around what some are calling, "the new normal", we at CalWORKs have not forgotten that your children too, are adjusting to this change. While children have an admirable ability to adapt to their surroundings, chances are they are still looking to you for guidance during this "extended spring break". Below I have compiled a list of activities both educational and entertaining to keep your child(ren) engaged while at home.

*Some activities will require access to the internet and others will not.

Virtual tours and Live Feeds: During this time many folks are weary of being in close proximity to strangers, especially in confined spaces like airplanes. Traveling via plane is not a very realistic option. In addition, Governor Newsom's "Shelter in Place" order has significantly limited where one can travel outside the home. However, this has not limited a child's curiosity to explore the outside, and let's be frank...ours either. What if I told you that you and your child(ren) could explore Yellowstone National Park, visit the British Museum, or see the Great Wall of China... all without leaving your home! Well, all that and more is possible thanks to virtual tours. Below are some cool links to virtual tours and live recordings, many accessible 24/7!

British Museum

<https://britishmuseum.withgoogle.com/>

Great Wall of China

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

Yellowstone National Park

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore the Surface of Mars

<https://accessmars.withgoogle.com/>

Explore all around the world

https://explore.org/livecams?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZp99WN5nthpWib8P4URcDEp9MOWZhQR EX4yC1CLEvgZcja_AMDfMYaAq7XEALw_wcB

Or in case you don't want to venture too far... San Diego Zoo has live cams of some of their animals

<https://zoo.sandiegozoo.org/live-cams>



CalWORKs Cares - Grossmont College



Learning at Home: Endless summer or in this case, spring break, sounds like a good idea at first! However, you may find yourself eventually ready to get back in the routine of learning, after all, you are working towards a larger goal whether that be graduation and/or transfer. Your children who regularly attend school are familiar with this routine too. If their teachers have not provided them with homework, I have several links to (FREE) online learning materials!

Learn coding!

Create stories, games, and animations all while learning to code in the process!

<https://scratch.mit.edu/>

Khan Academy

You can search for learning materials by subject or grade level!

<https://www.khanacademy.org/>

Breakout Edu

An immersive learning game platform to make learning fun.

<https://www.breakoutedu.com/funathome>

DuoLingo

Learn another language for free!

<https://www.duolingo.com/>

Hand2Mind

Daily Lessons and activities for grades K through 5th.

<https://www.hand2mindathome.com/>

Hippocampus

Free educational resources for middle schoolers to college in Math, Natural Science, Social Sciences, & Humanities!

<https://hippocampus.org/HippoCampus/Algebra%20%26%20Geometry;jsessionid=2AA5AA7CABEEF0BC76108D3ACD04D3EF>

Imagination Play and Creative Crafts: There comes a time when you have studied and you feel like you cannot study any more. If your children are looking like they cannot do another math problem, this is a good time to take a break and explore a creative outlet. Some might even say life would be no fun if it was all (school) work and no play. Have your children try out some of these activities that are less about academics, and more about allowing their creativity to blossom.

Affirmation Yoga for kids

Simple Yoga for kids to teach emotional regulation.

<https://childhood101.com/yoga-for-kids/>

Alphabet Scavenger Hunt

Keep your children engaged with a scavenger hunt to find things that start with letters of the alphabet!

<https://childhood101.com/alphabet-scavenger-hunt/>



CalWORKs Cares - Grossmont College



Audible Stories

Kids can stream stories, including titles across six different languages for free!

<https://stories.audible.com/start-listen>

Cooking Time with Kids

Have your kids help you out in the kitchen. This is a great time to teach them your favorite meal or a family recipe. If you don't know what to cook, try out this classic chocolate chip cookie recipe.

<https://www.allrecipes.com/recipe/174864/original-nestle-toll-house-chocolate-chip-cookies/>

Coloring

This website contains so many free and printable coloring sheets that will allow your child to create their next masterpiece!

<https://topcoloringpages.net/>

Paper crafts

Here is a list of many origami crafts that are sure to keep your child busy and entertained with minimal materials besides paper. Most projects call for "origami paper", but regular paper should work too.

<https://redtri.com/origami-paper-crafts-for-kids/slide/1>

Note to Parents: If your kids are entertained and learning, but you are still unsure about how to talk to them about COVID-19, you may find this link from the Center for Disease Control helpful.

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



A note from the writer: While things have been operating differently due to the campus' and nation's response to COVID-19, my commitment to supporting and counseling Grossmont College students remains unwavering. Feel free to contact me at haile.wright@gcccd.edu with questions, comments, or topics you would like to see in upcoming newsletters.