

FOOD RESOURCES WHILE SCHOOLS ARE CLOSED

- [Milwaukee Public Schools: Free Meals for MPS Students during School Closure](#)
- [Milwaukee Public Schools: Free Meals for MPS Students during School Closure \(Spanish\)](#)
- [MPS Interactive Meal Site Map](#)
- [Boys & Girls Clubs of Greater Milwaukee's Meal Continuation Plan](#)
- [School District of Waukesha Meal Pickup School Locations](#)
- [Feeding America Food Pantry Locator](#)
- [Hunger Task Force](#)
- [Neighborhood News Service Milwaukee: Where to Find Food](#)
- [Impact 211](#)

OTHER RESOURCES FOR FAMILIES

- [Free Internet Access for 60 days to students in low-income households impacted by COVID-19 shutdown.](#) To enroll call 1-844-488-8395.
- [Sholly COVID-19 Student Relief Fund](#) assistance for high school/college students or their parents.

TALKING WITH KIDS ABOUT COVID-19

- [Talking with Children about COVID-19: A Parent Resource](#)
- [Helping Kids Cope with Stress During COVID Outbreak](#)
- [NPR: Just for Kids, A Comic Exploring the New Coronavirus](#)
- [Talking to Kids About the Coronavirus \(includes video\)](#)
- [10 Ways to Respond to Fear and Scapegoating During the Coronavirus Epidemic](#)
- [Stop the Spread of Germs](#)

SELF CARE DURING STRESSFUL TIMES – FOR YOUTH AND ADULTS

- Exercise. Go for a walk outside - bundle up if you have to.
- Have a dance party with your family!
- Listen to music - or make music if that's your jam.
- Color. Even adults can color.
- Call a friend and catch up.
- Get good rest. Keep a solid routine, even with school and work changes.
- Drink lots of water.
- [National Alliance on Mental Illness: COVID-19 Information and Resources](#)

MAINTAIN YOUR ROUTINE AS MUCH AS POSSIBLE

- Have your kids get up at the same time Monday-Friday and keep a reasonable bedtime.
- Set a schedule of when your kids will read, when they will do math, when they will have free time, meals and physical activity.
- [Free schedule-maker to plan the day](#)

ACTIVITIES KIDS CAN DO AT HOME - 20 Simple Things to do with Kids

1. Go for a walk outside and get some fresh air.
2. Read a book together.
3. Build a fort.
4. Play a card game.
5. Color each other a picture.
6. Play I Spy.
7. Dress up and create a short play.
8. Play Keep-It-Up with a balloon.
9. Think of a word and then think of as many rhyming words as you can.
10. Play Hide & Seek (either with people hide or hide objects)
11. Choreograph a dance.
12. FaceTime a relative.
13. Do some yoga moves or easy exercises (sit ups, jumping jacks, squats).
14. Set up a pretend store.
15. Blast some music and do chores.
16. Have a tea party.
17. Watch a movie together
18. Hold a photo session with your cell phone.
19. How many words can you make from the letters in your full name in 2 minutes?
20. Play charades or pictionary (make up your own words to either draw or act out).

MILWAUKEE PUBLIC LIBRARIES

- [Milwaukee Public Libraries](#) are closed, but MPL cardholders, including all Milwaukee Public School students, can continue accessing online library resources and information, including eBooks, audiobooks, music, video and online resources 24/7 on the MPL website.
- Homework help is available to students through [LibraryNOW](#) on their smartphones, tablets and personal computers.

FREE EDUCATIONAL ONLINE RESOURCES

- [MPS Online Learning Access](#)
- [Kahn Academy](#)
- [National Geographic Kids](#)
- [Scholastic Learn at Home](#)
- [PBSKids](#)
- [Ted Ed Student Talks](#)
- [Virtual Tours of 12 Famous Museums](#)
- [Virtual Field Trips](#)

MOVEMENT AND YOGA VIDEOS

- [Go Noodle](#)
- [Cosmic Kids](#)