

## COVID-19 RESOURCES

### THE CENTER FOR AUTISM & NEURODEVELOPMENTAL DISORDERS:

- COVID-19 Family Resources. Social stories and other resources also available in Spanish and Vietnamese:
  - <https://www.thecenter4autism.org/clinical-services/family-support/>
- Upcoming Education and Training programs/classes offered by the Center via ZOOM meetings. Some topics include; Success in Special Education - basics
  - <https://www.thecenter4autism.org/education-and-training/>
- For videos in English, Spanish, or Vietnamese on a variety of topics please visit our youtube page:
  - [https://www.youtube.com/user/thecenter4autism/videos?view\\_as=subscriber](https://www.youtube.com/user/thecenter4autism/videos?view_as=subscriber)
- Stay connected and get up-to-date information regarding the Center's resources and events, please visit our Facebook Page:
  - <https://www.facebook.com/thecenter4autism/>

### BASIC NEEDS RESOURCES:

- Information and help accessing resources in Orange County
  - Call 211
- Employment Development Department (English and Spanish)
  - [https://edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://edd.ca.gov/about_edd/coronavirus-2019.htm)
- Information for employers and workers:
  - <https://www.labor.ca.gov/coronavirus2019/>

### HELPING CHILDREN AND TEENS UNDERSTAND:

- For social stories to help explain COVID-19 to your child please go to the following webpage to download these free resources (also available in Spanish and Vietnamese);
  - <https://app.box.com/s/320kflkqp2ae5cuiicqq4k10wl7k7n3v>
- What Parents Need to Know about COVID-19 (NCH)
  - <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/01/novel-coronavirus>
- Explaining COVID-19 for children
  - <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2S4HdQIclBKD3IMtF5I8DeasdaadUjhNhqFM38WFMgmsrNncRW8aVCU68>
- A Comic Exploring COVID-19
  - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talking with teens and Tweens
  - <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>
- Others:
  - [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
  - **Great article for adults to help with talking to kids about coronavirus:**  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- **Audio story for kids, plus printable comic strip:**  
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- **Excellent list of videos, songs, and show segments from Daniel Tiger to Sesame Street helping with way to keep kids safe and healthy:**  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- **Free, printable social story about the Coronavirus:**  
[https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf?fbclid=IwAR1ulf42\\_sHE6gejRqSA3l-1z6FFpRvVpliZXzggPDDGiKPn5LJgK0oWIXM](https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf?fbclid=IwAR1ulf42_sHE6gejRqSA3l-1z6FFpRvVpliZXzggPDDGiKPn5LJgK0oWIXM)

## **SELF-CARE AND SUPPORT:**

- Center for Disease Control – Stress and Coping during COVID-19
  - [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)
- Ten Percent Happier – free access to app to all healthcare workers
  - <https://www.tenpercent.com/coronavirussanityguide>
- Parenting during COVID-19
  - <https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19>
- Anxiety (self and family)
  - <https://thriveglobal.com/stories/six-ways-to-protect-yourself-and-your-family-from-anxiety-about-the-coronavirus/>
- Preparation and Response Plan; National Child Traumatic Stress Network
  - [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- NAMI HelpLine
  - <https://namiohio.org/wp-content/uploads/2020/03/HelpLine-Coronavirus-Planning.pdf>
- SAMHSA (tips and support for all ages)
  - [https://store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)
  - **SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746**
- California Peer Support Mental Health 24/7 Hotline
  - <https://www.mentalhealthsf.org/peer-run-warmline/>
  - **855-845-7415**
- Orange County COVID-19 Hotline to connect with OC Agencies for information and resources related to COVID-19 **(833) 426-6411**
- Orange County Crisis Prevention Hotline **24/7 (877) 7-CRISIS or (877) 727-4747**
- Human Options Domestic Violence 24-hour hotline: **877-854-3594**
- Boys Town National 24/7 crisis hotline for kids and parents:
  - **800-448-3000**
  - <https://www.boystown.org/hotline>

### **AUTISM-SPECIFIC:**

- Social Stories and other resources to explain COVID-19 to children
  - <https://app.box.com/s/320kflkqp2ae5cuiicqg4k10wl7k7n3v>
- What should the autism community know about COVID-19 and many other resources:
  - <https://www.autismspeaks.org/covid-19-information-and-resources>

### **ACTIVITIES AT HOME:**

- Music and Dance from Go Noodle
  - <https://www.youtube.com/user/GoNoodleGames>
- 
- Podcasts for kids
  - <https://amp.commonsense.org/blog/6016cebb-52c7-41b5-96c1-5cdd64efbd60>
- Giant list of activities courtesy of Princess Awesome & Boy Wonder
  - <https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCl/preview>

### **LEARNING AT HOME:**

- COVID-19 Guidance for Learning at Home - California:
  - <https://www.cde.ca.gov/ls/he/hn/guidance.asp>
- Resources to support distance learning - California
  - <https://www.cde.ca.gov/ls/he/hn/appendix1.asp>
- Resources for individuals with Developmental Disabilities under IDEA:
  - <https://sites.ed.gov/idea/>
- Khan Academy (complete with structured schedule for all grades)
  - <https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpgDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh-P-WmksHAzbsrk9d/pub>
- Reading Comprehension Lessons:
  - <https://reading.ecb.org/index.html>
- National Geographic Kids
  - <https://kids.nationalgeographic.com/>
- Exploring Geography and maps
  - <https://intothemap.org/>
- Dr. Seuss Reading and games
  - <https://www.seussville.com/>
- K-8 Learning Games
  - <https://www.abcya.com/>
  - <https://www.funbrain.com/>
- Science and STEM videos
  - <https://www.thefablab.com/>
- 12 Museums offering virtual tours
  - [https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3JEcNd2d19W0iyP15SEK86TrBAqJmrWVESE\\_PiCEVviNYYbR8GQLmsf8](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3JEcNd2d19W0iyP15SEK86TrBAqJmrWVESE_PiCEVviNYYbR8GQLmsf8)
- Learn new skills
  - <https://diy.org/>
- Classes for Ages 3-18 (small group video chats available)
  - <https://outschool.com/>

Arts	Live Drawing Lessons	<a href="https://www.youtube.com/studioijk">https://www.youtube.com/studioijk</a>
Reading Fluency and Movement	Movement-based reading fluency activities	<a href="https://fluencyandfitness.com">https://fluencyandfitness.com</a>
All academics	Online academic lessons, organized by grade level or content	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
Structured Play	Play-based and productive ways to fill time	<a href="https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCl/preview?fbclid=IwAR09CQOEuORPIhrvoUleJ3R_j9Yul1aINqKQxotYFSB653pPrrWgpEXVrdE#">https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCl/preview?fbclid=IwAR09CQOEuORPIhrvoUleJ3R_j9Yul1aINqKQxotYFSB653pPrrWgpEXVrdE#</a>
Virtual Tour	Virtual tours of some of the world's most famous museum	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a>
Homeschool resources	Lesson plans, worksheets, videos, apps, general resource tool for homeschooling	<a href="https://homeschoolhideout.com">https://homeschoolhideout.com</a>
Online learning tools	This is a MASSIVE list of online learning tools with detailed descriptions of each link	<a href="http://www.amazingeducationalresources.com">http://www.amazingeducationalresources.com</a>

**Kids Activities:**

[https://urldefense.com/v3/ https://kidsactivitiesblog.com/ ;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_P3fawPZ\\$](https://urldefense.com/v3/https://kidsactivitiesblog.com/;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_P3fawPZ$) I'll be using this for our own kids. It has different science experiments, virtual tours of museums around the world, cheap and easy dinner ideas, how to make your own hand sanitizer, and the list goes on!

**Educational Activities and Podcasts:**

[https://urldefense.com/v3/ https://learnincolor.com/ ;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_My61lv-\\$](https://urldefense.com/v3/https://learnincolor.com/;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_My61lv-$) It has over 75 educational activities to do at home, top 10 podcasts for kids, Ancient Egypt books for kids, Science Movies and Documentaries for students, Black History Month movies for kids and teens, American Revolutionary War books for kids, American Civil War books for kids, and the list goes on!

**YouTube Channels for shows**

[https://urldefense.com/v3/ https://homeschoolhideout.com/ ;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_lytqLmz\\$](https://urldefense.com/v3/https://homeschoolhideout.com/;!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_lytqLmz$) This has over 100 Educational Shows on Amazon Prime, homeschool curriculum, over 150 educational YouTube channels and more.

**This is the museum tours from around the world!**

[https://urldefense.com/v3/ https://kidsactivitiesblog.com/135637/virtual-museum-tours/ !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_E288DxF\\$](https://urldefense.com/v3/https://kidsactivitiesblog.com/135637/virtual-museum-tours/!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_E288DxF$)

**Smithsonian Virtual Tour**

[https://urldefense.com/v3/ https://naturalhistory.si.edu/visit/virtual-tour?fbclid=IwAR3MOUuQ5-u3-m0XG46t7L7P-pMGBmanMUWIIrUBy9WwbBrN\\_ACkdxp49EE !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_BWwjwsZ\\$](https://urldefense.com/v3/https://naturalhistory.si.edu/visit/virtual-tour?fbclid=IwAR3MOUuQ5-u3-m0XG46t7L7P-pMGBmanMUWIIrUBy9WwbBrN_ACkdxp49EE!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_BWwjwsZ$)

**This is an entire list of Education Companies offering free subscriptions due to schools closing** [https://urldefense.com/v3/ https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/ !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_K\\_eYnLa\\$](https://urldefense.com/v3/https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_K_eYnLa$)

**McHarper Manor will be live DAILY with FREE art tutorials to keep spirits up, families engaged and creativity flowing.**

[https://urldefense.com/v3/ https://www.mcharpermanor.com/blog !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_Nr1kF7o\\$](https://urldefense.com/v3/https://www.mcharpermanor.com/blog!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_Nr1kF7o$)

**Over 30 Virtual Field Trips!**

[https://urldefense.com/v3/ https://docs.google.com/document/d/e/2PACX-1vTbUBsKt4U5tR-eXC8b2bogrvjrVIEB8OJlesNPw6b7BRScYRuyXlaSAVIcl\\_q52BI4SqrK4\\_HVQCw/pub?fbclid=IwAR2RTITj61Ly0bQEsZ1KV\\_hcifD27DGZ5kpdI2ulFxrUoC5B-sImJDxvZ28 !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_A0O-Gqb\\$](https://urldefense.com/v3/https://docs.google.com/document/d/e/2PACX-1vTbUBsKt4U5tR-eXC8b2bogrvjrVIEB8OJlesNPw6b7BRScYRuyXlaSAVIcl_q52BI4SqrK4_HVQCw/pub?fbclid=IwAR2RTITj61Ly0bQEsZ1KV_hcifD27DGZ5kpdI2ulFxrUoC5B-sImJDxvZ28!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_A0O-Gqb$)

**Historical movies for kids 6-12**

[https://urldefense.com/v3/ https://learnincolor.com/historical-movies-for-children-ages-6-12.html !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_Pd5kiMh\\$](https://urldefense.com/v3/https://learnincolor.com/historical-movies-for-children-ages-6-12.html!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_Pd5kiMh$)

**Internet Archive is a non-profit library of millions of FREE books, websites and more.**

[https://urldefense.com/v3/ https://archive.org !!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk\\_N6r5SuA\\$](https://urldefense.com/v3/https://archive.org!!ODYTt7Uqo6LDP14!y6o89kHYiFIJ7NCmiXkNE-iUtJBAP7kocBr9mo1vMcuSy0HkAwJLcqiBrAqywHk_N6r5SuA$)

**No internet, no problem:**

For students without internet, call Spectrum at 1-844-488-8398 – to access free internet services during the school shutdown.