**General Information**

* Arizona Department of Health Services  <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>
* Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
* Banner Health <https://www.bannerhealth.com/healthcareblog/teach-me/how-coronavirus-can-be-transmitted>
* Autism Speaks <https://www.autismspeaks.org/covid-19-information-and-resources>

**Daily schedules**

Free visual schedules/picture icons for schedules

<https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>

<http://www.victoriesnautism.com/schedule-activity-and-task-cards.html>

<https://do2learn.com/picturecards/printcards/index.htm>

<https://ed-psych.utah.edu/school-psych/_documents/grants/autism-training-grant/Visual-Schedules-Practical-Guide-for-Families.pdf>

**Enrichment:**

Free streams Metropolitan Opera:

[https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/](https://mail1.sbhservices.org/owa/redir.aspx?C=u9g7IDM-nH-wX71BWnrTVPyA2QvaG3uNsirsKowEmNGqn3pDwMrXCA..&URL=https%3a%2f%2fwww.metopera.org%2fabout%2fpress-releases%2fmet-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure%2f)

Nasa’s library

<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>

360 Degree virtual tours of national parks

<https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/>

Broadway plays (some require Amazon Prime)

<https://mix1051.radio.com/blogs/susie/broadway-plays-playbill-musicals>

The Cincinnati Zoo will be holding a “Home Safari” where they stream live on Facebook at 3pm EST (12pm our time) every day while kids are home.  There is a link on this website to bring you to their home page:

<http://cincinnatizoo.org/news-releases/cincinnati-zoo-temporarily-closing-to-the-public-starting-sunday-march-15/>

Virtual Museums:

http://mcn.edu/a-guide-to-virtual-museum-resources/?fbclid=IwAR1o5FAdHhkaglJjXsRlDrQL-jVZKjZRxltACYAsPHzM2qVstgfkkQeaCeg

Virtual Field Trips:

<https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic>

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Cirque du solei streaming

<https://www.cirquedusoleil.com/cirqueconnect>

**School Work:**

“Science Mom,” she and her husband started hosting a daily 2-hour livestream (available for replay) today. They will incorporate science & math lessons, interactive games, and stories. There are also some videos about COVID-19 for kiddos + lots of other lessons/experiments:

<https://www.youtube.com/channel/UC-QcZISbFb9EiIEQ41cVhxw> (link to You Tube page)

<https://www.patreon.com/posts/day-1-of-when-is-34934732> (example of today’s activity)

Education Companies Offering Free Subscriptions:

<https://kidsactivitiesblog.com/135609/list-of-education-compnies-offering-free-subscriptions/?fbclid=lwAR2fM45KRCiz_hcE04PghZOYDpSgSVTDmxUNYhndQmtORumaTdGMW6SDadY>

At-home learning resource available through PBS for school-aged children:

<https://azpbs.org/kids-and-education/at-home-learning/>

Daily workbooks by grade:

<https://worksheets.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>

A resource for Black parents that are looking for some Afrocentric resources for homeschooling.

<https://a2zhomeschooling.com/religion/afrocentric-homeschooling-black-children/>

ABC Mouse (free 30 day trial)

https://www.abcmouse.com/landing/sem:bing?utm\_campaignid=272643871&utm\_adgroupid=1235851230491466&utm\_targetid=kwd-77240833987274:loc-190&utm\_matchtype=b&utm\_network=o&utm\_device=c&utm\_devicemodel=&utm\_notmobile=string&utm\_searchstring=string&utm\_nativestring=&utm\_productad=&utm\_creativeid=77240783415704&utm\_clickid=c3c3d983f579101b7165870450abfe06&utm\_adextensionid=&utm\_adposition=&utm\_geo=US&msclkid=c3c3d983f579101b7165870450abfe06

**Wellness**:

25-minute workout for parents and kids

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

On-Line Pe

<https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-you-tube-186068>

Mindfulness class for kids

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Fitness and health (awesome!)

<https://www.specialolympics.org/school-of-strength>

Run Through Disney on Your Treadmill With These Magical Online Videos

<https://insidethemagic.net/2020/04/virtual-disney-treadmill-videos-ec1/>

Favorite authors host Storytime

<https://coolprogeny.com/2020/03/operation-storytime/>

Lunch Doodles with Mo Willems

<https://www.kennedy-center.org/education/mo-willems/>