



FOOD RESOURCES WHILE SCHOOLS ARE CLOSED

- [Milwaukee Public Schools: Free Meals for MPS Students during School Closure](#)
- [Feeding America Food Pantry Locator](#)
- [Hunger Task Force](#)
- [Neighborhood News Service Milwaukee: Where to Find Food](#)
- [Impact 211](#)

OTHER RESOURCES FOR FAMILIES

- [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 milwaukeeewicare@gmail.com

INTERNET ACCESS

- Free Internet Access for 60 days to students in low-income households impacted by COVID-19 shutdown. To enroll call 1-844-488-8395.
- A helpline for families needing assistance with Internet or phone services during COVID-19 is staffed by the Public Service Commission. A staff member can discuss options available in their areas and discounts. Please call the **Public Service Commission Internet and Phone Helpline at 1 (608) 267-3595**.
- The [Education Superhighway](#) has an online tool to assist families with special offers for Internet in their area. Please visit DigitalBridgeK-12 and enter your ZIP code for additional information.
- The [Wisconsin Department of Instruction](#) has many resources available to assist with staying connected during COVID-19. [Listed on this page is a Wi-Fi Map](#) with over 650 emergency Wi-Fi locations, Internet offers available to K-12 students and portable access offers by cell phone carriers. Please visit the [DPI Broadband website](#) for additional information.

EDUCATIONAL RESOURCES & TUTORING

- [Tandem](#) in Milwaukee is hosting one-on-one after school homework help from pre-screened and qualified professionals and college students for students grades 4-10. They provide a free meal Students grades 4-10 can [REGISTER](#) with guardian permission. Once registered, simply [LOG IN](#) and click on Student Booking to sign up for a 90-minute session, 3:30 p.m. or 5:00 p.m. daily!
- **All Milwaukee Public Library locations are open.** Available services include: Wi-Fi, copying & printing, catalog access, item retrieval, library card registration & renewal, 2-hour access to computers, scan station, fax, copier, picking up reserved items (holds) and quick reference assistance. Holds and checkouts available, no browsing the collection.

- [Milwaukee Public Library COVID-19 Portal](#) provides information on COVID-19; Jobs, Business & Finances; Basic Needs; Health & Wellness; Combat Cabin Fever
- [LibraryNow](#) connects Milwaukee Public School students in grades 1st-12th to all online tutoring help, book and music downloads, magazines, games, research databases and more, simply by using their student ID number. Students can access MPL's full array of online resources by visiting www.librarynow.org - school, at home, on tablets, phones, laptops or desktop computers.
- [Brainfuse](#) offers free live homework help and online tutoring daily from 11 am to 11 pm. for students of all ages. This service is available to City of Milwaukee residents with a valid library card.

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).

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](#)