

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.
- [Community Advocates](#) has created a special help line and email address to assist people who cannot pay rent or are encountering other housing or other basic problems because of the economic fallout resulting from the coronavirus pandemic. The help line phone number is 414-270-4646. The email address is renthelp@communityadvocates.net.
- [Milwaukee Community Care and Mutual Aid Collective](#) is organizing around staffing and stocking food pantries, delivering food to those who cannot leave their homes, as well as a number of other community aid projects. If you or anyone you know is in need of support, please click the link to complete this form: <https://forms.gle/PwopRn91YHbESzyy9> or email milwaukeewicare@gmail.com

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 Cononavirus](#)
- [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 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](#)
- [PBS Kids](#)
- [Ted Ed Student Talks](#)
- [Virtual Tours of 12 Famous Museums](#)
- [Virtual Field Trips](#)

MOVEMENT AND YOGA VIDEOS

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