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**ST-LAURENT**  
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## Grade 1- Kindergarten Resources (Ages 2.5-6)

Subject	Resource Name	Description	Link
All	Ottawa Public Library	Free online books, videos and movies in both English and French. Library card required.	<a href="https://bibliooottawalibrary.ca/en/data-bases/search-all">https://bibliooottawalibrary.ca/en/data-bases/search-all</a>
All	Read Write Think	Activities and Projects for all areas of the curriculum - Click on Parent and After School Resources tab	<a href="http://www.readwritethink.org/parent-afterschool-resources/">http://www.readwritethink.org/parent-afterschool-resources/</a>
All	Khan Academy Kids:	Fun educational app for kids:  Engages kids in core subjects like early literacy, reading, writing, language, and math, while encouraging creativity and building social-emotional skills.	<a href="https://learn.khanacademy.org/khan-academy-kids/">https://learn.khanacademy.org/khan-academy-kids/</a>
All	ABCya!	400 fun and educational games	<a href="https://www.abcya.com">https://www.abcya.com</a>
All	CBC Parents	Fun games, crafts, activities and recipes for all ages.	<a href="https://www.cbc.ca/parents/">https://www.cbc.ca/parents/</a>
All subjects/Ages	Brain Pop	Online learning and lessons, free during Covid 19 outbreak	<a href="https://www.brainpop.com/">https://www.brainpop.com/</a>
JK-2, Phonics and some math	Starfall	Phonics Website with some math as well - some sections free, some paid	<a href="http://www.starfall.com">www.starfall.com</a>

Literacy/Math	8 Multisensory writing activities for letter and number writing and recognition:	Practice your letter and number and recognition in fun and easy ways.	<a href="https://homebasehope.com.au/multi-sensory-writing-activities/">https://homebasehope.com.au/multi-sensory-writing-activities/</a>
literacy	Storybird	Creative writing prompts and challenges; ability to add illustrations	<a href="https://storybird.com/">https://storybird.com/</a>
Literacy	Handwriting without tears	Workshops	<a href="https://shopping.lwtears.com/virtual-workshops?utm_source=EMAIL&amp;utm_medium=EMAIL&amp;utm_campaign=2020_WKSP_VIRTUAL_1&amp;pc=2020_WKSP_VIRTUAL_1">https://shopping.lwtears.com/virtual-workshops?utm_source=EMAIL&amp;utm_medium=EMAIL&amp;utm_campaign=2020_WKSP_VIRTUAL_1&amp;pc=2020_WKSP_VIRTUAL_1</a>
Literacy/Math	Sensory Letter writing: Using different textures and material to practice writing letters, numbers and shapes.	Sugar:  Shaving cream:  Sensory bag:	<a href="https://www.youtube.com/watch?v=qUUr4Xsi1_0">https://www.youtube.com/watch?v=qUUr4Xsi1_0</a>  <a href="https://www.youtube.com/watch?v=NM-KbR6lCDE">https://www.youtube.com/watch?v=NM-KbR6lCDE</a>  <a href="https://www.youtube.com/watch?v=iOLffZ_Wo0I">https://www.youtube.com/watch?v=iOLffZ_Wo0I</a>
Literacy	Raz Kids	Students can listen to books for modeled fluency, read books for practice, and then record themselves reading so teachers can monitor progress  Every leveled eBook has an accompanying eQuiz to test reading comprehension	<a href="https://www.raz-kids.com/">https://www.raz-kids.com/</a>
Literacy/Math	Oxford Owl:	Free online e-books with reading, writing, comprehension and math activities.	<a href="https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/">https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/</a>

Literacy	Audible	For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them	<a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
Literacy	Book List for reading aloud:	Amazing list of books for parents who have children in Grades K-2 to read aloud together.	<a href="http://www.ala.org/alsc/sites/ala.org/alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf">http://www.ala.org/alsc/sites/ala.org/alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf</a>
Literacy	Scholastic Learn at home	Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!	<a href="https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&amp;eml=CM/smd/20200312//txtl/sm/ed">https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&amp;eml=CM/smd/20200312//txtl/sm/ed</a>
Literacy	Epic! - Audiobooks	Instantly access 35,000 of the best books, learning videos, quizzes & more.	<a href="https://www.getepic.com">https://www.getepic.com</a>
Literacy (Podcast)	Pinna - Podcasts, audio books, videos for kids	As schools across the country close and parents are working from home (as able) to mitigate the spread of COVID-19, we recognize the need for resources now more than ever. As a result, we're extending the free trial period to 60 Days with the promo code PINNA4KIDS.  To activate, create an account and enter the code in step 2 of the sign up process here on Pinna.fm.	<a href="https://pinna.fm/library">https://pinna.fm/library</a>

Literacy	Printable books for pre-readers	Free pre-reader printable books that can be coloured.	<a href="https://www.prekinders.com/emergent-readers/">https://www.prekinders.com/emergent-readers/</a>
Literacy	Picture Word Cards	Printable picture-word cards to practice vocabulary and create a Picture Dictionary, or Word Wall.	<a href="https://www.prekinders.com/category/word-cards/">https://www.prekinders.com/category/word-cards/</a>
Literacy/Handwriting	How to support your child's handwriting	Does your child have <u>messy handwriting</u> ? These tools can help kids develop the skills needed for writing by hand (called <u>fine motor skills</u> ).	<a href="https://www.understood.org/en/school-learning/learning-at-home/encouraging-reading-writing/download-tools-to-help-with-handwriting?_u=1*1y8zm92*domain_userid*YW1wLTNfaUs3LWh4NVpXX2pZR0lMdlZMkE">https://www.understood.org/en/school-learning/learning-at-home/encouraging-reading-writing/download-tools-to-help-with-handwriting?_u=1*1y8zm92*domain_userid*YW1wLTNfaUs3LWh4NVpXX2pZR0lMdlZMkE</a> .
Literacy/Art	Book Making	Home activity for the family - Step by step instructions on how to create your own book at home.	<a href="https://www.prekinders.com/pre-k-bookmaking/">https://www.prekinders.com/pre-k-bookmaking/</a>
Literacy	Alphabet	Alphabet Games, activities, songs, printables.	<a href="https://www.prekinders.com/category/alphabet/">https://www.prekinders.com/category/alphabet/</a>
Literacy	Phonological Awareness	- Letter sound to symbol correspondence - Rhyming - Syllables	<a href="https://www.prekinders.com/category/phonological-awareness/">https://www.prekinders.com/category/phonological-awareness/</a>
Math	Jump Math	Essential Lessons for all grade	<a href="https://jumpmath.org/jump/en/essential_lessons_ON">https://jumpmath.org/jump/en/essential_lessons_ON</a>
Math	Exploring Money	A variety of fun and easy activities to allow children to explore money.	<a href="https://www.prekinders.com/preschool-money/">https://www.prekinders.com/preschool-money/</a>

Math	Patterns	Games and activities to practice patterns	<a href="https://www.prekinders.com/category/patterns/">https://www.prekinders.com/category/patterns/</a>
Math	K7 Math	HOME-SCHOOL PACKAGE (including your free login) * K7Maths now supports parents/teachers with a K-7 Home-school Package. * The Package contains 3 Teaching Plans - one each for Early, Middle & Later Childhood. * The Package covers most Learning Areas and related subjects. * The Package provides guidance, daily timetables and many resources via links.	<a href="https://www.k7maths.com/help/2107">https://www.k7maths.com/help/2107</a>
Science	Weather and seasons	Songs, activities and crafts to explore the weather and the seasons.	<a href="https://www.prekinders.com/category/science/weather/">https://www.prekinders.com/category/science/weather/</a>
Science	Senses	Fun activities for children to explore their 5 senses	<a href="https://www.prekinders.com/category/5-senses/">https://www.prekinders.com/category/5-senses/</a>
Science	Simple Science Experiments	Simple Science Experiments that can be done at home with the whole family	<a href="https://www.prekinders.com/category/science/science-experiments/">https://www.prekinders.com/category/science/science-experiments/</a>
Science	Nature Walk Scavenger Hunt	An example of a list of items you could look for as a family on a nature walk. You can always create your own list and see what treasures you can find.	<a href="http://thebirdfeednyc.com/2012/08/15/scavenger-hunt-for-kids-nature-walk/">http://thebirdfeednyc.com/2012/08/15/scavenger-hunt-for-kids-nature-walk/</a>
Science	Study Jam	Video and Activities all about Science	<a href="http://studyjams.scholastic.com/studyjams/jams/science/index.htm">http://studyjams.scholastic.com/studyjams/jams/science/index.htm</a>
Science	ZOOM - Science based videos,	ZOOM is packed with fun and engaging	<a href="https://www.pbslearningmedia.org/gr">https://www.pbslearningmedia.org/gr</a>

	experiments and activities.	activities for students to do independently or as part of a group. Using a multidisciplinary, content-based format, these resources teach children how to take an active approach to learning—to ask questions, create, experiment, and have fun!	<a href="#">ades/prek/</a>
Science	25 Discovery bottles for kids:	25 ways to make a variety of discovering bottles, filled with different liquids and items for children to explore.	
Science	Ottawa's Macoun Marsh- youtube	St-Laurent Academy Science doing outdoor education	<a href="https://www.youtube.com/watch?v=CksbYvruip4">https://www.youtube.com/watch?v=CksbYvruip4</a>
Science	Macoun Marsh- youtube	Outdoor Education and science	<a href="https://www.youtube.com/watch?v=ObXjlxWcaB0">https://www.youtube.com/watch?v=ObXjlxWcaB0</a>
Science	SciShow kids:	<p>SciShow Kids explores all those curious topics that make us ask "why?"</p> <p>Every Tuesday and Thursday, Jessi and her robot rat Squeaks answer your questions and explain fun, complex science concepts for young, curious minds.</p> <p>Whether conducting experiments, researching new questions, or talking with experts, there's always something new to discover with SciShow Kids, no matter what your age!</p>	<a href="https://www.youtube.com/user/scishowkids/featured">https://www.youtube.com/user/scishowkids/featured</a>
Science	Switch Zoo	<p>Make new animals, play animal games, solve animal puzzles, take a guided tour, and join a zoo quest.</p> <p>Build a biome and an online habitat, play</p>	<a href="https://www.switchzoo.com">https://www.switchzoo.com</a>

		other learning games, read animal facts, get lesson plans.	
Science	Mommy Poppins Science Experiments	63 easy science experiments you can do at home with household supplies. This link will take you to an article with links to various experiments for you to try out.	<a href="https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff">https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff</a>
Science	Ripley's Aquarium - Live stream	Shark live stream:  Penguin cam:	<a href="https://www.ripleyaquariums.com/canada/shark-camera/">https://www.ripleyaquariums.com/canada/shark-camera/</a>  <a href="https://www.ripleyaquariums.com/gatlinburg/penguin-cam/">https://www.ripleyaquariums.com/gatlinburg/penguin-cam/</a>
French	Idello	French Lessons all subjects online	<a href="https://www.idello.org/fr">https://www.idello.org/fr</a>
French	Mini TFO	French lessons and videos	<a href="https://www.tfo.org/fr/mini-tfo">https://www.tfo.org/fr/mini-tfo</a>
French	Idélo	<b>For teachers:</b> IDÉLLO offers educational content and resources, such as teaching tools and online classes, designed to meet the needs of education professionals. <b>For parents:</b> Help your children assimilate their lessons or learn new things with educational content and features made to bridge the gap between school and home.	<a href="https://www.idello.org/en">https://www.idello.org/en</a>
French	TFO	Educational videos, documentaries and games for kids.	<a href="https://www.tfo.org/">https://www.tfo.org/</a>
French	Canadian Parents for French	A website dedicated to parents who want to support their kids in learning French.	<a href="https://cpf.ca/en/">https://cpf.ca/en/</a>
Drama	Drama Tool Kit	Different drama games for the whole family	<a href="https://www.dramatoolkit.co.uk/dra">https://www.dramatoolkit.co.uk/dra</a>

			<a href="#">ma-games</a>
Drama	Kids Activities	Drama games for younger children	<a href="https://kidactivities.net/drama-games-and-activities/">https://kidactivities.net/drama-games-and-activities/</a>
Drama	Drama Notebook	Drama games arranged by category for a large age range	<a href="https://www.dramanotebook.com/drama-games/">https://www.dramanotebook.com/drama-games/</a>
Engineering/Building	DIY Marble run	Build your own marble run using household items	<a href="http://www.powerfulmothering.com/diy-marble-run-from-toilet-rolls/">http://www.powerfulmothering.com/diy-marble-run-from-toilet-rolls/</a>
Engineering/Building	25 Lego activities for kids:	These 25 awesome Lego activities are a perfect mix of building and thinking out of the box. Enjoy!	<a href="https://www.playideas.com/25-awesome-lego-activities-for-kids/">https://www.playideas.com/25-awesome-lego-activities-for-kids/</a>
Engineering/Building	30 Day lego challenge:	A lego challenge for each day of the month.	<a href="https://www.wsisd.com/ourpages/users/dcoyle/Coronavirus/Extended%20Learning/thumbnail_IMG_8147.jpg">https://www.wsisd.com/ourpages/users/dcoyle/Coronavirus/Extended%20Learning/thumbnail_IMG_8147.jpg</a>
French	Duolingo	Language Learning program (French, English, Arabic...etc.)	<a href="https://www.duolingo.com">https://www.duolingo.com</a>
Geography	National Geographic Kids	Videos and Games about a variety of Science and Nature based topic	<a href="https://kids.nationalgeographic.com">https://kids.nationalgeographic.com</a>
Art, Science, History, Geography	Virtual Museum Tours	LOUVRE:  NASA:  VIRTUAL MUSEUM OF CANADA:  CANADIAN WAR MUSEUM:	<a href="https://www.louvre.fr/en/visites-en-ligne#tabs">https://www.louvre.fr/en/visites-en-ligne#tabs</a>  <a href="https://oh.larc.nasa.gov/oh/">https://oh.larc.nasa.gov/oh/</a>  <a href="http://www.virtualmuseum.ca/">http://www.virtualmuseum.ca/</a>  <a href="https://www.warmuseum.ca/exhibitions/online-exhibitions/">https://www.warmuseum.ca/exhibitions/online-exhibitions/</a>



		12 Virtual Tours of Museums from around the world:	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&amp;fbclid=IwAR3G8wOYDtUZeytn0hMHXVVv49JIUZ8IKsb-Eixs2ZKvuL4faOP9zOF38_g">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&amp;fbclid=IwAR3G8wOYDtUZeytn0hMHXVVv49JIUZ8IKsb-Eixs2ZKvuL4faOP9zOF38_g</a>
Music	Splash 'N boots	For the past week, Splash'N Boots have been performing live once a day on their Facebook page. You can view previous live videos if you scroll down their Facebook page.	<a href="https://www.facebook.com/splashnboots">https://www.facebook.com/splashnboots</a>
Music	Homemade instruments	Make a variety of homemade instruments	<a href="https://www.prekinders.com/musical-instruments/">https://www.prekinders.com/musical-instruments/</a>
Arts & crafts	Potato Stamps	Create your own potato stamps. Explore shapes and colours with these homemade stamps.	
Arts and crafts	Edible crafts for kids	Fun edible food crafts that the whole family can enjoy.	<a href="https://www.forkly.com/food/edible-crafts-for-kids-20-fun-filled-recipe-activities-with-food/">https://www.forkly.com/food/edible-crafts-for-kids-20-fun-filled-recipe-activities-with-food/</a>
Arts & Crafts	Pasta crafts	Fun and easy crafts using dried pasta	<a href="https://www.diys.com/crafts-made-from-dried-pasta/">https://www.diys.com/crafts-made-from-dried-pasta/</a>
Arts & Crafts	Pasta Dinosaurs	Here are two ways to make dinosaur pasta skeletons with your preschool, pre-k, or kindergarten students.	<a href="https://www.prekinders.com/dinosaur-pasta-skeletons/">https://www.prekinders.com/dinosaur-pasta-skeletons/</a>
Arts & Crafts	Painting with ice:	Fun activity for the whole family	<a href="https://www.easypeasyandfun.com/p">https://www.easypeasyandfun.com/p</a>

			<a href="#">ainting-with-ice/</a>
Arts & Crafts	50 Quick and Easy Crafts for kids:	At home crafts for the whole family	<a href="https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/">https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/</a>
Arts & Crafts	Button Art Tree	Create a beautiful tree using simple, at home materials.	<a href="https://simplydesigning.porch.com/kids-craft-button-art/">https://simplydesigning.porch.com/kids-craft-button-art/</a>
Arts + Crafts	Paper Crafts	Fun, easy paper crafts	<a href="http://krokotak.com">http://krokotak.com</a>
Arts & Crafts	Rock painting:	Rock art - Design some rock animals and creatures to put in your garden.	<a href="https://craftsbyamanda.com/ladybug-painted-rocks/">https://craftsbyamanda.com/ladybug-painted-rocks/</a>
Arts & Crafts	25 wind chimes for kids:	Create your own wind chime out of materials found around your home.	<a href="https://www.playideas.com/25-easy-breezy-wind-chime-crafts-for-kids/">https://www.playideas.com/25-easy-breezy-wind-chime-crafts-for-kids/</a>
Arts & Crafts	Homemade birdhouse	Create your own birdhouse with a few simple household items.	<a href="https://www.craftcreatecook.com/birdhouse-crafts-kids/">https://www.craftcreatecook.com/birdhouse-crafts-kids/</a>
Arts & Crafts	HiMama:	Looking for new activities to add to your repertoire this school year? You came to the right place. We curated a variety of arts and crafts for daycares that will help the development of your kiddos and enhance their motor skills. Explore shapes, colors, textures and have fun!	<a href="https://www.himama.com">https://www.himama.com</a>
Arts & Craft	Paper Plate Dream catchers:	Create your own dream catcher.	<a href="https://www.redtedart.com/paper-plate-crafts-dream-catchers-hearts/?">https://www.redtedart.com/paper-plate-crafts-dream-catchers-hearts/?</a>
Arts & Craft	Homemade playdough	Make your own homemade playdough.	<a href="https://funlearningforkids.com/easy-play-dough-recipe-without-cream-tarta">https://funlearningforkids.com/easy-play-dough-recipe-without-cream-tarta</a>

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Arts & Craft	Salt dough crafts and activities:	Make your own salt dough and create fun sculptures, shapes and creatures that you can then paint and decorate.	<a href="https://www.redtedart.com/30-salt-dough-crafts-kids/">https://www.redtedart.com/30-salt-dough-crafts-kids/</a>
Art & Craft	Colour mixing with snow and ice	Explore colour mixing outside, using snow and ice.	<a href="http://adventuresathomewithmum.blogspot.com/2013/03/rainbow-ice-crystal-science.html">http://adventuresathomewithmum.blogspot.com/2013/03/rainbow-ice-crystal-science.html</a>
Fine motor	Cheerio Tower:	A fine motor activity for young children. See who can build the tallest tower.	<a href="https://www.sixthbloom.com/cheerio-towers-engineering-preschool-activities/">https://www.sixthbloom.com/cheerio-towers-engineering-preschool-activities/</a>
Movement/Gross Motor	GoNoodle	<b>GoNoodle: Good Energy at Home</b> , a free online resource. GoNoodle: Good Energy at Home provides ways for kids and families to move and learn together. Movement, yoga, and mindfulness videos  Downloadable curricular activities	<a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</a>
Movement	Just Dance	Movement videos for kids	<a href="https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ">https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ</a>
Movement	Cosmic kids yoga	Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Movement	YMCA 360	<b>Health and fitness activities for all ages</b>	<a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a>

Movement/Gross Motor	Indoor obstacle course/games - using painters tape:	Creating your own indoor obstacle course and other fun games using painters tape. Fun for the whole family.	<a href="https://www.agirlandaglugun.com/2017/05/40-painters-tape-games-activities.html">https://www.agirlandaglugun.com/2017/05/40-painters-tape-games-activities.html</a>
Movement/Gross Motor	Indoor Gross motor obstacle course:	Design and build a fun indoor obstacle for your kids to practice their gross motor skills.	<a href="http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html">http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html</a>
Drama	Family drama games	Fun drama games for the whole family to enjoy.	<a href="https://dramaresource.com/drama-games/">https://dramaresource.com/drama-games/</a> <a href="https://www.dramanotebook.com/drama-games/">https://www.dramanotebook.com/drama-games/</a> <a href="https://kidactivities.net/drama-games-and-activities/">https://kidactivities.net/drama-games-and-activities/</a> <a href="https://www.signupgenius.com/groups/drama-games-activities.cfm">https://www.signupgenius.com/groups/drama-games-activities.cfm</a> <a href="https://www.dramatoolkit.co.uk/drama-games">https://www.dramatoolkit.co.uk/drama-games</a>
Mindfulness/Yoga	Cosmic Kids Yoga	Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Cooking	Banana Yogurt Muffins	Easy, healthy banana yogurt muffins - add chocolate chips for those with a sweet tooth!	<a href="https://gnag.ca/wp-content/uploads/2020/03/Muffins-for-website.pdf">https://gnag.ca/wp-content/uploads/2020/03/Muffins-for-website.pdf</a>
Cooking	Wacky Cake	Easy, no egg, cake recipe	<a href="https://gnag.ca/wp-content/uploads/2020/03/Wacky-Cake-Vegan-.png">https://gnag.ca/wp-content/uploads/2020/03/Wacky-Cake-Vegan-.png</a>

Cooking	Bread in a bag	Making <b>Bread in a Bag</b> is going to become your new favorite family activity! Little kids and big kids alike will love making their own loaf of bread.	<a href="https://www.yourhomebasedmom.com/bread-bag/?fbclid=IwAR3W0GuEbiFuXkbJOSIh3ZyIfKMhLMiY1hYrrjFWELVqr8fL_wuHcQIuYE8">https://www.yourhomebasedmom.com/bread-bag/?fbclid=IwAR3W0GuEbiFuXkbJOSIh3ZyIfKMhLMiY1hYrrjFWELVqr8fL_wuHcQIuYE8</a>
Cooking	Kid Food Nation:	Get your kids in the kitchen and inspire them to help make meals for your family. They even have a contest running right now for kids to submit original and healthy recipes to be featured in an upcoming cookbook!  Created by the Boys and Girls Club of Canada and the Government of Canada.	<a href="https://kidfoodnation.ytv.com">https://kidfoodnation.ytv.com</a>
Mindfulness	8 meditation apps for kids	Many families say meditation and mindfulness help their child focus, cope with stress, and “quiet the mind.” These eight apps can help your child learn to meditate and be mindful. Many of them include guided meditations.	<a href="https://www.understood.org/en/school-learning/assistive-technology/finding-an-assistive-technology/8-meditation-apps-for-kids?_ul=1*nfur24*domain_userid*YW1wLTNfaUs3LWh4NVpXX2pZR0lMdlZMkE">https://www.understood.org/en/school-learning/assistive-technology/finding-an-assistive-technology/8-meditation-apps-for-kids?_ul=1*nfur24*domain_userid*YW1wLTNfaUs3LWh4NVpXX2pZR0lMdlZMkE</a> .
Virtual Field Trip	Macaroni kids	30 days of virtual field trips	<a href="https://reading.macaronikid.com/articles/5e70e7eb94977868a0e28de5/30-days-of-free-virtual-field-trips">https://reading.macaronikid.com/articles/5e70e7eb94977868a0e28de5/30-days-of-free-virtual-field-trips</a>
Virtual Field Trip	Georgia Aquarium	Ocean Voyager Virtual fieldtrip	<a href="https://www.georgiaaquarium.org/webcam/ocean-voyager/">https://www.georgiaaquarium.org/webcam/ocean-voyager/</a>

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