

A COMPILATION
OF LEARNING RESOURCES
ACROSS THE FIVE AREAS OF DEVELOPMENT

Cerebral

Physical

Social

Emotional

Spiritual

1. FIVE AREAS OF DEVELOPMENT

Introduction to the Five Areas of Development - *a mainstream wholistic approach to existing alternative education models*

Pallavan Learning Systems has compiled a comprehensive list of online resources to help learners in their growth in all the Five Areas of Development.

[The Five Areas of Development](#) is a wholistic approach to learning that strives to break down the silos in education and ensure the development of a learner in all Five Areas of Development - Cerebral, Physical, Social, Emotional and Spiritual. Through this process of development, we hope to inspire our learners and equip them with the skills and processes that will help them navigate new content and challenges that the future might present. The Five Areas are:

- Cerebral Development teaches comprehension, critical thinking and curiosity and domain knowledge to enhance cognitive thinking
- Physical Development focuses on health, hygiene, fitness and sports
- Social Development supports students to get involved in their communities, work towards common goals and understand themselves and others
- Emotional Development encourages learners to pay attention to their emotions in order to identify, understand and express them positively and productively
- Spiritual Development is focused on core values, awareness and practice, rather than on a particular religion

Learners are at the centre of everything we do. We encourage learners to co-create the curriculum with us and this curricular framework is organic and changes every year depending on the needs of the learner. Education is a lifelong process and the process is as important as the end result. Life itself is a journey of personal growth and development. The school environment should reflect the world around us. It should help the learner understand what is going on around him/her. Education should be about studying to learn and not learning to study. If we can help a learner understand the process of learning to learn, then teachers are in a better position to don the role of facilitators and help in

truly enhancing learning outcomes. This takes more precedence now than ever before as we move into a decade that does not resemble anything that we have witnessed in the past. This raises the question - how do we prepare our students for a future that at best seems 'unpredictable' and at its worst 'alien'? Education, just like us, needs to be dynamic, responsive, and open to new ideas and change. The Five Areas of Development curriculum factors in this dynamic nature of life and learners.

We hope you are able to contextualise the collated resources to aid your learners actualise their potential in all areas of development.

2. CEREBRAL DEVELOPMENT

Activities to promote Cerebral Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
All Subjects	https://indiaedtech.org/en/	All grades	Free	This website categorizes free EdTech resources available for students and teachers so learning can effectively take place at home.
	https://321-foundation.org/programs/cape	Gr 1 - 5	Free	Whatsapp-based lesson plans, worksheets, videos for Grade 1-5
	Youtube channels in - English , Telugu, Hindi, Marathi, Odia	All grades	Free	Tic Tac Learn (Hindi, Telugu, English, Marathi & Odia) Videos for Maths (1-10) and Science (3-10) aligned to NCERT
	https://www.meritnation.com/ncert-solutions	Gr 1 -12	Free	Meritnation has offered free NCERT solutions of all subjects for class 1 to 12 created by subject matter experts and also provides video explanation of difficult and important questions. These NCERT solutions help students in exam, concept understanding, homework and better chapter/topic knowledge.
	https://play.google.com/store/apps/details?id=org.mathmasti.app&hl=en_IN	PreK - Gr 3	Free	Focused on building foundational numeracy skills in children ages 3-8 years, Math Masti uses a variety of fun, engaging and age-appropriate activities that are aligned

				to school curriculum to help children improve their math learning. It also helps parents track their child's progress across different levels and concepts.
https://play.google.com/store/apps/details?id=org.chimple.bahama&hl=en_IN	PreK - Gr 3	Free		Chimple is a gamified, personalized and adaptive learning system which guides a child from absolutely no knowledge of the alphabet to a stage where the child can read to learn and perform basic arithmetic.
http://dailystem.com/resources/	All ages	Free		77 Simple STEM Activities for Families (ideas for doing STEM at home or school)
https://learn.kqed.org/	Middle School & up	Free		KQED Learn is a free platform for middle and high school students to tackle big issues and build their media literacy and critical thinking skills in a supportive environment.
http://www.learningblade.com/remote	All ages	Free		Learning Blade is working to support teachers, students and parents during school closures. The free lessons provide ways for students and parents to have home discussions, explore research questions and perform simple experiments to introduce STEM careers and topics.
https://www.gutenberg.org/	All ages	Free		Project Gutenberg provides free online access to texts whose copyright has expired; so far, it's digitized more than 56,000 texts.

	https://www.open.edu/openlearn/	All ages	Free	OpenLearn is a free learning platform, delivered by The Open University
	https://www.wsc.ac.uk/parents/free-online-resources-home-schooling	All ages	Free	List of free online resources and activities to support homeschooling.
	https://help.netflix.com/en/node/57695	All ages	Free	There are free documentary resources across the internet and Netflix has joined the party, releasing thirteen free educational documentaries for learning.
	https://www.vedantu.com	Gr1 & up	Paid	Get Online Classes on India's No.1 LIVE tutoring website with Best Teachers for CBSE, ICSE, NTSE, Olympiads, IIT JEE (Main & Advanced) and NEET.
	https://epathshala.nic.in//epathshala.php?ln=en	Gr 1 -12	Free	Access digital textbooks and eResources, participate in exhibitions, festivals, contests, workshops, etc The portal and Mobile apps are storehouses of audios, videos, epub, flipbooks etc. Can be accessed through laptop, desktop, tablets and smartphones etc. Available in multiple languages i.e. Hindi, English, Urdu
	https://nroer.gov.in/home/repository	Gr 1 -12	Free	The National Repository of Open Educational Resources (NROER) portal provides a host of resources for students and teachers in multiple languages including books, interactive modules and videos. Content is mapped to the curriculum for classes 1 – 12, including aligned resources for teachers.

	<p>https://www.extramarks.com/</p>	<p>K -12</p>	<p>Paid</p>	<p>Extramarks is a leading educational technology company and the creator of India’s most loved learning apps for K-12 and Test Prep (IIT-JEE, AIIMS/NEET, CA Foundation). Extramarks’ Interactive Education brings complex concepts to life and enables you to interact, engage and play with them. The modules give a 360-degree view of each concept and are enriched using enhanced images and audio descriptions.</p>
	<p>https://swayamprabha.gov.in/</p>	<p>Gr 9 & up</p>	<p>Free</p>	<p>Swayam Prabha is a group of 32 Direct To Home (DTH) channels devoted to telecasting of educational programs round the clock and accessible all across the country. The channels air courses for school education (class 9-12), higher education (undergraduate, postgraduate) as well as for out-of-school children, vocational education and teacher training. Subjects include arts, science, commerce, performing arts, social sciences, humanities, engineering, technology, law, medicine, and agriculture. Schedules for the television broadcast as well as archived programs are available on the website.</p>
	<p>https://www.udemy.com/</p>	<p>Middle school & up</p>	<p>Free & paid courses</p>	<p>Choose from Best-Selling Online Courses and Learn At Your Own Pace. Start Today. Learn at home, the office, waiting in line, or on the go. 40M Students Enrolled. Lifetime Access. Over 130,000 Courses. 30-Day Money Guarantee. Download on Phone.</p>

	<p>https://new.assistments.org/distance-learning</p>	<p>Middle school & up</p>	<p>Free</p>	<p>ASSISTments is already free for use by middle school math teachers and students. The programme allows them to assign homework or classwork and provide students with immediate feedback, teachers get a report showing individual student and class progress. There's a library of content that includes open textbooks, lessons and state test practice and skill-building problem sets.</p>
	<p>https://www.carnegielearning.com/help-center/at-home-resources/at-home-resources-for-teachers/long-live-math-at-home/</p>	<p>Grades 6 - 12</p>	<p>Free</p>	<p>Carnegie Learning's LONG + LIVE + MATH has compiled a free blend of textbook and software resources to help with math classes. These include math lessons, skills practice and learning videos Providing a free blend of textbook and software resources and support to help facilitate at-home learning</p>
	<p>https://www.hand2mindathome.com/</p>	<p>K - 5</p>	<p>Free</p>	<p>Hand2mind has launched a home learning resource for K-5 students. The "Learning at Home" program includes videos on math and literacy content taught by teachers and activities to reinforce the lessons and downloadable worksheets. The company has committed to posting new content daily.</p>
	<p>https://www.iknowit.com/access.html</p>	<p>K - 5</p>	<p>Free</p>	<p>I Know It site features over 500 graphical math activities. Animated characters guide students through math lessons, and hints and graphical explanations. This tool tracks progress and scores for teachers and parents. Parents and teachers can request unlimited access in a form online.</p>

	https://www.jumpstart.com/academy/math	K - 6	Free	<p>JumpStart Academy is making JumpStart Academy Math free for users until Aug. 31, 2020. Domains include operations, measurements and data, fractions and geometry. Parents can play with children in team-based multiplayer games, students can design their avatars and children can "show their thinking," which can be accessed in the teacher dashboard to understand where gaps are surfacing.</p>
	https://www.mathnasium.com/athome/williamsburgny	Elementary & up	Paid enrollment	<p>Mathnasium offers customized in-person and live, face-to-face online math tutoring to help kids learn math through lessons and tutorials for grades K-12. Customized learning plans build the exact skills and confidence a child needs.</p>
	https://www.youtube.com/user/toonmasteryf	PreK- Gr 5	Free	<p>Toon Masti via Youtube - animated content on all subjects in Hindi & English</p>
	https://play.google.com/store/apps/details?id=com.sf.app&hl=en_IN	All ages	Free . App based	<p>Sampark Baithak - Designed and developed by Sampark Foundation's Innovation lab, Sampark Baithak is one of India's largest learning and development platforms for primary government school teachers and children in Hindi. Animated video lessons, Rhymes, Stories, interactive and engaging games, and classroom activities, worksheets, quizzes, all mapped to state textbooks, and developed in accordance with the states' syllabus. This app allows users to download the content for free and view without the internet.</p>

	https://www.ticklinks.com/login	Gr 1 & up	Free . App based	<p>Ticklinks- Launched by Bharti Foundation & Open Links Foundation in 2019 -tickLinks is a library of high quality Lesson Plans – which help teachers to make their class interesting and relevant. The lesson plans include worksheets, activities, presentations, videos etc. Open source users can freely use the resources and can also contribute to the community.</p> <p>tickLinks presently has over 2500 lesson plans aligned to CBSE/ ICSE/ ISC curricula</p>
	https://www.niit.tv/	All ages	Free	<p>NIIT.tv is a digital learning initiative that brings skills training from NIIT classrooms directly to every digitally connected Indian - for free. The courses on NIIT.tv platform can be accessed on a computer, tablet or smartphone anytime, anywhere. Over 20 skill-based training programs in IT, banking and finance, retail and management are available through this platform. The live courses are streamed through multiple channels.</p>
	https://library.crestawards.org/	Grades 1 - 12	Free	<p>CREST, an awards program created by the British Science Association, is making free educational resources available for students who are stuck at home. Each activity includes detailed lesson plans and extended learning ideas. Some require specialized component kits.</p>
	https://chemistryshorts.org/	High school & up	Free	<p>Chemistry Shorts is a new series of brief films about the role that the chemical sciences play in contemporary life. Each film is accompanied by a lesson plan to incorporate</p>

			it into the classroom instruction. Also available on YouTube.
https://www.legendsoflearning.com/	Grades 1 - 8	Free	Free Math and Science Games for Class, Home or Remote! Teachers can assign and track progress on over 2000 <i>learning</i> games and assessments! Great for class, home, or remote! Students can play the amazing Awakening experience and <i>have fun while learning</i> through research backed methods!
https://web.explorelearning.com/coronavirus-response/	K - 12	Free	ExploreLearning is providing free 60-day trial runs of three programs: For math and science, there are 400 "gizmos," covering topics and concepts in math and science. "Reflex" helps students master basic math for addition, subtraction, multiplication and division. And Science4Us covers inquiry, physical science, life science and earth and space science.
https://cdc.engineering.umich.edu/about-brainventures/	K - 12	Free	BrainVentures takes a child on a visually guided, scaffolded, learning adventure. BrainVentures give a child choices of learning activities, engage a child in constructing animations, videos, photo albums, stories and in exploring simulations. From music to math, from science to the arts. BrainVentures light a child's imagination and increase the child's understanding of the world. BrainVentures are fun – providing engaging educational opportunities outside of school
https://readorium.com/	Grades 3 - 8	Free	Readorium's "Reading in Science" program is free for the rest of the school year. The online program teaches

			reading comprehension to students using science text that, according to the company, automatically adjusts to the right reading level.
https://www.sciencebuddies.org/	K - 12	Free	Science Buddies, an always free service, is offering STEM activities that can be done in an hour or less and use materials found around the house; STEM videos; and resources about COVID-19, including an interactive tool that helps students learn how the pandemic evolves
https://www.youtube.com/channel/UClipY1UxTXoQY1-qqn-WFBg	K- 6	Free	The Paper Girls Show is a freely available YouTube channel that shares short animated shows with two "best girlfriends" who inspire each other to tackle STEAM challenges.
https://www.ageoflearning.com/	Ages 2- 14	Free	Age of Learning is offering families at affected schools free at-home access to ABCmouse, a learning resource for ages 2 to 8; Adventure Academy, is open for students ages 8 to 13; and ReadingIQ, a digital library and literacy platform is available for children 12 and under.
https://www.brightfishreading.com/	Grades 2- 12	Free trial . Membership needed currently free	BrightFish Learning has made its reading platform for students, teachers and parents. The programme provides scaffolded instruction in fluency, vocabulary and comprehension strategies while helping students build independent reading skills. Teachers can monitor progress remotely and track errors for online remediation sessions.

	<p>https://gsdnetwork.net/teachers https://gsdnetwork.net/</p>	Grades 6 & up	Subscription based	GSD Network is providing free access for teens to cross-cultural, "real-world" stories of young people from around the globe. The stories explore local history, culture, and teens creating social change in their communities, through videos, music clips, podcasts, images, short texts and other digital content.
	<p>https://www.kidcitizen.net/episodes-blog</p>	K - 5	Free	KidCitizen, a social studies learning tool for elementary students, is supplying a free, growing set of interactive episodes
	<p>https://www.storylineonline.net/</p>	K - 4	Free	SAG-AFTRA Foundation's ad-free online children's literacy program, Storyline Online, is providing daily videos and activity guides on its social media channels. As the organization explained, Storyline Online is a digital library of 57 read-alouds - engage young viewers with animated interpretations of historic, adventurous and fantastical tales that promote imagination and inclusion.
	<p>https://writetheworld.com/</p>	Middle school & up	Free	Write the World is a global online community of young writers that invites teens ages 13-18 to write, share and publish their work and enter free monthly writing competitions. Designed by educators at Harvard University to improve student writing and build communication and critical thinking skills, Write the World has become a means for fostering global citizenship and engagement. Educators can create an

			online private classroom writing space with prompts, assignments, and guided peer review tools.
https://mastree.com/	Grades 6-8	Free	Online live maths and science e-tutors for students of grade 6th-8th with curriculum-linked CBSE & ICSE syllabus
https://mazaam.com/en/	Ages 4 to 6 years	App based	Mazaam, the musical game that supports the cognitive development of children from old.
https://pencilsandplums.com/free-ebooks/free-ebook-2500-drawing-ideas/	All ages	Free	Pencils and Plums, a drawing site, is offering a free 125-page ebook titled, "2,500+ Drawing Ideas," with hundreds of printable drawing pages
https://ai-4-all.org/open-learning/	High School	Free	AI4ALL Open Learning produces a free, adaptable curriculum for high school students and teachers to infuse coverage of artificial intelligence into their lessons. The organization said its materials can be implemented in any subject and doesn't require a technical background to use. Students will learn what AI and Machine Learning are, the benefits and risks of AI and how they can be involved in forging its use in the world.
https://www.amazonfutureengineer.com/free-courses	K - 12	Free	Amazon Future Engineer offers a virtual robotics program through partners CoderZ with a sequenced course that shows learners how to code; early learners use block-based coding; older learners use text-based coding. And Amazon Future Engineer is providing access to Georgia Tech's EarSketch, a free program that

				helps students learn to code through music and available for free at least until fall
https://www.ptech.org/open-p-tech/	High school & up	Free		IBM has launched Open P-TECH, to help young people and educators pick up the basics in topics including cybersecurity, artificial intelligence and cloud computing, as well as soft skills.
https://www.learning.com/	K - 12	Login required		Develop critical technology skills in K-12 students with <i>Learning.com's</i> comprehensive digital literacy curriculum, instruction, and assessment solutions.
https://www.craftinamerica.org/blog/for-educators	K- 12	Free		Craft in America is sharing its library of free content, including education guides for K-12 teachers, a decade's worth of free online video content and playlists, virtual exhibitions and at-home activities.
http://wildfreeandcrafty.com/ https://www.youtube.com/c/wildfreeandcrafty	All ages	Free		Wild, Free & Crafty, an online arts and crafts business, has launched daily online art lessons for students. The initial set of lessons uses supplies that many homes have (such as printer paper and markers). After the lessons are streamed, they're posted for viewing afterwards on YouTube.
Youtube Channel: 5-Minute Crafts https://www.youtube.com/channel/UC57XAJJ04TY8gNxOWf-Sy0Q	All ages	Free		5-Minute Crafts' YouTube videos are compilations of videos previously posted on Instagram or Facebook. The logo of the channel is a yellow light bulb on a blue background. The channel's content consists largely of

	https://www.youtube.com/channel/UC295-Dw_tDNtZXFeAPAW6Aw			<p>videos relating to crafts and life hacks, food and science experiments in DIY format</p>
	https://www.oercommons.org/	<p>PrePrimary to Adult Education</p>	<p>Free</p>	<p>OER Commons is a public digital library of open educational resources. Explore, create, and collaborate with educators around the world to improve curriculum.</p>
	<p>CK-12 https://www.ck12.org/student/</p>	<p>K-12 grades.</p>	<p>Free</p>	<p>Learning resources in a variety of format</p>
	https://ciet.nic.in/ict-initiatives.php?&ln=en	<p>All ages</p>	<p>Free</p>	<p>ICT Initiatives of NCERT Access and use of digital initiatives of NCERT under the aegis of MHRD-G under the Digital India initiative. The portal and Mobile apps are a storehouse of audios, videos, epub, flipbooks etc. Resources can be accessed through laptop, desktop, tablets and smartphones etc. Resources are available in multiple languages i.e. Hindi, English, Urdu</p>
	https://app.edu.buncee.com/	<p>All Grades</p>	<p>Free</p>	<p>Buncee – Supports the creation and sharing visual representations of learning content, including media-rich lessons, reports, newsletters and presentations. Buncee for Schools. One tool to help students, teachers and administrators achieve 21st Century learning objectives across grade, age and learning levels.</p>
	https://hourofcode.com/fr/en/learn	<p>K-12</p>	<p>Free</p>	<p>Wide range of coding resources categorized by subject for K-12 students offered for free by a non-profit.</p>

	https://storyweaver.org.in/	Gr 1- 8	Free	Storyweaver: over 20,000 stories to promote reading amongst kids. A digital repository of multilingual stories for children from Pratham Books. Now, every child can have access to an endless stream of stories in their mother tongue to read and enjoy.
	https://byjus.com/	K-12 & Higher Education	App based Free / paid content	BYJU'S offers highly personalised and effective learning programs for K-12, and aspirants of competitive exams like IIT-JEE, CAT, IAS GMAT, GRE,etc. Now has launched new programs in its Early Learn App for students of LKG and UKG as well BYJU'S runs on a freemium model. Free access to content is limited to 15 days after the registration. Their main product is a mobile app named <i>BYJU'S-The Learning App</i> . The main focus is on mathematics and science using digital animation videos. The app purports to tailor the content provided to the individual student's learning pace and style.
	https://openstax.org/	High School & up	Free	OpenStax: a good starting point to avail quality textbooks. A printable version of OpenStax textbooks are right for any course. Simple to adopt, free to use and easy to improve student access to higher education.
	https://nbtindia.gov.in/home__90_	All ages	Free	NBT has come out with a select list of books which can be downloaded for free.

	<p>https://www.smartbrief.com/original/2020/04/free-resources-educators-during-coronavirus-pandemic</p>	<p>All ages</p>	<p>Free</p>	<p>Find curated content for various subjects and year groups</p>
	<p>https://www.raz-kids.com/main/ViewPage/name/tc-mobile/context/teachercorner</p>	<p>All ages</p>	<p>Free/ subscription f or Raz-Plus,</p>	<p>The Kids A-Z mobile app delivers interactive learning content for Raz-Plus, Raz-Kids, Headsprout, and Science A-Z anytime, anywhere. choose from a library of eBooks, eQuizzes, and other eResources.</p>
	<p>https://www.youtube.com</p> <ul style="list-style-type: none"> - Crash Course Kids - Science Channel - SciShow Kids - National Geographic Kids - Free School 	<p>All ages</p>	<p>Free</p>	<p>Crash Course Kids - bi-weekly show from the producers of Crash Course is all about science.</p> <p>Science Channel-Learn about outer space, leading scientific exploration, new technology, earth science basics, & more with science videos & news</p> <p>SciShow Kids- answer science questions for young, curious minds. Whether conducting experiments, researching new questions or talking with experts there's always something new to discover.</p> <p>National Geographic Kids- Find amazing facts about animals, science, history and geography, along with fun competitions, games and more.</p> <p>Free School- a safe and friendly place to expose children to famous art, classical music, children's literature, and</p>

	<ul style="list-style-type: none"> - Geography Focus - TheBrainScoop - Kids Learning Tube - Geek Gurl Diaries - Mike Likes Science - Science Max - Alphablocks -Numberjacks 		<p>natural science in an age-appropriate and kid-accessible way.</p> <p>Geography Focus -The GEO focus channel is all about <i>geography</i> on maps, flags, culture, languages, and travel.</p> <p>TheBrainScoop - shares the work and research of natural history museums</p> <p>Kids Learning Tube - educate kids of all ages through original music and animation. Weekly sing-a-long animated videos that cover a vast array of <i>educational</i> subjects including: Solar System. Geography. Human Body.</p> <p>Geek Gurl Diaries- collection of video logs about using and making technology, interviews + videos with inspirational women in the fields of computing, science, technology and engineering. various topics like computer gaming and geek culture.</p> <p>Mike Likes Science- <i>science</i> inspired music videos.</p> <p>Science Max- The science of everyday, and some not-so-everyday, things, a full range of subjects, including ecology, biology, chemistry and physics.</p> <p>Alphablocks -the letters of the alphabet tell stories and make words using phonics. Play the learning game, watch clips and print colouring pages.</p> <p>Numberjacks - Math program, 2-to 5-year-olds</p>
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	<p>Google Bolo https://play.google.com/store/apps/details?id=com.google.android.apps.seekh&hl=en_IN</p>	<p>Begins with primary ages</p>	<p>Free</p>	<p>Google launched a speech-based reading-tutor app called Bolo for Android-based smartphones to help children in rural India with their reading skills. With the reach of the mobile phones rising in India,</p>
	<p>Digital Sakshar- https://www.digitalsakshar.com/</p>	<p>Begins with primary ages</p>	<p>Free</p>	<p>The Digital Sakshar-S1 device curated for online as well as offline content consumption. 3000+ Videos are available on Digital Sakshar Youtube Channel or download Digital Sakshar Free Learning App from Google Play or Apple's App Store.</p>
	<p>National Digital Infrastructure for Teachers https://diksha.gov.in/</p>	<p>All ages</p>	<p>QR code sign in</p>	<p>All subjects, covers all state Boards and CBSE</p>
	<p>For e-learning, distance learning, and self-study https://kahoot.com/</p>	<p>All ages</p>	<p>Free</p>	<p>Teachers, students and parents all use Kahoot! for group learning, e-learning, distance learning, and self-study everywhere</p>
	<p>SKIPPY https://skippy.ai/</p>	<p>Middle years and up</p>	<p>Free</p>	<p>Skippy helps you learn English like a native speaker. Our major features: Vocabulary Lock screen/Speaking practice/All videos subtitled/ Real time dictionary/Speed control, A-B repeat, and many more options at your convenience. Skippy is mainly designed for informative speeches and lectures.. All subjects - Social Studies. Tech & Sci, and Art & Culture.</p>

	https://get.plickers.com/	K-12	Free	Formative assessment - Plickers is the free card activity
	Peer to Peer learning : https://brainly.in/	Middle school & up	Free sign up via gmail / FB	<i>Brainly.in</i> is a part of the largest social network for studying in a group providing the best tools for mutual help with all school subjects. Brainly operates a group of social learning networks for students, parents and educators. Available in Hindi, English, Spanish, Portuguese, French, Turkish, Romanian, Russian, Polish, Italian, Indonesian. Students use Brainly to strengthen their skills across core subjects such as math, history, science, and social studies.
	Website www.brainpop.com	K-12	Free access during school closures.	BrainPop is a group of educational websites with over 1,000 short animated movies for students in grades K-12, together with quizzes and related materials, covering the subjects of science, social studies, English, math, engineering and technology, health, and arts and music.
	https://outschool.com/	Ages 3-18	Free resources / \$5/class.	Live Online Classes for Ages 3-18 Explore fun, social, and safe learning experiences—taught over live video chat. 10,000+ classes led by qualified teachers. Learn from home for as low as \$5/class. All subjects offered for parents, students and teachers.

	<p>https://www.learner.org/</p>	<p>All grades</p>	<p>Free</p>	<p>The website funds and distributes educational video programs – with coordinated online and print materials - for teachers</p>
	<p>http://www.blackboard.com/</p>	<p>K-12</p>	<p>Free</p>	<p>Blackboard is a tool that allows faculty to add resources for students to access online. PowerPoint, video, audio, animation, and other applications are created outside of blackboard and added into blackboard courses for students to enhance teaching and learning efforts.</p>
	<p>http://www.classmaker.com/</p>	<p>All grades</p>	<p>Free</p>	<p>The ClassMarker hosted Online Testing software is the best Quiz maker for teachers & businesses. Used for business & training Tests; recruitment & pre-employment assessments educational facilities, schools, universities, distance learning, online courses, E-Learning, self-study groups, practice Tests & more.</p>
	<p>http://www.collaborizeclassroom.com/</p>	<p>All grades</p>	<p>Free</p>	<p>This is a great tool for supporting teachers in-class instruction or helping their flipped classrooms be successful. This free online platform allows teachers to quickly launch a personalized learning site that addresses student concerns outside of the classroom, leaving students more prepared for in-class activities.</p>

	<p>https://www.google.com/edu/openonline/course-builder</p>	<p>All grades</p>	<p>Free</p>	<p>This tool allows teachers to construct their own courses from scratch. With access to Course Builders software and instructions on presenting course material, educators will have the means to create courses for as few or as many students they like.</p>
	<p>http://www.curriki.org/</p>	<p>All grades</p>	<p>Free</p>	<p>As a free resource, teachers can create and share their best curriculum and teaching practices, and mix and match lesson plans, videos, animations, and photos to create custom teaching tools.</p>
	<p>http://www.d2l.com/</p>	<p>All grades</p>	<p>Paid</p>	<p>D2L Corporation, known until 2014 as Desire2Learn, is an educational technology company known for its Brightspace learning management system. Brightspace Core combines the powerful tools, services, and support you need to deliver a best-in-class teaching and learning experience for teachers and students—all in one convenient package.</p>
	<p>http://www.diigo.com/</p>	<p>All grades</p>	<p>Free</p>	<p>Turn your students onto this tool, which works like a bookmark manager with a highlighter or with sticky notes. This is an ideal way to research for a paper or to create a new project for class. This site works much like MyStickies, but without Diigos highlighter.</p>

	http://www.dokeos.com/	All ages	Free Trial, then paid	Dokeos is a learning management system used in more than 600 companies and public administrations to manage e-learning and blended learning programs. This is an open source software.
	http://www.edutools.info/	All ages	Free	The EduTools site has been re-launched as a community-driven site, beginning with the Course Management System site. They continue to offer feature-by-feature product comparisons and decision-making support. In addition, the site now includes the ability for any user to submit reviews for new products that haven't already been reviewed or to add their own feedback on specific products and feature implementation.
	http://www.evernote.com/	All ages	Free	Evernote is a cross-platform, freemium app designed for note taking, organizing, and archiving. The app allows users to create a "note" which can be a piece of formatted text, a full webpage or webpage excerpt, a photograph, a voice memo, or a handwritten "ink" note. Notes can also have file attachments.
	https://www.edx.org/	HighSchool and up	Free enrollment, pay for certificate	200+ Online courses for all subjects from 140 leading educational institutions.

	http://www.forvo.com/	All ages	Free	This online pronunciation dictionary comes in handy for foreign language teachers. Users can hear any word pronounced in any language.
	http://www.grammarly.com/	All ages	Free	Several universities use this tool as a grammar checker. Students can use this as a method to improve the process of peer editing because it checks for more than 250 points of grammar.
	http://www.ispringsolutions.com/	All ages	Free	iSpring Suite is a rapid learning authoring toolkit produced by iSpring for developing professional e-Learning courses in PowerPoint with embedded (or standalone) quizzes, surveys, and interactions. Output is compatible with mainstream LMS standards (SCORM/AICC), and there is also an option to publish courses specially for BlackBoard LMS.
	NCERT Online - CBSE 2020-21 textbooks from class 1 to 12 are available here in PDF & flip book form. https://drive.google.com/folderview?id=1fTRvhiriVwY-dP4m2uxQDi0AE_XD8vXK	All grades	Free	All the textbooks from class 1 to 12 are available here in PDF & flip book form. Share it with all your friends & relatives to take advantage of downloading it and make their wards study during the lockdown period.
	http://socrative.com/	K - 12	Free	Socrative is a great way for teachers to engage their students inside and outside of the classroom, as they can

			send out quizzes or other educational exercises that can be used to measure student understanding. Teachers can also take advantage of Socrative's Exit Tickets which require students to answer a quick question before they leave the class that focuses on how comfortable they are in understanding the day's material. This gauges student understanding of subject matter and informs teachers on what is working and what needs to be focused on.
https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education	Early Years - Key stage 4	Free	Coronavirus (COVID 19): list of online education resources for home education - brought together an initial list of online educational resources to help children to learn at home. These websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for pupils of all ages
http://www.studysync.com/ https://www.studysync.com/products/syncblasts	6 - 12	Free	Cross-Curricular, Inquiry-Based, Reading and Writing Solution Current Events, Science & Social Studies Content The Most Engaging way to build critical thinking, writing, and research skills. SyncBlasts™ provides reading and writing assignments that present social studies, science and current event topics relevant to students' lives and their world. Providing a variety of rich multimedia, including a news show, video previews, and Explainer videos, is an engaging and smart way to build critical thinking, writing, and research skills.

	<p>https://www.thegeniusofplay.org/genius/expert-advice/articles/learning-at-home-resources-while-social-distancing.aspx#.XpVOMBThXeQ</p>	<p>All ages</p>	<p>Free</p>	<p>A guide to help parents adjust to remote learning by providing advice and links to resources.</p>
	<p>https://online-learning.harvard.edu/catalog?keywords=&paid%5B1%5D=1&max_price=&start_date_range%5Bmin%5D%5Bdate%5D=&start_date_range%5Bmax%5D%5Bdate%5D=</p>	<p>Higher Education</p>	<p>Free course - \$ 99 to get a certificate</p>	<p>Harvard university is offering 67 courses for free during this pandemic. You may share the link with anyone who wants to spend their time learning something new.</p>
	<p>https://ekstep.in/</p>	<p>All grades</p>	<p>Free / membership</p>	<p>Contextualized Learning on a Modular Platform. An open learning platform with a collection of learning resources in literacy & numeracy. EkStep is a utility; an enabler. Its layered, modular platform allows for the co-creation of solutions that are non-linear, agile and scalable. It amplifies the impact of the current educational ecosystem through partner networking.</p>

English	https://www.albert.io/updates/free-interactive-grammar-practice	Middle school & up	Free	Free Interactive English Grammar Exercises & Practice
	https://www.pbslearningmedia.org/subjects/english-language-arts-and-literacy/	All ages	Free	English Language Arts - Browse standards-aligned ELA resources for students in all grades.
	https://docs.google.com/presentation/d/1TMW4hv1niOgnDY2YR2XY-g-MX344A3xgllCle7ghIU0/edit#	K-5	Free	Digital Guided Reading Template grade wise created for teachers
	https://wakelet.com/wake/d90d3fff-8681-4881-8abf-84016e8a1d52	All ages	Free	Online games - name a photograph
	https://genius.com/tags/poetry	High school & up	Free	An offshoot of Rap Genius, Lit Genius is a place where scholars have formed a community to annotate poetry and literature, both classic and recent. It's an extremely helpful resource for English literature students in particular.

	<p>https://learnenglish.britishcouncil.org/covid-19-learning-support</p> <p>https://learnenglishkids.britishcouncil.org/covid-19-support-for-parents</p> <p>https://learnenglishteens.britishcouncil.org/covid-19-learning-support</p>	All ages	Free	Use the free resources on LearnEnglish, find a wide variety of learning materials to help in making progress and improve language skills. All the material on the LearnEnglish website is designed for self-study to support learning. Also find support for parents of primary-aged children on our LearnEnglish Kids website and learning support for teenagers on LearnEnglish Teens.
	<p>https://www.pearson.com/english/professional-development/covid19/learners.html</p>	All ages	Free	All Pearson English courses are accessed through the Pearson English Portal, the single access point for online and offline English teaching and learning resources.
	<p>https://play.google.com/store/apps/developer?id=Curious+Learning</p>	Primary & up	Free	Feed the Monster -Android application in multiple languages to help teach children the fundamentals of reading, available in 48 languages.
	<p>https://enuma.com/</p>	Pre K - Gr 2	Free	Tablet-based learning suite with a comprehensive curriculum spanning early childhood through early primary levels. The Kitkit Learning App is a suite of interactive educational activities that lets children learn and practice foundational literacy and math skills. The current version of Kitkit School includes 12 learning courses covering early childhood literacy with over 600 mini-game activities

	<p>https://literacy.concordia.ca/en -</p>	<p>PrePrimary and up</p>	<p>Free</p>	<p>This site has been prepared to provide quick and easy access to two highly effective, fun and engaging interactive early literacy tools. ABRACADABRA and READS are web-based tools designed by Concordia and UQAM researchers at the Centre for the Study of Learning and Performance, along with input from literacy specialists and practitioners. They are freely available to teachers and parents who are supporting learners at home. Selection of 33 game-like activities in English to promote reading comprehension and writing skills of early readers.</p>
	<p>https://onebillion.org/onetab/</p>	<p>All ages</p>	<p>Free</p>	<p>Children learn to read, write and become numerate on tablets by working through a carefully structured course made up of thousands of engaging activities, games, and stories. Oncourse is designed to be adapted into many different languages. Child-focused application to deliver reading, writing education.</p>
	<p>https://learnenglishkids.britishcouncil.org/</p>	<p>PrePrimary and up</p>	<p>Free</p>	<p>British Council – English language learning resources, including games, reading, writing and listening exercises.</p>
	<p>Check out this story: Dr. Seuss Printables and Activities https://www.readbrightly.com/dr-seuss-printables-activities/</p>	<p>Pre Primary</p>	<p>Free printables</p>	<p>Printables activity sheets, need printer</p>

	https://stories.audible.com	Pre Primary	Free	Audio. No account needed.
	Khan Academy https://khankids.zendesk.com/hc/en-us	Pre Primary to Primary	Free	Resources for Learning at Home-Supplemental printables, tips, and worksheets to accompany the Khan Academy Kids app
	https://www.readbrightly.com/ages-stages/growing-reader/	Primary	Free printables	From classic stories to new favourites - book selections and Brightly Storytime videos for families to enjoy together.
	https://flip.it/5umjFo	Primary	Free	ORT resources available for free during these times, can access primary learning books online for free
	Jolly Phonics https://www.jollylearning.co.uk/jolly-phonics/	Pre Primary to Primary	Free / paid for upgrading	Jolly Phonics Lessons provides resources and lesson plans to teach phonics lessons. Using a synthetic phonics approach, Jolly Phonics teaches children the five key skills for reading and writing. Designed specifically for teachers and tested by them, this app features the following: <ul style="list-style-type: none"> • Letter sounds audio for all sounds • All the Jolly songs for each letter sound • Animated letter formation • Action image and instructions • Word bank and flash cards

	https://flip.it/C6ryTJ	Middle School	Free sign up	A very nice initiative, one just has to sign up and then you can borrow digital editions of various titles for 14 days. The sign up is free and exhaustive list of titles
	SKIPPY https://skippy.ai/	From Gr 8 & up	Free	Skippy helps you learn English like a native speaker. Major features: Vocabulary Lock screen/Speaking practice/All videos subtitled/ Real time dictionary/Speed control, A-B repeat, and many more options at your convenience
	https://stories.audible.com/start-listen.	K-12	Free	All stories are free to stream on your desktop, laptop, phone or tablet
	https://classroommagazines.scholastic.com/support/learnathome.html	K-12	Free	Scholastic has created a free learn-from-home site with 20+ days of learning and activities. Lots of board games, library books (and Kindle), tinkering/upcycling with household junk, etc. Some resources to help with kids at home.
	https://nbtindia.gov.in/home__90__freebooks.nbt	K-12	Free	NBT has come out with select list of books which can be downloaded for free
	https://www.oxfordonlineenglish.com/free-english-lessons	K-12	Free + paid	Learn English online at your own pace -- download to your phone.

	<p>Learn a language https://schools.duolingo.com/</p>	<p>K-12</p>	<p>Free</p>	<p>Remote learning brings the world's most popular language learning platform to your classroom. Duolingo helps as a tool to make the most of language learning studies at home. Duolingo lessons give each student personalized feedback and practice, preparing them to get the most out of classroom instruction. Teachers can track all their students in one place through a dashboard.</p>
	<p>https://www.learner.org/</p>	<p>All ages</p>	<p>Free</p>	<p>The website funds and distributes educational video programs – with coordinated online and print materials</p>
	<p>http://www.a4esl.org/</p>	<p>All ages</p>	<p>Free</p>	<p>Create multiple choice or bilingual tests. Though some of the quizzes generated here can only be used on this website, others can be put on your own website.</p>
	<p>StudySyncELA https://www.studysync.com/products/ela</p>	<p>Grades 6-12</p>	<p>Free</p>	<p>A Comprehensive English Language Arts Curriculum for Grades 6-12. StudySync is a complete ELA curriculum designed to meet the rigorous academic needs of today's classroom. In print or online, StudySync is designed to engage every student, because every student deserves the same opportunity and access in the classroom, regardless of his or her native language, learning level or physical, social and emotional ability.</p>

Social Science	https://www.zinnedproject.org/	Gr 3 and up	Free	History / Social Studies / Geography distance learning resources
	https://sheg.stanford.edu/history-lessons	High School & up	Free	Provides educators accessible, high-quality teaching tools. All lessons and assessments are free.
	https://www.pbslearningmedia.org/subjects/the-arts/visual-art/	All ages	Free	Explore the many forms of visual art, from basket weaving to painting, and glasswork to furniture, with resources that encourage analysis, research, and practice. In addition to careers in art, the history of visual arts, and art institutions, are all also explored.
	https://ed.ted.com/lessons?category=social-studies	All ages	Free	Video based lessons for all ages
	https://educateiowa.gov/pk-12/resources-support-learning-during-covid-19/social-studies-resources-support-learning-during	PK - 12	Free	Social Studies Resources to Support Learning During COVID-19 on Behavior Sciences; Civics/Government; Economics; Geography, etc
	https://www.education.com/lesson-plans/preschool/social-studies/	Pre Primary	Free	Preschool social studies resources include enrichment activities that focus on people in the community, map reading and learning how to communicate wants and needs. These are all skills that are crucial to kindergarten readiness, and can provide the preschool social studies help kids need to thrive in school

	https://curiositystream.com/educators/k-12	Primary	Paid \$2.99 p.m./\$12 p.a.	<p>All plans include: High Definition quality (HD)</p> <p>Unlimited streaming of thousands of shows Stream on laptop, TV, phone and tablet Offline viewing on phone and tablet. Worldwide access</p>
	https://www.pbslearningmedia.org/subjects/social-studies/	Primary	Free	<p>Access Curated free, standards-aligned videos, interactives, lesson plans.</p>
	https://www.teachtc.com/social-studies/elementary-school/	Primary	Free	Interactive social studies textbooks
	https://curiositystream.com/educators/k-12	Middle School	Paid \$2.99 p.m./\$12 p.a.	<p>All plans include: High Definition quality (HD)</p> <p>Unlimited streaming of thousands of shows Stream on your laptop, TV, phone and tablet</p>
	https://www.pbslearningmedia.org/subjects/social-studies/	Middle School	Free	<p>Offline viewing on your phone and tablet</p> <p>Worldwide access</p>
	https://www.teachtc.com/social-studies/middle-school-social-studies/	Middle School	Free	Interactive social studies textbooks

	<p>Google Earth Education https://www.google.com/earth/education/</p>	<p>Middle School & up</p>	<p>Free</p>	<p>Google Earth and Google’s mapping tools used across all disciplines, cultures, and nature, connecting us all to the surrounding world. Using Google Earth and maps in classrooms can help visualise abstract concepts across a global canvas, allowing students to connect what they learn inside to what they experience in their daily lives, community, and to the larger world.</p>
	<p>https://curiositystream.com/educators/k-12</p>	<p>K-12 & Higher Education</p>	<p>Paid \$2.99 p.m./\$12 p.a.</p>	<p>Encourage life-long learning with access to a supplemental streaming resource Stream on laptop, TV, phone and tablet. Offline viewing on your phone and tablet</p>
	<p>https://smarthistory.org/</p>	<p>High School & up</p>	<p>Free</p>	<p>Art history site with resources created by historians and academic contributors. Smarthistory is the most visited art history resource in the world. We are the official provider of art history for khanacademy.org, and we support AP art history and A-level curriculum. Smarthistory supports students, instructors, and lifelong learners everywhere.</p>
	<p>https://www.pbslearningmedia.org/subjects/social-studies/</p>	<p>High School</p>	<p>Free</p>	<p>Explore the past and learn about the present with resources on government, history, economics, and more.</p>

	https://www.teacherci.com/social-studies/high-school-social-studies/	High School	Free	Interactive social studies textbooks
	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	All ages	Free	Pretend to travel the world. Go on a virtual tour of these 12 famous museums.
	Discovery Education https://www.discoveryeducation.com/	K-12	Subscription based	Take learning beyond the classroom and into the real world. Discovery Education is the global leader in standards-based digital curriculum resources for K–12 classrooms worldwide, home to award-winning digital textbooks, multimedia content, and the largest professional development community of its kind. Discovery Education supports K–12 teachers, parents and students with award-winning curricular resources and dynamic professional development.
	https://www.learner.org/	All ages	Free	The website funds and distributes educational video programs – with coordinated online and print materials
	http://economics-games.com/	All ages	Free	Here we have a purpose-built multiplayer game for the classroom. Economics-games.com is a free educational games site for teaching microeconomics, industrial organisation and game theory.

Maths	https://mathsnacks.com/	All ages	Free	Smart educational animations, games, and interactive tools that help mid-school learners better understand math concepts
	https://www.desmos.com/	Middle school & up	Free	To help every student learn math and love learning math.
	https://www.pbslearningmedia.org/subjects/mathematics/	K- 12	Free	Bring math concepts to life through interactive games, animations and engaging media resources
	https://www.udemy.com/course/discovering-algebra/	Middle School & up	Free	Discovering Algebra and the Fundamentals of Algebra
	https://teaching2and3yearolds.com/20-preschool-counting-activities-school-and-home/	Pre Primary	Free	20+ preschool counting activities for school and home
	https://enuma.com/	Pre K - Gr 2	Free	Tablet-based learning suite with a comprehensive curriculum spanning early childhood through early primary levels. The Kitkit Learning App is a suite of interactive educational activities that lets children learn and practice foundational literacy and math skills. The current version of Kitkit School includes 12 learning courses covering early childhood maths with over 600 mini-game activities

	https://phet.colorado.edu/	Elementary to Higher Education	Free	PhET (Simulations for Science and Math): interactive simulations in science and mathematics from University of Colorado. PhET sims are based on extensive education research and engage students through an intuitive, game-like environment where students learn through exploration and discovery.
	https://www.polyup.com/	Gr 1- 8	Free	Polyup is a 3D playground for learning math and gaining computational thinking skills. Solve problems and build simulations using a block-based math environment. Learning content to build math and gaining computational thinking skills for students. Interactive, curriculum-aligned activities for students
	https://mindspark.in/	Gr 1 -10	Paid Free during Covid 19	Mindspark is a computer-based, online self-learning tool that helps children improve their Maths skills. It allows each child to follow a learning path that is based on his or her needs. Adaptive online tutoring system that helps students practice and learn mathematics.
	https://blossoms.mit.edu/videos/alpha	High School & up	Free	MIT BLOSSOMS (Videos): Blended Learning Open Source Science or Math Studies (BLOSSOMS) is a series of interactive lessons presented in a widely accessible video format.
	https://onebillion.org/onetab/	All ages	Free	Children learn to read, write and become numerate on tablets by working through a carefully structured course made up of thousands of engaging activities, games, and

				stories. Oncourse is designed to be adapted into many different languages. Child-focused application to deliver numeracy education.
	NumberJacks https://www.youtube.com	Pre Primary	Free	Numberjacks is a British 3D animated children's television series, aimed at 2-to 5-year-olds shown regularly on CBeebies and occasionally on BBC Two.
	https://www.dreambox.com/blog/fun-and-free-resources-to-connect-kids-to-real-world-math	Pre Primary	Free	Fun and Free Resources to Connect Kids to Real World Math starts from 2yrs onwards
	Math Games https://www.primarygames.com/math/kingofsat/	Gr 1- 5	Free	Learn about addition ... Easter Math Munchman. Practice addition, subtraction, and multiplication in this <i>math</i> maze game
	Beast Academy Online https://beastacademy.com/online	Ages 8-13	Need enroll to	Beast Academy Online — Learn Anywhere, interactive online platform guides students through elementary-school math with fun puzzles and problem-solving practice at every step.
	Math Games https://www.primarygames.com/math/kingofsat/	Middle School Gr6 -8	Free	Learn about addition ... Easter <i>Math</i> Munchman. Practice addition, subtraction, and multiplication in this <i>math</i> maze game

	http://mathspizza.com	Gr 8 onwards	Free downloads	Interactive Maths
	https://www.geogebra.org/	High School	Free online app	GeoGebra Math Apps- free online math tools for graphing, geometry, 3D, and more!
	https://www.photomath.net/en/	High School	Free on Google Android and iOS.	Photomath is a mobile application described as a "camera calculator", which utilizes a phone's camera to recognise mathematical equations and to display the step-by-step solution onscreen.
	https://www.learner.org/	All	Free	The website funds and distributes educational video programs – with coordinated online and print materials

Science	https://thehappyscientist.com/	All ages	Free	Just explore, have fun, and learn some science along the way. Find free videos and pages on the topic by logging in.
	https://www.pbslearningmedia.org/subjects/science/	All ages	Free	Explore natural phenomena and scientific practices with videos, lesson plans, and interactive tools.
	http://www.learningscienceisfun.com/	All ages	Free	Encourages students and educators to engage, embrace, and explore science and use the power of media, professional development for educators and live, on-stage presentations to change attitudes and how people feel about learning science!
	https://www.youtube.com/c/BaldGuySci/playlists?app=desktop	Middle school & up	Free	Science, Ed Tech through remote teaching-learning
	https://www.whitehatjr.com/	Grade 1 -12	Paid with free trial	<i>WhiteHat</i> Jr is the best Kids Coding Platform where kids are taught to code online by our expert teachers. Kids coding will be the future of education.
	https://blogs.unity3d.com/2020/06/23/learn-premium-is-now-available-to-everyone-at-no-cost-forever/	High School & up	Free	350+ hours worth of educational content about the Unity game engine.now permanently free. Live interactive sessions, on-demand learning resources, and more.
	https://about.labxchange.org/	Higher Education	Free	LabXchange – Curated and user-created digital learning content delivered on an online platform that enables educational and research experiences.
	https://phet.colorado.edu/	Elementary to Higher Education	Free	PhET (Simulations for Science and Math): interactive simulations in science and mathematics from University

				of Colorado.PhET sims are based on extensive education research and engage students through an intuitive, game-like environment where students learn through exploration and discovery.
	https://blossoms.mit.edu/videos/alpha	High School & up	Free	MIT BLOSSOMS (Videos): Blended Learning Open Source Science or Math Studies (BLOSSOMS) is a series of interactive lessons presented in a widely accessible video format.
	https://code-it-studio.de/?lang=en	Age 9 and up	Free	Code it! is a website where children and beginners can learn programming easily and playfully. Code it! teaches basic programming concepts through online courses, live webinars and other kid-friendly material. Code it! is designed for independent learning at home, as well as for use at school.
	Discovery Education https://www.discoveryeducation.com/	K-12	Subscription based	Take learning beyond the classroom and into the real world. Discovery Education is the global leader in standards-based digital curriculum resources for K–12 classrooms worldwide, home to award-winning digital textbooks, multimedia content, and the largest professional development community of its kind.Discovery Education supports K–12 teachers, parents and students with award-winning curricular resources and dynamic professional development.
	https://www.visiblebody.com/teaching-anatomy/k-12	High School	Free Trial / subscription needed	Visible Body subscriptions for PCs, Macs, and tablets put 3D interactive anatomy learning in the hands of your high school students.

	Coding : https://www.tynker.com/	Age 5 +	Free / Pay for premium plan	Interactive learning allows kids to progress at their own pace and seamlessly transition to text languages like JavaScript and Python..Kids learn computer programming the fun way! Ages 5+
	https://www.amazonfutureengineer.com/free-courses	All	Free	Amazon supports free computer science during <i>COVID-19</i> , CodeVA, is offering free, <i>online AP</i> Computer Science ...
	https://www.learner.org/	All	Free	The website funds and distributes educational video programs – with coordinated online and print materials

Special Needs	https://www.homeschool.com/curriculum-resources-for-special-needs/	All ages	Free	Curriculum Resources for Special Needs
	https://www.common sense.org/education/top-picks/best-special-education-apps-and-websites	All ages	Free	Best Special Education Apps and Websites
	https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home	All ages	Free	DIY Ways to Meet a Child's Sensory Needs at Home Occupational therapists and trauma-informed teachers weigh in on how to create sensory tools and spaces with what you have at home.
	https://www.edutopia.org/article/creating-inclusive-virtual-classroom?fbclid=IwAR1fr8_feLSzO7c_o1JoOQ2pq_PvMieureTPWxou1QYwJ166jvs1a6kOMFU	All ages	Free	Creating an Inclusive Virtual Classroom
	https://www.edutopia.org/article/6-ways-transition-iep-goals-remote-learning	All ages	Free	6 Ways to Transition IEP Goals to Remote Learning
	https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources	All ages	Free	COVID-19 and Autism - Tackling Social Skills for Children with Autism during Social Distancing
	https://educateiowa.gov/pk-12/resources-support-learning-during-covid-19/learners-special-needs-resources-support-learning	All ages	Free	Learners with Special Needs Resources to Support Learning During COVID-19. Dynamic Learning Maps At-Home Learning Resources

	<p>https://en.unesco.org/news/another-covid-19-front-line-parents-children-disabilities</p>	<p>All ages</p>	<p>Free</p>	<p>Life in the Times of COVID-19: A Guide for Parents of Children with Disabilities.</p>
	<p>https://phet.colorado.edu/</p>	<p>Elementary to Higher Education</p>	<p>Free</p>	<p>PhET (Simulations for Science and Math): interactive simulations in science and mathematics from University of Colorado. PhET sims are based on extensive education research and engage students through an intuitive, game-like environment where students learn through exploration and discovery.</p>
	<p>https://socialexpress.com/#http://thesocialexpress.com/</p>	<p>All ages</p>	<p>Free until June 1st, 2020</p>	<p>The Social Express is an educational curriculum designed to teach children and teenagers how to perceive emotions and handle social situations. It uses interactive animated videos that put its protagonists in many different scenarios, and the player is prompted to evaluate the emotions of the scene and decide what action the characters should do. This is a useful tool for teachers who are looking for a visual aid for teaching students about positive social interactions or for teachers who want to help special needs students develop emotional intelligence.</p>
	<p>https://www.thinglink.com</p>	<p>All ages</p>	<p>Free for elearning only</p>	<p>https://www.thinglink.com/Thinglink – Tools to create interactive images, videos and other multimedia resources. All areas from education for Special Education</p>

	https://autism.sesamestreet.org/coping-with-covid/?fbclid=IwAR3aXoQqXewd8p4BhchobwHG4DoD1P3__9_KL08lt0tPlqmae-WWWv_CvM	K-12	Free /sign in required	Current: Coping with COVID-19: A “For-Now” Normal Printables, Activities Songs, Stories, videos, books, workshops
	https://autism.sesamestreet.org/more-sesame-street-apps/	K-12	Free	Printables, Activities Songs, Stories, videos, books, workshops
	https://www.achieve3000.com/	K-12	Free	Achieve3000 provides the only web-based, differentiated instruction solutions designed to reach a school's entire student population- mainstream, English Language Learners, special needs, and gifted.
	https://www.ianbean.co.uk/senict-members-resource-portal	All ages	Free	Downloadable activities aimed particularly at Profound and Multiple Learning Difficulties (PMLD) and Severe Learning Difficulties (SLD) learners.
	https://www.senteacher.org/	All ages	Free	Downloadable resources that can be adapted to suit the needs of pupils. Resources are aimed at a range of abilities.

	Speech and Language Kids https://www.speechandlanguagekids.com/free-speech-language-resources/	All ages	Free	A range of education and therapy resources for speech and language problems. A podcast is also available on iTunes for verbal and non-verbal children
	UCL Centre for Inclusive Education https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/managing-transition-home-schooling	All ages	Free	A guide to help parents adjust to remote learning by providing advice and links to resources.

3. PHYSICAL DEVELOPMENT

Activities to promote Physical Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Physical Development	https://play.google.com/store/apps/details?id=com.csf.topparent&hl=en_IN	PreK - Gr 3	Free	Top Parent App - A one stop solution for parents to raise happy, healthy and smart children. Provides parents with knowledge and resources to improve learning outcomes in children ages 3-8 year in essential areas to promote overall healthy child development: Cognitive, Social Relations, Physical-Well-being, Nutrition and Child Protection.
	https://www.verywellfamily.com/fitness-and-physical-activities-for-school-aged-kids-1257209	All ages	Free	School-Aged Kids and Physical Activity
	https://thephysicaleducator.com/2020/03/20/distance-learning-for-physical-education/	All ages	Free	Distance Learning For Physical Education
	https://www.futurelearn.com/courses/supporting-physical-development-early-childhood	Early Years	Free	Learn how to ensure young children do enough physical activity and how it improves child mental and physical health development.

	https://www.pbslearningmedia.org/subjects/health-and-physical-education/	All ages	Free	Discover resources that provide essential lessons on physical, mental, and emotional health.
	https://everfi.com/partners/k-12-educators/health-wellness/	All ages	Free	EVERFI's health and wellness resources teach students to make healthy choices in a safe environment
	https://www.pbslearningmedia.org/subjects/the-arts/dance/	All ages	Free	Encourage and explore, participate, appreciate, and practice many dance forms.
	https://docs.google.com/presentation/d/1WhNkNsYGAqoUYBHcTIKFwpdE2FOJ67Ftmabl4EYjm4A/edit#slide=id.g81639f1bdc_0_75	All ages	Free	Work out of the Day - Physical Education distance learning resources
	https://www.pbslearningmedia.org/subjects/the-arts/visual-art/	All ages	Free	Explore the many forms of visual art, from basket weaving to painting, and glasswork to furniture, with resources that encourage analysis, research, and physical practice.
	https://leadersofevolution.com/emerging-student-athlete-leadership-development-in-sport/	Grade 5 & up	Free & Paid options available	Leaders of Evolution expertly design and deliver technology-enhanced e-learning courses focused on leadership, social and emotional learning, career readiness and sports coaching for students, teachers, athletes, coaches and the wider community.
	https://dailyburn.com/landing	All ages	Paid	Add some fitness skills to life, the Daily Burn is the perfect place to start. For a monthly membership fee, users have access to thousands of workout videos, and personalized regiments, live workout sessions are broadcast daily for members every morning.

	https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/	All ages	Free	COVID-19 Resources: Physical Activity, Nutrition and More
	https://www.physio-pedia.com/Physical_Activity_and_COVID-19	All ages	Free	During the COVID-19 pandemic it is even more important for all people to be physically active. Even if it is only a short break from sitting at your desk and doing some walking or stretching.
	https://everactive.org/covid19-resources/	All ages	Free & low cost resources	The webpage links to a variety of resources to support teachers and parents in promoting health, well-being and physical activity. For Ever Active School resources, check out the online store for free and low-cost resources and the YouTube channel for at-home physical activity ideas.
	https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/covid/physical-activities.html	All ages	Free	Regular physical activity benefits both the body and mind, and is especially important for everyone at Johns Hopkins as we face the challenges of COVID-19. The Johns Hopkins Medicine Office of Well-Being collected these resources on physical activity.
	https://www.udemy.com/course/ananda-marga-rajadhiraja-yoga/	All ages	Free	Know yourself with Yoga - Yoga is not only physical exercise but a complete set of tools for the all-round development of one's personality.
	https://scroll.in/video/957154/coronavirus-this-online-physical-education-teacher-is-helping-children-stay-active-amidst-lockdowns	All ages	Free	This online physical education teacher is helping children stay active amidst lockdowns. Access videos activities

	<p>https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity</p>	<p>All ages</p>	<p>Free</p>	<p>WHO advises to help you and your family to stay healthy at home during this period of confinement.</p>
	<p>https://educateiowa.gov/pk-12/resources-support-learning-during-covid-19/pe-and-health-resources-support-learning-during</p>	<p>All ages</p>	<p>Free</p>	<p>P.E. and Health Resources to Support Learning During COVID-19</p>
	<p>https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids</p>	<p>All ages</p>	<p>Free</p>	<p>Mommy Poppins is used by millions to find fun family friendly activities and resources from the online.</p>
	<p>www.lego.com/letsbuildtogether.</p>	<p>All ages</p>	<p>Login required .</p>	<p>LEGO is sharing design simple challenges. The company has assembled LEGO designers, creatives and play experts to come up with new ways to help families "stay creative, curious and connected" while at home.</p>
	<p>https://edumotion.com</p>	<p>All ages</p>	<p>Free for first month</p>	<p>EduMotion is an organization guided by its mission to energize schools and communities by fostering inclusion, respect and social awareness through the joy of movement. Learn@Home lessons, geared to K-5 students, explore SEL themes and guide students on a "global dance journey." The lessons are designed for students to experience on their own, or they can invite family members to learn and move along with them. Each participating school will get a unique login code, which can be shared with students and families.</p>

	https://www.movethisworld.com/	K- 12	Free	Move This World empowers school communities with the strategies to become safer learning environments where teachers and students can grow, adapt, connect and navigate life’s challenges.
	https://mazaam.com/en/	Ages 4 to 6 years	App based	Mazaam, the musical game that supports the cognitive development of children from old.
	https://alison.com/course/physical-education-fitness-training-principles-and-methods-revised	High school & up	Free	Learn about sports science and effective training techniques with this free online physical education course.
	https://openphysed.org/physical-education https://openphysed.org/movement/rhythmmove	Higher Education	Free	Physical Educators are uniquely equipped to help their students and schools Get started with this FREE online professional development
	https://caronelearning.com/covid-19/	All ages	Both free and paid version available	An accredited school and provider of online health and PE courses for grades K-12 and higher education. Options include adaptive PE and homebound courses. Students set individual goals, participate in a weekly exercise program, and receive one-on-one feedback from an instructor.
	https://www.familytimefitness.com/	All ages	Paid	Family Time Fitness is a company founded specifically for homeschoolers, although it is also available through some public schools. Its physical education programs consist mainly of printable lesson plans and videos, although parents also get reminder emails and access to supplemental downloads and online webinars

	https://www.physio-pedia.com/Physical_Activity_and_COVID-19	All ages	Free	The Physiopedia charity provides an evidence-based and continually updating knowledge resource that is free for anyone to access. The website is the largest available physiotherapy knowledge resource and is used by people in every corner of the world.
	https://teaching2and3yearolds.com/17-of-the-best-preschool-fine-motor-activities-that-involve-squeezing/	Pre Primary	Free	17+ of the best preschool fine motor activities that involve squeezing. A collection of preschool fine motor activities, each one involves some sort of squeezing that strengthens the hands and fingers, getting them ready for writing. A free fine motor checklist is included to download.
	https://www.boredpanda.com/ikea-quarantine-campaign-furniture-to-forts-tents/	Pre Primary & up	Free	IKEA shares how to make 6 types of furniture forts during quarantine
	https://www.caringforkids.cps.ca/handouts/physical_activity	Pre Primary & Primary	Free	Information for children and teens to grow up healthy. It is important they are physically active and eat healthy foods every day.
	https://openphysed.org/	K-12	Free	OPEN improves the effectiveness of physical education for every child. We help teachers help their students by providing rigorous, outcomes-based curriculum tools to every physical education teacher – no exceptions.

	https://today.tamu.edu/2020/04/08/integrating-physical-activity-into-distance-education/	K-12	Free	The Texas A&M University College of Education & Human Development spoke with Hildi Nicksic, clinical assistant professor in the Department of Health and Kinesiology, about why physical activity is important for students during this time.
	https://www.common sense.org/education/app/super-stretch-yoga-hd#cse-review	Pre-primary to grade 2	Free	Super Stretch Yoga HD follows Super Stretch as he introduces kids to 12 yoga poses.
	https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/resources/	Pre-primary and Primary	Free	It is about the benefits and best practices of physical activity in child care and early education settings. Physical activity habits learned in early childhood can last a lifetime
	https://www.cdc.gov/healthyschools/bam/pe_p a.htm	K- 12	Free	This unit has information on the importance of daily physical education and physical activity in schools.
	https://www.kqed.org/mindshift/55533/exercise-tips-to-help-kids-teens-and-families-stay-balanced-at-home	Pre Primary & Primary	Free	Exercise tips to help kids, teens and families stay balanced at home.
	https://www.youtube.com/user/9works	Middle School and up	Free	Learn Hand Embroidery, Decoration Ideas, Stitching, paper craft, and much more DIY. The presenter likes to keep busy by trying & making new things, and sharing it on YouTube. HandiWorks Provides you hundreds of

				fun craft tutorials to follow along with, creating some amazing projects.
	https://allinonehomeschool.com/thinking/	All ages	Free	List of thinking games by grade
	https://www.smartbrief.com/original/2020/04/free-resources-educators-during-coronavirus-pandemic	All ages	Free	Curated content for all year groups
	https://www.classcentral.com/course/futurelearn-outstanding-physical-education-lessons-6131	All ages	Free	This free online course is designed to help PE teachers achieve and sustain these levels. It defines an “outstanding” physical education lesson as one that meets the diverse learning needs of all of its students at a point in time and in a specific context.
	https://www.actionforhealthykids.org/game-on-program/#/	All ages	Free	A flexible, free online framework to help schools and parents create healthier learning environments for kids and communities to thrive.
	https://www.schools.nyc.gov/learn-at-home/activities-for-students/physical-education-and-physical-activity	All ages	Free	Exercise and daily physical activity can help students manage their stress and school building, the school should provide PE instruction via remote learning.
	https://www.cosmickids.com/ the Cosmic Kids YouTube Channel.	All ages	Free on YouTube	Yoga for Kids More than a million kids do yoga, mindfulness and relaxation Parents and teachers report significant improvements in self-regulation, focus and empathy.

	https://docs.google.com/document/d/1BpR03CTq3SfrhRCyhOr_MxIW38WvXUnE2ceml_yxeJ8/edit	All ages	Free	Here are some resources that might help support families (and teachers) to keep kids active at home. These include apps, videos, websites, google docs, curriculum guides, Instagram posts, and Twitter feeds - curated and recommended by educators.
	Art & Craft https://www.creativebug.com/	All age groups	Free Trials/ downloads	Creativebug offers online video arts and crafts workshops and techniques. Learn how to paint, knit, crochet, sew, screen print, and more.

4. SOCIAL DEVELOPMENT

Activities to promote Social Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Social Development	https://play.google.com/store/apps/details?id=com.csf.topparent&hl=en_IN	PreK - Gr 3	Free	Top Parent App - A one stop solution for parents to raise happy, healthy and smart children. Provides parents with knowledge and resources to improve learning outcomes in children ages 3-8 year in essential areas to promote overall healthy child development: Cognitive, Social Relations, Physical-Well-being, Nutrition and Child Protection.
	https://xello.world/en/developing-social-emotional-learning-skills/?utm_source=orgcon&utm_medium=growthsel&utm_campaign=7011K000001BUeEQAW	K - 12	Free	An Educator's Guide to Developing Social-Emotional Learning Skills in Your K-12 Students
	https://www.virtuallabschool.org/school-age/social-emotional	Ages 5 - 12	Free	The VLS offers seven professional development tracks, providing both comprehensive foundational training, and more advanced, or specialized training with in-depth content and resources. Social-emotional skills are essential in the healthy development of school-age children.

	https://mindup.org/	K- 12	Free	A program that teaches K-12 students the science behind our emotions, as well as ways to regulate stress and be a more compassionate person.
	https://www.randomactsofkindness.org/	All ages	Free	The mission of The Random Acts of Kindness Foundation is to make kindness the norm in our schools, workplaces, homes & communities. The free content that promotes kindness toward others & teaches important social emotional learning skills to kids. All resources are free.
	https://www.edutopia.org/social-emotional-learning	All ages	Free	Find and share resources for creating a healthy school culture by helping students develop skills to manage their emotions, resolve conflicts, and make responsible decisions.
	https://leadersofevolution.com/student-leadership-in-schools/	Grade 5 & up	Free & Paid options available	Leaders of Evolution expertly design and deliver technology-enhanced e-learning courses focused on leadership, social and emotional learning, career readiness and sports coaching for students, teachers, athletes, coaches and the wider community.
	https://my.life/mylife-for-schools/	All ages	Free	The Easiest Way to Engage Students with Social Emotional Learning (SEL). MyLife™ for Schools is a web-based mindfulness application for classroom and student at-home use. Middle and High School students check in regularly with how they're feeling and MyLife™ recommends short mindfulness activities tuned to their emotions.

	https://www.edutopia.org/article/translating-mindfulness-distance-learning	All ages	Free	<p>Translating Mindfulness to Distance Learning. Modeling rituals and making mindfulness playful can help students incorporate mindful practices into their daily routines.</p>
	https://everfi.com/partners/k-12-educators/social-emotional-learning/#	All ages	Free	<p>Social and emotional development is essential to students' success – now and in their future. EVERFI offers free digital SEL resources designed to equip students with skills like empathy, leadership, conflict resolution, self-awareness, and resilience.</p>
	https://docs.google.com/spreadsheets/u/1/d/e/2PACX-1vR7u0j7VBiaMhwEJNR6M0wMctmKGHwu5eOFnvQlryAHOJcIEIs-XQGQe3h7fXlzSBtedtbCSv_16RU5/pubhtml#	All ages	Free	<p>COVID-19 Resources for The Arts Classroom and student well being</p>
	http://musicteachersgames.com/	All ages	Free	<p>Music Teacher's Games</p>
	https://www.pbslearningmedia.org/subjects/the-arts/music/	All ages	Free	<p>Encourage students to perform, analyze, and appreciate Music with resources that explore music from various time periods and cultures.</p>
	https://www.educationlifeskills.com/athomelearning/	Middle School and up	Free	<p>Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership,</p>

				drug use and positive thinking skills and media awareness, among others.
	https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources	All ages	Free	COVID-19 and Autism - Tackling Social Skills for Children with Autism during Social Distancing
	https://mgiep.unesco.org/covid	All ages	Free	UNESCO MGIEP has developed a ready reckoner of helpful resources in Social and Emotional (SEL). Scroll this webpage to explore SEL resources for educators, parents and learners.
	https://gostrengths.com/	All ages	Free	Social and Emotional Learning programs. Kids learn research-based skills to cope with challenges, boost emotional intelligence, strengthen relationships, improve behavior, and more!
	https://gozen.com/allprograms/	All ages	Free	Programs to Manage Stress & Build Resilience for Kids
	https://www.apa.org/topics/covid-19/education-social-emotional	All ages	Free	COVID-19 virtual learning and education: Social and emotional learning
	https://characterstrong.com/	All ages	Free	CharacterStrong offers free K-12 social-emotional learning resources that can be used for remote instruction, including a virtual toolkit, digital student assemblies. Access to resources requires registration.
	https://www.chickensoup.com/ah	Grades 4 & up	Free	Chicken Soup for the Soul, in partnership with American Humane, is promoting a line of free digital books for students, titled <i>Humane Heroes</i> , that share

				stories of animal rescue, rehabilitation and humane conservation undertaken at leading zoological institutions, as well as 18 literacy-based social-emotional learning lessons, targeting students in grades 4, 7 and 10.
https://character-tree.com/	All ages	Sign up required		The Character Tree is providing free access to 32 videos and related materials to the end of the school year. That covers four hours of educational video content presenting positive character development.
https://www.secondstep.org/covid19support	From age 5 & up	Free		Children's Second Step has free social-emotional learning resources for educators, students and their families. Those include podcasts to help families cope with physical isolation and 15 mindfulness video sessions for families to work through together.
https://consciousdiscipline.com	PreK - Gr 5	Sign required for free resources		Conscious Discipline has compiled a collection of free online tools for educators and parents on managing stress during the pandemic. "COVID-19: Resources for Families and Educators" includes free membership to SEL lesson libraries with videos, games, and audio downloads, focused on coping strategies and restoring a sense of normalcy. Sign up or log in to access our complete library of over 200 FREE Resources or upgrade to our Premium Toolkit for audio series, Make-N-Takes, Games and more.

	<p>https://edumotion.com</p>	<p>All ages</p>	<p>Free for first month</p>	<p>EduMotion is an organization guided by its mission to energize schools and communities by fostering inclusion, respect and social awareness through the joy of movement. Learn@Home lessons, geared to K-5 students, explore SEL themes and guide students on a "global dance journey." The lessons are designed for students to experience on their own, or they can invite family members to learn and move along with them. Each participating school will get a unique login code, which can be shared with students and families.</p>
	<p>https://www.movethisworld.com/</p>	<p>K- 12</p>	<p>Free</p>	<p>Move This World empowers school communities with the strategies to become safer learning environments where teachers and students can grow, adapt, connect and navigate life's challenges.</p>
	<p>http://www.musiccrab.com/</p>	<p>All ages</p>	<p>Free</p>	<p>Music Crab is a fun, free, musical game for learning to read music! Follow the steps of a crab diving through the ocean, through 182 levels, improve your memory and train your ear at your own pace, music theory has never been as easy. Mobile application accessible for music education.</p>
	<p>https://socialexpress.com/#http://thesocialexpress.com/</p>	<p>All ages</p>	<p>Paid</p>	<p>The Social Express is an educational curriculum designed to teach children and teenagers how to perceive emotions and handle social situations. It uses interactive animated videos This is a useful tool for teachers who are looking for a visual aid for teaching</p>

			students about positive social interactions or for teachers who want to help special needs students develop emotional intelligence.
https://apps.apple.com/us/app/social-skills-for-autism/id971311339	Pre K to Primary	Free	The Social Skills for Autism App “Mission Rescue Kloog” is designed for tablets only and teaches children, adolescents and teenagers with autism and asperger syndrome social skills in a fun and reward driven way. The app has 17 individual lesson plans with each one covering a required social skill.
https://www.commonsense.org/education/app/peek-a-zoo-by-duck-duck-moose	Pre K to Primary	Free	Peek-a-Zoo - by Duck Duck Moose Cute and funny animals ask kids clear questions to help them think about emotions, social communications, and actions.
Four little corners	Pre Primary	Paid	This cute little story could be a nice launching pad for big discussions about friendship, tolerance, and acceptance.
https://www.commonsense.org/education/app/breathe-think-do-with-sesame	Pre K-1	Free	Highly effective tool for whole-class instruction or one-on-one intervention
Avokiddo Emotions https://literacyapps.literacytrust.org.uk/avokiddo-emotions/#	All ages	Paid	Avokiddo Emotions lets kids of all ages explore feelings in an open ended free style playroom. There are no rules or pre-set expectations other than to have fun while learning fundamental social skills. Whether

				their intent is to make an animal laugh or cry, kids are in control every step of the way.
	https://www.brainpop.com/social-emotional-learning/	K - 12	Free access during school closures	BrainPOP is committed to developing SEL content that supports the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework. From movies on mindfulness, conflict resolution, determination, and more to activities like coding an anti-bullying campaign, BrainPOP provides a range of opportunities that address CASEL’s five competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. BrainPOP’s SEL-themed collections provide related movies, learning games, and creative activities!
	https://seelearning.emory.edu	All ages	Free/login	Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University. SEE Learning™ provides educators with the tools they need to foster the development of emotional, social, and ethical intelligence for students and themselves. Student Leadership What are school systems doing to tide over the crisis?
https://tergar.org/covid-19-message/	All ages	Free	COVID-19 is spreading throughout the world and creating major disruptions in many countries. Countless people are suffering. These are times that call forth the wisdom and compassion we nurture in	

				<p>meditation practice, as well as our capacity to hold the pain of the world as we navigate personal challenges. As Mingyur Rinpoche often says, awareness is the essence of meditation. What he means is that practicing meditation is a process of exploring the heart and mind, of fully experiencing the richness of awareness itself. This implies that meditation is not meant to eliminate the things we don't like about ourselves, or even to become "better" people. Meditation helps us to see that we are already whole and complete. It is a practical tool that enables us to get in touch with our true nature.</p>
	http://atlasofemotions.org	All ages	Free	<p>It is our hope that the Atlas, available at http://www.atlasofemotions.com/ will be fun to use and people will enjoy engaging with it. Exploring the Atlas may increase people's understanding of this vital feature in their life. We hope that teachers will use the Atlas in classrooms (it should be usable for people 9 years old+ without explanation) and that educators and therapists will use it with their clients to better understand themselves.</p>
	https://centerhealthyminds.org	All ages	Free	<p>Why does well-being matter and how are we measuring it? Researchers, including those at our Center, continue to investigate the factors that shape well-being. Rather than pitching a fixed scientific definition of well-being, we're constantly unearthing clues and evidence about how well-being manifests itself in the mind and body.</p>

				<p>It's not a static "thing" – but a set of skills that can be learned and cultivated over time, just like learning to play a musical instrument or riding a bike.</p>
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5. EMOTIONAL DEVELOPMENT

Activities to promote Emotional Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Emotional Development	https://www.virtuallabschool.org/school-age/social-emotional	Ages 5 - 12	Free	The VLS offers seven professional development tracks, providing both comprehensive foundational training, and more advanced, or specialized training with in-depth content and resources. Social-emotional skills are essential in the healthy development of school-age children.
	https://www.randomactsofkindness.org/	All ages	Free	A non-profit organization that provides free curricula to help students build social and emotional skills.
	https://xello.world/en/developing-social-emotional-learning-skills/?utm_source=orgcon&utm_medium=growthsel&utm_campaign=7011K000001BUeEQAW	K - 12	Free	An Educator’s Guide to Developing Social-Emotional Learning Skills in Your K–12 Students
	https://www.edutopia.org/article/how-make-teaching-online-feel-less-isolating	All ages	Free	Working from home can be tough for educators, but there are ways to feel more connected.

	https://www.headspace.com/meditation/kids	Ages 3 - 12	Free trials and app based	Headspace has partnered with Barbie to raise awareness around nurturing overall emotional well-being through mindfulness exercises. All subscribers enjoy fun, engaging activities that teach the basics of mindfulness.
	https://mindup.org/	K- 12	Free	A program that teaches K-12 students the science behind our emotions, as well as ways to regulate stress and be a more compassionate person.
	https://www.edutopia.org/social-emotional-learning	All ages	Free	Find and share resources for creating a healthy school culture by helping students develop skills to manage their emotions, resolve conflicts, and make responsible decisions.
	https://everfi.com/partners/k-12-educators/social-emotional-learning/#	All ages	Free	Social and emotional development is essential to students’ success – now and in their future. EVERFI offers free digital SEL resources designed to equip students with skills like empathy, leadership, conflict resolution, self-awareness, and resilience.
	https://my.life/mylife-for-schools/	All ages	Free	The Easiest Way to Engage Students with Social Emotional Learning (SEL). MyLife™ for Schools is a web-based mindfulness application for classroom and student at-home use. Middle and High School students check in regularly with how they’re feeling and MyLife™ recommends short mindfulness activities tuned to their emotions.

	https://insighttimer.com/	All ages	Free	Insight Timer is a mobile app geared toward meditation enthusiasts. Secular courses guide listeners through meditations, thought exercises, and talks on everyday issues like happiness, grief, and insomnia.
	https://docs.google.com/spreadsheets/u/1/d/e/2PACX-1vR7u0j7VBiaMhwEJNR6M0wMctmKGHw_u5eOFnvQlryAHOJcIEIs-XQGQe3h7fXlzSBtedtbCSv_16RU5/pubhtml#	All ages	Free	COVID-19 Resources for The Arts Classroom and student well being
	https://leadersofevolution.com/student-leadership-in-schools/	Grade 5 & up	Free & Paid options available	Leaders of Evolution expertly design and deliver technology-enhanced e-learning courses focused on leadership, social and emotional learning, career readiness and sports coaching for students, teachers, athletes, coaches and the wider community.
	https://www.pbslearningmedia.org/subjects/health-and-physical-education/personal-mental-and-emotional-health/safety/injuries-and-accidents/	All ages	Free	Explore the many aspects of Personal, Mental, and Emotional Health with an assortment of resources It aims to give young adults an up-close and honest look at diverse individuals that are preparing to make an important life changing decision and encourages younger audience to make positive choices for their mental and physical health with videos and support materials for teachers and students with an interactive lesson and support materials
	https://childmind.org/audience/for-educators/	All ages	Free	The Child Mind Institute is committed to helping educators identify and respond effectively to children

				with signs of a mental health or learning disorder. And since behavioral issues can disrupt learning for the whole class, we offer actionable strategies that have been shown to help kids behave successfully — making the learning environment better for everyone.
	https://www.udemy.com/course/live-your-deserved-life/	All ages	Free	Learn the skills & tools to effectively manage you emotions and overcome the blocks from manifesting your dream life.
	https://www.pvschools.net/sites/default/files/About%20PV/Documents/SEL_Resources_During_COVID-19.pdf	All ages	Free	Helping Children and Families Cope with Change during COVID-19
	https://gostrengths.com/	All ages	Free	Social and Emotional Learning programs. Kids learn research-based skills to cope with challenges, boost emotional intelligence, strengthen relationships, improve behavior, and more!
	https://www.facultyfocus.com/articles/online-education/promoting-online-learners-social-emotional-growth-a-montessori-perspective/	High school & up	Free	Free newsletter and website that’s dedicated to higher ed and instructors. <i>Faculty Focus</i> publishes articles on effective teaching strategies for the online and college classroom. Faculty Focus has been an important tool for instructors to share what they are implementing in the classroom and to learn what other instructors are doing worldwide.
	https://gozen.com/allprograms/	All ages	Free	Programs to Manage Stress & Build Resilience for Kids

	https://characterstrong.com/	All ages	Sign up required	The Character Tree is providing free access to 32 videos and related materials to the end of the school year. That covers four hours of educational video content presenting positive character development.
	https://characterstrong.com/	All ages	Free	CharacterStrong offers free K-12 social-emotional learning resources that can be used for remote instruction, including a virtual toolkit, digital student assemblies. Access to resources requires registration.
	https://www.chickensoup.com/ah	Grades 4 & up	Free	Chicken Soup for the Soul, in partnership with American Humane, is promoting a line of free digital books for students, titled <i>Humane Heroes</i> , that share stories of animal rescue, rehabilitation and humane conservation undertaken at leading zoological institutions, as well as 18 literacy-based social-emotional learning lessons, targeting students in grades 4, 7 and 10.
	https://www.secondstep.org/covid19support	From age 5 & up	Free	Children's Second Step has free social-emotional learning resources for educators, students and their families. Those include podcasts to help families cope with physical isolation and 15 mindfulness video sessions for families to work through together.
	https://consciousdiscipline.com	Pre K - 5th grade	Sign required for free resources	Conscious Discipline has compiled a collection of free online tools for educators and parents on managing stress during the pandemic. "COVID-19: Resources for Families and Educators" includes free membership to

				SEL lesson libraries with videos, games, and audio downloads, focused on coping strategies and restoring a sense of normalcy. Sign up or log in to access our complete library of over 200 FREE Resources or upgrade to our Premium Toolkit for audio series, Make-N-Takes, Games and more.
https://www.educationlifeskills.com/athomelearning/	Middle School and up	Free		Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership, drug use and positive thinking skills and media awareness, among others.
https://www.emotionalabcs.com	Ages 4-11	Paid for families Free for teachers		Emotional ABCs is currently free for teachers and counselors. The "emotional skills" program is designed for young children and gives students practical tools for dealing with impulse control, frustration and acting out.
https://openphysed.org/sel	Higher Education	Free		Physical Educators are uniquely equipped to help their students, schools and districts prepare for and implement trauma-informed social and emotional learning programs. Get started with this FREE online professional development made possible by the American Heart Association.
https://mu.ac.in/online-counseling-for-covid-19-english#1586164874101-fa7c5014-29dd	All ages	Free		Online Counseling and Mental Health Facility for Mental Health issues associated with COVID 19 at University of Mumbai. The facility has developed

				information handouts that refer to various mental health issues and easy to implement solutions for a large number of psychological problems. They include emotional issues, work from home and productivity related issues, children and senior citizens related issues, and many more. Considering the linguistic diversity, these handouts are available in Marathi, Hindi, Gujarati, Bengali, Kannada, and English. The population that is not seeking counseling as well can use them.
	https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions	All ages	Free	10 activities to Help Students Explore Emotions Research shows that there is a strong relationship between social-emotional learning and cognitive development. But, just like math and reading, students must be taught social and emotional skills. Emotional regulation is a particularly important skill for students to learn as it affects students' ability to make decisions, persist in goal-oriented activities, and seek help when needed. Try a few of these fun activities to help your students learn how to explore and regulate their emotions.
	https://socialexpress.com/#http://thesocialexpress.com/	All ages	Free until June 1st, 2020	The Social Express is an educational curriculum designed to teach children and teenagers how to perceive emotions and handle social situations. It uses interactive animated videos that put its protagonists in many different scenarios, and the player is prompted to evaluate the emotions of the scene and decide what

				action the characters should do. This is a useful tool for teachers who are looking for a visual aid for teaching students about positive social interactions or for teachers who want to help special needs students develop emotional intelligence.
	http://www.musiccrab.com/	All ages	Free	Music Crab is a fun, free, musical game for learning to read music! Follow the steps of a crab diving through the ocean, through 182 levels, improve your memory and train your ear at your own pace, music theory has never been as easy. Mobile application accessible for music education.
	Avokiddo Emotions https://literacyapps.literacytrust.org.uk/avokiddo-emotions/#	All ages	Paid	Avokiddo Emotions lets kids of all ages explore feelings in an open ended free style playroom. There are no rules or pre-set expectations other than to have fun while learning fundamental social skills. Whether their intent is to make an animal laugh or cry, kids are in control every step of the way.
	https://www.parenttoolkit.com/additional-resources/social-and-emotional-resources	All ages	Free	Parent Toolkit is a one-stop website that provides tips and advice to support children's development through every stage in life, both in and out of the classroom by using the downloadable and printable materials.
	https://www.common sense.org/education/top-picks/emotional-intelligence-apps-and-games	All ages	Free / Paid starting from \$.99	This collection of top-notch apps and games will help students with everything from anger management to emotional identification to meditation.

	http://seltechnology.weebly.com/	All ages	Free / Paid starting from \$.99	This website has been designed to describe technology activities that facilitate social emotional learning. The links in the menu lead to descriptions of the individual activities. They can be used within formal and informal educational settings. Even though the focus of the activities are on building and enhancing social emotional learning, many can be connected with content standards related to language arts, visual arts, oral communication, media literacy,
	https://blog.brookespublishing.com/10-free-social-emotional-development-resources/	All ages	Free	10 free resources on social - emotional development
	https://www.smilingmind.com.au/	All ages	Free	Smiling Mind is a mobile app that aims to teach “mindfulness” to people of all ages through sessions of guided meditation of varying length. It contains a vast repertoire of programs aimed at different age groups (from ages 6-12, to teenagers, young adults, etc.) and different activities (school, daily commute, sport, relaxation, and more). The app is easy to navigate, and can begin a new program at any time, can be helpful for students who have difficulty concentrating in class, who experience outbursts of frustration and anger, or who just need a short boost of calming energy during the day.
	https://www.emotionalabcs.com/teachers/	K- 3	Free now	Emotional ABCs Classroom is a teacher-led, research-based curriculum that provides teachers (K–3) with 20

				sequential Workshops, support materials, and a flexible structure for classroom instruction.
https://www.brainpop.com/social-emotional-learning/	K - 12	Free access during school closures.		BrainPOP is committed to developing SEL content that supports the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework. From movies on mindfulness, conflict resolution, determination, and more to activities like coding an anti-bullying campaign, BrainPOP provides a range of opportunities that address CASEL's five competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. BrainPOP's SEL-themed collections provide related movies, learning games, and creative activities!
The Cosmic Kids YouTube Channel https://www.cosmickids.com/	All ages	Free on YouTube		Yoga for Kids More than a million kids do yoga, mindfulness and relaxation Parents and teachers report significant improvements in self-regulation, focus and empathy.
https://seelearning.emory.edu	All ages	Free/ login needed		Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University. SEE Learning provides educators with the tools they need to foster the development of emotional, social, and ethical intelligence for students and themselves.

	https://tergar.org/covid-19-message/	All ages	Free	<p>COVID-19 is spreading throughout the world and creating major disruptions in many countries. Countless people are suffering. These are times that call forth the wisdom and compassion we nurture in meditation practice, as well as our capacity to hold the pain of the world as we navigate personal challenges. As Mingyur Rinpoche often says, awareness is the essence of meditation. What he means is that practicing meditation is a process of exploring the heart and mind, of fully experiencing the richness of awareness itself. This implies that meditation is not meant to eliminate the things we don't like about ourselves, or even to become "better" people. Meditation helps us to see that we are already whole and complete. It is a practical tool that enables us to get in touch with our true nature.</p>
	http://atlasofemotions.org	All ages	Free	<p>It is our hope that the Atlas, available at http://www.atlasofemotions.com/, will be fun to use and people will enjoy engaging with it. Exploring the Atlas may increase people's understanding of this vital feature in their life. We hope that teachers will use the Atlas in classrooms (it should be usable for people 9 years old+ without explanation) and that educators and therapists will use it with their clients to better understand themselves.</p>
	https://centerhealthyminds.org	All ages	Free	<p>We get this question a lot. So why does well-being matter and how are we measuring it?</p>

				<p>Researchers, including those at our Center, continue to investigate the factors that shape well-being. Rather than pitching a fixed scientific definition of well-being, we're constantly unearthing clues and evidence about how well-being manifests itself in the mind and body. It's not a static "thing" – but a set of skills that can be learned and cultivated over time, just like learning to play a musical instrument or riding a bike.</p>
	headspace.com	Adults	2 weeks free trial then paid	<p>Headspace makes meditation simple via guided meditation, animations, articles and videos.</p>

6. SPIRITUAL DEVELOPMENT

Activities to promote Spiritual Development

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Spiritual Development	https://www.thewell.world/artswave	All ages	Free	Provides 10 weeks of daily doses of guided meditation set to music from the Cincinnati Symphony Orchestra and the Cincinnati Opera.
	https://apps.apple.com/us/app/the-mindfulness-app/id417071430	All ages	Free	Start a more relaxed and healthier state of mind with The Mindfulness App. and will help to become more present in your daily life. Used by millions of meditators in over 130 countries
	https://www.youtube.com/user/CosmicKidsYoga	All ages	Free	Interactive adventures which build strength, balance and confidence - and gets kids into yoga and mindfulness early! Each episode is its own story,
	https://www.headspace.com/meditation/kids	Ages 3 - 12	Free trials and app based	Headspace has partnered with Barbie to raise awareness around nurturing overall emotional well-being through mindfulness exercises. All subscribers enjoy fun, engaging activities that teach the basics of mindfulness.
	https://csl.org/onlineclasses/	All ages	Paid for certified courses	Centers For Spiritual Living Online Education offers a variety of courses. Students may pursue certificated courses, from Foundational level through Practitioner

				Studies, or explore the variety of options for personal growth and development.
	https://www.naturespath.com/en-us/blog/17-activities-kids-practice-kindness-compassion/#	Ages 4 & up	Free	17 Activities for Kids to Practice Kindness and Compassion
	https://www.practical-personal-development-advice.com/spiritual-development-courses.html	All ages	Free	Spiritual Development Courses and Masterclasses Available Online. Learn unique insights on humanity's evolution plus cutting edge personal growth tools and healing methods from multiple masters in our spiritual awakening community.
	https://www.facultyfocus.com/articles/course-design-ideas/student-ethical-development/	Higher Education	Free	Fostering Student Ethical Development as Part of the Curriculum
	https://insighttimer.com/	All ages	Free	Insight Timer is a mobile app geared toward meditation enthusiasts. Secular courses guide listeners through meditations, thought exercises, and talks on everyday issues like happiness, grief, and insomnia.
	https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/	All ages	Free	COVID-19 Resources: Physical Activity, Nutrition Mindfulness and Play
	http://www.mindfulnessdailyapp.com/	All ages	Free	Build a daily mindfulness practice, just a few minutes per day.

	https://my.life/for-partners/	All ages	Free	Stress is an epidemic that affects all ages, genders and socio-economic classes. Cultivating a healthy mind alongside a healthy body is becoming a critical skill for all to learn, to better navigate the ups and downs of life. Together we can help promote the habit of mindfulness and emotional wellbeing throughout our communities.
	https://www.edutopia.org/article/translating-mindfulness-distance-learning	All ages	Free	Translating Mindfulness to Distance Learning. Modeling rituals and making mindfulness playful can help students incorporate mindful practices into their daily routines.
	https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/building-your-spiritual-life-during-covid-19-changes	All ages	Free	Building your spiritual life during changes brought about by the COVID-19 pandemic
	https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic	All ages	Free	Spiritual Resources for the COVID-19 Pandemic- An index of resources posted each day on the Spirituality & Practice homepage — practices, readings, films, quotes, and more to help you navigate these times.
	https://www.udemy.com/course/mindfulness-training-course-online-mindfulness-practitioner/	High school and up	Paid	Mindfulness Practitioner Certificate (Beginner to Advanced). This certified Mindfulness training gives the essential training needed to become an expert Mindfulness Practitioner
	https://www.udemy.com/course/ananda-marga-rajadhiraja-yoga/	All ages	Free	Know yourself with Yoga - Yoga is not only physical exercise but a complete set of tools for the all-round development of one's personality.

	https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/spiritual-resources-during-covid-19-pandemic	18+	Free	<p>Spiritual Resources During the COVID-19 Pandemic. This page has assembled some spiritual resources from the HDS community—students, alumni/ae, faculty, and staff—and beyond.</p>
	https://arigatouinternational.org/en/what-we-do/ethics-education	All ages	Free	<p>Spiritual Support to Our Children during the COVID-19 Pandemic</p>
	https://www.youtube.com/watch?v=abmsniEmfh0&feature=youtu.be	All ages	Free	<p>Transforming Our Struggles Into Strength</p>
	https://www.secondstep.org/covid19support	From age 5 & up	Free	<p>Children's Second Step has free social-emotional learning resources for educators, students and their families. Those include podcasts to help families cope with physical isolation and 15 mindfulness video sessions for families to work through together.</p>
	https://consciousdiscipline.com	Pre Primary - Grade 5	Sign in required for free resources	<p>Conscious Discipline has compiled a collection of free online tools for educators and parents on managing stress during the pandemic. "COVID-19: Resources for Families and Educators" includes free membership to SEL lesson libraries with videos, games, and audio downloads, focused on coping strategies and restoring a sense of normalcy. Sign up or log in to access our complete library of over 200 FREE Resources or upgrade to our Premium Toolkit for audio series, Make-N-Takes, Games and more.</p>
	https://edgefoundation.org/coronavirus/	All ages	Free	<p>The Edge Foundation has announced that its life coaches are available on a sliding scale - including free, to work</p>

				with students virtually on non-academic challenges, including individuals who struggle with executive function challenges.
https://mazaam.com/en/	Ages 4 to 6 years	App based		Mazaam, the musical game that supports the cognitive development of children from old.
http://www.childrenspsychologicalhealthcenter.org/resources/guided-activity-workbooks/	All ages	Free		The Children's Psychological Health Center has developed a 102-page guided "first-aid" workbook, "My Pandemic Story," for children and teenagers, to encourage mental health, creative expression, learning and coping. The book includes guidance for families and teachers. It's available in English and six other languages.
https://gm.greatminds.org/en-us/knowledgeonthego	K - 12	Free till August 2020		Great Minds has made free recorded learning resources available, including daily instructional videos for math, English language arts and science. Updates its newly recorded lessons daily.
https://beyou.edu.au/	All ages	Free		The website provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health
https://www.happiness.com/	All ages	Free subscription		It is an online conscious community dedicated to mutual support, compassion and self-improvement. Let's connect and combine wisdom to enhance our growth and increase our happiness, living a life of authenticity and joy.

	<p>https://www.headspace.com/</p>	<p>All ages</p>	<p>Free/ (\$12.99/Month or \$9.99/Year for students)</p>	<p>The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.</p>
	<p>https://www.ero.govt.nz/publications/well-being-for-success-effective-practice/foreword/</p>	<p>All ages</p>	<p>Free</p>	<p>The website focuses on ‘Wellbeing for success’ and discusses guiding principles for student wellbeing, methodology and effective programmes and initiatives.</p>
	<p>https://www.classcentral.com/course/the-science-of-well-being-10346</p>	<p>All ages</p>	<p>Free</p>	<p>In this course, you will engage in a series of challenges designed to increase your own happiness and build more productive habits. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life</p>
	<p>https://www.calm.com/</p>	<p>All ages</p>	<p>Free/ Subscription/ Paid</p>	<p>Voted App of the Year in 2017, it has some lovely 3-minute sleep stories, and a vast array of other content for mindfulness. The Breathe Bubble is a relaxing bubble when you have only 3 minutes to spare. Most of the meditations are free, but some of the sessions are locked unless you subscribe.</p>

	https://studentwellbeinghub.edu.au/	All ages	Free	This is a space for educators, parents and students to build safe, inclusive and connected school communities that promote wellbeing and learning
	https://mindful-app.com/	All ages	Free	The free Mindful Family app introduces your family to the practice of meditation. Included are guided meditations to help your child gently process their experiences. They will learn to use breathing to restore internal balance and to locate and release stress in the body.
	https://www.theschoolrun.com/best-wellbeing-apps-for-kids	All ages	Free	The website has conducted research and made a list of the best wellbeing apps for kids. You can choose to go through the collection and identify the apps that seem to be the most effective for you or your children.
	https://www.smilingmind.com.au/	All ages	Free	Smiling Mind is a mobile app that aims to teach “mindfulness” to people of all ages through sessions of guided meditation of varying length. It contains a vast repertoire of programs aimed at different age groups (from ages 6-12, to teenagers, young adults, etc.) and different activities (school, daily commute, sport, relaxation, and more). The app is easy to navigate, and can begin a new program at any time, can be helpful for students who have difficulty concentrating in class, who experience outbursts of frustration and anger, or who just need a short boost of calming energy during the day.

	https://vimeo.com/114619741	All ages	Free	<p>It demonstrates something called the Stress Relief Breath (SRB), which is a simple and powerful tool to use when in a stressful moment. One of the best ways to teach our children is to practice ourselves, so we can be great role models when it's needed the most. Here's to Making Healthy Choices and a stress-free home!</p>
	https://tergar.org/covid-19-message/	All years	Free	<p>COVID-19 is spreading throughout the world and creating major disruptions in many countries. Countless people are suffering. These are times that call forth the wisdom and compassion we nurture in meditation practice, as well as our capacity to hold the pain of the world as we navigate personal challenges.</p> <p>As Mingyur Rinpoche often says, awareness is the essence of meditation. What he means is that practicing meditation is a process of exploring the heart and mind, of fully experiencing the richness of awareness itself. This implies that meditation is not meant to eliminate the things we don't like about ourselves, or even to become "better" people. Meditation helps us to see that we are already whole and complete. It is a practical tool that enables us to get in touch with our true nature.</p>
	http://atlasofemotions.org	All years	Free	<p>It is our hope that the Atlas, available at http://www.atlasofemotions.com/, will be fun to use and people will enjoy engaging with it. Exploring the Atlas may increase people's understanding of this vital feature in their life. We hope that teachers will use the Atlas in classrooms (it should be usable for people 9 years old+</p>

				without explanation) and that educators and therapists will use it with their clients to better understand themselves.
	https://centerhealthyminds.org	All years	Free	<p>How does well-being matter and how are we measuring it?</p> <p>Researchers, including those at our Center, continue to investigate the factors that shape well-being. Rather than pitching a fixed scientific definition of well-being, we're constantly unearthing clues and evidence about how well-being manifests itself in the mind and body. It's not a static "thing" – but a set of skills that can be learned and cultivated over time, just like learning to play a musical instrument or riding a bike.</p>

7. SKILL-BASED ONLINE RESOURCES

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Skill based online resources	https://www.jagranjosh.com/articles/cbs-e-class-12-entrepreneurship-syllabus-latest-download-pdf-1588857431-1	High school	Free	Check CBSE Class 12 Entrepreneurship Syllabus 2020-21 and download it in PDF.
	https://www.onlinecoursereport.com/30-most-lucrative-skills-you-can-learn-online/	Higher Education	Free	30 Most Lucrative Skills You Can Learn Online
	https://www.top10onlinecolleges.org/work-skills-2020/	Higher Education	Free or Paid	The 10 Most Important Work Skills in 2020
	https://gohighbrow.com/	High school & up	Membership based	HighBrow specializes in short courses that are emailed daily. Subjects can be traditional or outside-the-box. Over 250+ lessons and join over 400000 lifelong learners.
	https://www.randomactsofkindness.org/	All ages	Free	A non-profit organization that provides free curricula to help students build social and emotional skills. The mission of The Random Acts of Kindness Foundation is to make kindness the norm in our schools, workplaces, homes & communities. The free content that promotes kindness toward others & teaches important social emotional learning skills to kids. All resources are free.

	https://www.opensesame.com/	18+	Subscription based	Choose from a variety of online training courses designed specifically to foster productivity in business and advisors can help curate a course load based on the goals.
	https://www.thinkful.com/	Higher Education	Free	Thinkful ditches rigid class outlines in favor of a more personal approach. Work one-on-one with a personal mentor to create specific job goals, while also building a network of professionals with shared interests. Some courses guarantee a job, and they won't charge you until you get one.
	https://www.udacity.com/	Higher Education	Paid	Earn a nanodegree in almost any tech field with Udacity. Courses range from web development to self-driving cars and artificial intelligence. The site also offers a master's degree program in Computer Science through its partnership with Georgia Tech.
	https://www.creativelive.com/	Higher Education	Free	CreativeLive broadcasts free, live classes with the world's top experts in photography, business, design, craft, and audio. Instructors include <i>New York Times</i> contributor Victoria Will and entrepreneur Tim Ferriss from <i>Forbes'</i> "Names You Need to Know."
	https://play.google.com/store/apps/details?id=com.gmrvfskilling&hl=en_IN	18+	Free	GMRVF Skilling offers Employment Linked Skill Trainings to unemployed youth in various sectors. Industry experts from relevant sectors have partnered with GMRVF in conducting such training programmes. Objective of GMRVF SKILLING mobile is to provide first hand information on GMRVF training centres, centre wise courses offered and upcoming batches.

	https://swayamprabha.gov.in/	Gr 9 & up	Free	<p>Swayam Prabha is a group of 32 Direct To Home (DTH) channels devoted to telecasting of educational programs round the clock and accessible all across the country. The channels air courses for school education (class 9-12), higher education (undergraduate, postgraduate) as well as for out-of-school children, vocational education and teacher training. Subjects include arts, science, commerce, performing arts, social sciences, humanities, engineering, technology, law, medicine, and agriculture. Schedules for the television broadcast as well as archived programs are available on the website.</p>
	https://www.classcentral.com/report/linkedin-learning-free-learning-paths/	High school & up	Free	<p>Microsoft now has joined the ranks and is offering 14 learning paths on LinkedIn Learning for free. LinkedIn is contributing by making 14 learning paths available for free until March 2021. These learning paths consist of a series of online videos, and are available in English, French, Spanish, and German. All 14 courses come with a free certificate of completion that learners can add to their LinkedIn profile</p>
	https://www.udemy.com/course/build-website/	High school & up	Free	<p>Free Website Builder / Application Builder - Create Website, Mobile App, Shopping cart and Web development without coding</p>
	http://www.skillingyou.com/	18+	Free and Paid Courses	<p>Skilling You is a multi – product platform for Skill – Development programs. It strives to educate the youth with our prime focus on rural India, equipping learners through cost – effective, technology – driven, research-based and comprehensive ‘Employability Skills Programs’.</p>

	https://www.unicef.org/india/what-we-do/education	All ages	Free	<p>UNICEF is committed to ensuring all children in India have access to inclusive and equitable quality education. UNICEF also supports the government in strengthening life skills development (skills for learning, self- empowerment, social skills and employability) for children aged 3 to 18. These soft skills are prerequisites that allow children to negotiate the very dynamic Indian societal context.</p>
	https://www.themuse.com/advice/43-classes-you-can-take-right-now-to-advance-your-career-and-theyre-free	Higher education	Free courses. To pay if certificate required	<p>Here are 43 classes, can be completed in less than 10 week. Courses are valuable, interesting and free</p>
	https://play.google.com/store/apps/details?id=com.gmrvfskilling&hl=en_IN	18+	App based . Free & paid	<p>GMRVF Skilling offers Employment Linked Skill Trainings to unemployed youth in various sectors. Industryexperts from relevant sectors have partnered with GMRVF in conducting such training programmes. Objective of GMRVF SKILLING mobile is to provide first hand information on GMRVF training centres, centre wise courses offered and upcoming batches.</p>
	https://www.niit.tv/	All ages	Free	<p>NIIT.tv is a digital learning initiative that brings skills training from NIIT classrooms directly to every digitally connected Indian - for free. The courses on NIIT.tv platform can be accessed on a computer, tablet or smartphone anytime, anywhere. Over 20 skill-based training programs in IT, banking and finance, retail and management are available through this platform. The live courses are streamed through multiple channels.</p>

	https://www.educationlifeskills.com/athomelearning/	Middle School and up	Free	Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership, drug use and positive thinking skills and media awareness, among others.
	https://www.thinkingclassroom.co.uk/ThinkingClassroom/SkillsBasedLearning.aspx	Middle School & up	Free	Skills-based learning provides classroom environments where independence, thinking skills, collaboration and active learning are developed at the same time as knowledge is acquired.
	https://www.cell-ed.com/	Gr 1 to Adult Education	Free	Complete learning solution to teach, coach & track across any device.learner-centered, skills-based learning platform with offline options.- optimized for access across call-in, apps, whatsapp, tablet & compute, remote learning – under 3-minute micro-lessons to develop skills in a fraction of time, skills-based – concrete competencies required for daily life & work
	https://www.futurelearn.com/	Higher Education	Free	Online courses to help learners study, build professional skills and connect with experts.Courses grouped by subject. Learn new skills with a flexible online course. Earn professional or academic accreditation. Study flexibly online as you build to a degree
	https://www.coursera.org/	Higher Education	Free	Build skills with courses, certificates, and degrees online from world-class universities and companies

	https://www.skillshare.com/	Higher Education	Free	This website offers thousands (17,000+ to be precise) of courses and online lessons across categories such as Design, Business, Technology, Photography, Film, Writing, Crafts and much more, all for, believe it or not, FREE!
	https://www.carnegiehall.org/Education/Educators/Musical-Explorers/Digital#utm_source=WeAreTeachers&utm_medium=SpotArt&utm_campaign=SpotArticle&utm_content=Musical_Explorers	All ages	Free	Carnegie Hall's Music Explorer program offers a way to learn new musical genres and cultural traditions. Courses conclude in an interactive concert experience.
	https://animoto.com/	Middle School	Free	This web tool completely simplifies the creation and sharing of videos. Students can create impressive videos in minutes with Animoto's drag-and-drop video maker. No video editing experience necessary.
	http://www.camstudio.org/	Middle School & High School	Free	CamStudio is an open-source screencasting program for Microsoft Windows released as free software. The software renders videos in an AVI format. It can also convert these AVIs into Flash Video format, embedded in SWF files. This web tool completely simplifies the creation and sharing of videos. Students can create impressive videos in minutes with Animoto's drag-and-drop video maker. No video editing experience necessary.
	http://www.techsmith.com/	High School	Free	Camtasia Studio and Camtasia for Mac are software suites, created and published by TechSmith, for creating video tutorials and presentations directly via screencast, or via a direct recording plug-in to Microsoft PowerPoint.

	https://www.sherpadesk.com/blog/7-free-online-skill-building-resources	High school & up	Free	Seven different <i>online skill building resources</i> you can use to help, the key <i>skills</i> are all <i>based</i> around Microsoft products.
	https://nsdcindia.org/free-learning-resources	High school & up	Free	National Skill Development Corporation (NSDC): The resources, available in multiple languages, include curricula and training material (e-content and printable) for both trainees and trainers. While some resources are common across training, others are specific to certain job roles. This page also lists external weblinks curated from different sources.
	https://www.classcentral.com/	Adults	Free	Class Central is a search engine and reviews site for free online courses popularly known as MOOCs or Massive Open Online Courses. Learn from the best. Discover thousands of free online courses from top universities around the world like MIT, Stanford, and Harvard
	https://artsandculture.google.com/	Adults	Free for a limited time	For the culturally curious: Discover artworks, collections and stories from all around the world in a new way. Explore cultural treasures in extraordinary detail and easily share with your friends.

8. SCHOOL SYSTEM RESOURCES

From nursery schools to further education colleges, colleagues have entrenched themselves in their communities, caring for the children of key workers and those at risk of harm while becoming distributors of food and providers of essential social care services.

Hundreds of thousands of teachers and support staff are busy at home trying to provide a support system for parents and a semblance of routine for children and young people. Many are reassuring those who would be providing online learning resources and marking coursework for students of applied qualifications. Educators are now shouldering an impossible task: to replicate the functions of school for months without an actual school building. Below are some links that explore how educators in different parts of the world are dealing with this crisis. Beneath those are links to various resources we have scoured and found useful. This is a list that we will be adding to as we navigate this new environment thrust upon all of us. We urge you to review these to verify applicability in your context before recommending them to your learners.

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<https://www.worldbank.org/en/data/interactive/2020/03/24/world-bank-education-and-covid-19>

<https://qz.com/1826369/how-coronavirus-is-changing-education/>

<https://www.bbc.co.uk/news/world-asia-52230371>

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
What School Systems Are Doing?	https://321-foundation.org/programs/cape	Gr 1 - 5	Free	Whatsapp-based lesson plans, worksheets, videos for Grade 1-5. Complete lessons and resources teachers need to teach online
	https://www.virtuallabschool.org/tcs/physical-development	Higher Education	Free	As a Training & Curriculum Specialist, can partner with staff and families to promote an active lifestyle. These courses deepen the understanding of typical physical development and how to help staff respond to developmental concerns, help staff create spaces that support physical development and plan developmentally appropriate activities for all children.
	https://play.google.com/store/apps/details?id=org.tta.mobile&hl=en_US	All grades	Free	TheTeacherApp is a free app to help teachers learn and grow anytime, anywhere at zero cost. Teacher professional development resources
	https://docs.google.com/document/d/1_MoAyWab4ruzz4bqm0mEhdI8g05A8DEXO6okdwaxqsk/edit#	All ages	Free	Ideas for Virtual Community-Building - How to create a safe virtual spaces where students feel accepted and connected
	https://ditchthattextbook.com/elearning/	All ages	Free	<i>Ditch That Textbook</i> offers technology for teachers that allows them to revolutionize their classrooms. With these educational technology tools, teachers can plan lessons.

	https://wakelet.com/wake/d90d3fff-8681-4881-8abf-84016e8a1d52	All ages	Free	Online english language teaching games
	https://swayamprabha.gov.in/	Gr 9 & up	Free	<p>Swayam Prabha is a group of 32 Direct To Home (DTH) channels devoted to telecasting of educational programs round the clock and accessible all across the country. The channels air courses for school education (class 9-12), as well as for out-of-school children and teacher training. Subjects include arts, science, commerce, performing arts, social sciences and humanities. Schedules for the television broadcast as well as archived programs are available on the website.</p>
	https://www.udemy.com/course/introduction-to-online-education-and-online-teaching/	All ages	Paid	<p>The course will help to understand some basics about online education, its development and usage. With this course, you will have an opportunity to define, analyze, explore and consider educational prompts that will help to orientate future pedagogical dispositive, give educational order and length by the purpose of online teaching projects.</p>
	https://epathshala.nic.in//epathshala.php?ln=en	Gr 1 -12	Free	<p>Teachers and Educators can enrich schooling through digital textbooks, eResources, participate in research activities, etc. and enhance quality through curricular documents, eContents, participate in research activities, etc. The portal and Mobile apps are storehouses of audio-video resources. It can be accessed through laptop, desktop, tablets and smartphones etc. Available in multiple languages i.e. Hindi, English, Urdu</p>

	https://nroer.gov.in/home/repository	Gr 1 -12	Free	<p>The National Repository of Open Educational Resources (NROER) portal provides a host of resources for students and teachers in multiple languages including books, interactive modules and videos. Content is mapped to the curriculum for classes 1 – 12, including aligned resources for teachers.</p>
	https://onebillion.org/onetab/	All ages	Free	<p>Children learn to read, write and become numerate on tablets by working through a carefully structured course made up of thousands of engaging activities, games, and stories. Oncourse is designed to be adapted into many different languages. Child-focused application to deliver reading, writing and numeracy education.</p>
	Education Nation https://education-nation.99math.com/	All Grades	Free	<p>Education Nation - Nordic countries have opened up their learning solutions for the world for free, supporting teachers and learners during the school closures.</p>
	https://www.schoology.com/prepare/get-schoology	All ages	Free	<p>https://www.schoology.com/prepare/get-schoology A learning management system (LMS) that has all the tools your institution needs to create engaging content, design lessons, and assess student understanding. solutions distance learning environment during this time.</p>
	https://trello.com/education	All grades & Higher Education	Free	<p>Trello - A visual collaboration tool used by teachers and professors for easier coursework planning, faculty collaboration, and classroom organization.</p>

	http://www.classdojo.com/	All ages	Free	Classdojo connects teachers with students and parents to build amazing classroom communities. Classdojo can track student behaviour, producing analytical reports, which can be shared with parents and administrators.
	http://www.edmodo.com/	All ages	Free	Extremely similar to Twitter, except specifically designed for educators, Edmodo facilitates collaboration and content sharing among students, teachers, and school districts.
	https://zoom.us/	All ages	Free	<i>Zoom</i> is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars ...
	https://www.skype.com/en/	All ages	Free	Stay in touch! Free online calls, messaging, affordable international calling to mobiles or landlines and <i>Skype</i> for Business for effective collaboration.
	https://hangouts.google.com/	All ages	Free	Google Hangouts is a unified communications service that enables text, voice, or video chats, either one-on-one or in a group. Hangouts is built into Google+, Gmail, YouTube, and Google Voice, plus there's Hangouts apps for iOS, Android, and the web.
	NCERT Online - CBSE 2020-21 textbooks from class 1 to 12 are available here in PDF & flip book form. https://drive.google.com/folderview?id=1fTRvhirVwY-dP4m2uxQDi0AE_XD8vXK	All ages	Free	All the textbooks from class 1 to 12 are available here in PDF & flip book form. Share it with all your friends & relatives to take advantage of downloading it and make their wards study during the lockdown period.

	http://www.moodle.org/	All ages	Free	Moodle is a free and open-source software learning management system and distributed under the GNU General Public License. Developed on pedagogical principles, Moodle is used for blended learning, distance education, flipped classroom and other e-learning projects in schools, universities, workplaces and other sectors. With customizable management features, it is used to create private websites with online courses for educators and trainers to achieve learning goals. Moodle (acronym for modular object-oriented dynamic learning environment) allows for extending and tailoring learning environments using community sourced plugins.
	https://www.whatsapp.com/	All ages	Free	WhatsApp Messenger, or simply WhatsApp, is an American freeware, cross-platform messaging and Voice over IP service owned by Facebook, Inc. It allows users to send text messages and voice messages, make voice and video calls, and share images, documents, user locations, and other media.
	https://www.cambridgeinternational.org/Images/580381-independent-learning.pdf	All ages	Free	While schools are closed, it is important to support learners, so they have the motivation to engage with tasks and activities while they are on their own.
	https://www.cambridgeinternational.org/Images/580378-encouraging-student-voice.pdf	All ages	Free	Encouraging student voice helps to promote autonomy and engagement by making sure students are fully engaged in the learning process.

	https://www.cambridgeinternational.org/Images/580380-group-work.pdf	All ages	Free	Facilitating online group work is daunting and challenging. When the students are learning remotely, there are some additional factors to consider.
	https://www.cambridgeinternational.org/Images/580379-giving-feedback.pdf	All ages	Free	Providing feedback to students remotely is important so that students know how they are progressing to keep them motivated and to give them a sense of where they are in their learning.
	https://www.cambridgeinternational.org/Images/580377-effective-questioning.pdf	All ages	Free	Effective questioning involves thinking carefully about the question you are asking, the purpose behind asking the question, and what will be done with the responses. These principles are as relevant online as they are in the classroom.

9. PROFESSIONAL SUPPORT / DEVELOPMENT FOR TEACHERS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Support for Teachers	https://indiaedtech.org/en/	All grades	Free	This website categorizes free EdTech resources available for students and teachers so learning can effectively take place at home.
	https://www.motivatedu.com/staff-wellness	All ages	Free	The STRIVE Staff Wellness Program is a 100% free, no obligation monthly program to help educators find more happiness coming to school each day. Each theme is designed to help educators develop habits and routines that will help them to develop a more positive mindset.
	https://www.virtuallabschool.org/focused-topics/self-t	All ages	Free	The VLS offers seven professional development tracks, providing both comprehensive foundational training, and more advanced, or specialized training with in-depth content and resources. Staff members in care settings are often stressed. When staff members learn strategies to identify and manage their stress, it increases their overall well-being.
	https://321-foundation.org/programs/cape	Gr 1 - 5	Free	Whatsapp-based lesson plans, worksheets, videos for Grade 1-5. Complete lessons and resources teachers need to teach online

https://play.google.com/store/apps/details?id=org.tta.mobile&hl=en_US	All grades	Free	TheTeacherApp is a free app to help teachers learn and grow anytime, anywhere at zero cost. Teacher professional development resources
Youtube channels in - English , Telugu, Hindi, Marathi, Odia	All grades	Free	Tic Tac Learn (Hindi, Telugu, English, Marathi & Odia) Videos for Maths (1-10) and Science (3-10) aligned to NCERT
https://www.meritnation.com/ncert-solutions	Gr 1 -12	Free	Meritnation has offered free NCERT solutions of all subjects for class 1 to 12 created by subject matter experts and also provides video explanation of difficult and important questions. These NCERT solutions help students in exam, concept understanding, homework and better chapter/topic knowledge.
https://www.classcraft.com/blog/features/how-to-teach-leadership-skills-to-your-students/	All ages	Free	Blog on how to teach leadership skills to students.
https://www.edutopia.org/teacher-development	All ages	Free	High-quality teaching is vital for student success. Explore elements of effective professional development and leadership critical for growing and supporting great teachers.
http://www.loc.gov/teachers/	All ages	Free	The Library of Congress offers classroom materials and professional development to help teachers effectively use primary sources from the Library's vast digital collections in their teaching.

	https://www.mathalicious.com/	Gr 6 -12	Paid	Mathalicious lessons provide teachers with an opportunity to teach standards-based math through real-world topics that students care about.
	https://teachtolead.org/resources/	All ages	Free	Teach to Lead Supporting Organizations produce reports, publish research, and share knowledge to support teachers and teacher leadership every day.
	https://www.zinnedproject.org/	Gr 3 and up	Free	History / Social Studies / Geography distance learning resources
	https://docs.google.com/presentation/d/1fFl9nq896ScyG_sUHaz2OiKB0HUZLVIEGY8Z9Y3afcY/edit#slide=id.g8b42b57bf6_1_376	K- 12	Free	A resource guide to teaching digitally
	https://www.edutopia.org/article/11-teacher-recommended-math-apps-and-online-tools	K- 12	Free	11 Teacher-Recommended Math Apps and Online Tools
	https://www.common sense.org/education/top-picks/best-special-education-apps-and-websites	All ages	Free	Best Special Education Apps and Websites
	https://docs.google.com/presentation/d/1TMW4hv1niOgnDY2YR2XY-g-MX344A3xgllCle7ghIU0/edit#	K-5	Free	Digital Guided Reading Template grade wise created for teachers

	https://www.pbslearningmedia.org/subjects/the-arts/music/	All ages	Free	Encourage students to perform, analyze, and appreciate Music with resources that explore music from various time periods and cultures. Teachers can combine music and other disciplines with several lesson plans that include visuals and support materials
	https://epathshala.nic.in//epathshala.php?ln=en	Gr 1 -12	Free	Teachers and Educators can enrich schooling through digital textbooks, eResources, participate in research activities, etc. and enhance quality through curricular documents, eContents, participate in research activities, etc. The portal and Mobile apps are storehouses of audio-video resources. It can be accessed through laptop, desktop, tablets and smartphones etc. Available in multiple languages i.e. Hindi, English, Urdu
	https://nroer.gov.in/home/repository	Gr 1 -12	Free	The National Repository of Open Educational Resources (NROER) portal provides a host of resources for students and teachers in multiple languages including books, interactive modules and videos. Content is mapped to the curriculum for classes 1 – 12, including aligned resources for teachers.
	https://www.udemy.com/course/mindfulness-training-course-online-mindfulness-practitioner/	High school and up	Paid	Mindfulness Practitioner Certificate (Beginner to Advanced). This certified Mindfulness training gives the essential training needed to become an expert Mindfulness Practitioner

	https://everactive.org/covid19-resources/	All ages	Free & low cost resources	The webpage links to a variety of resources to support teachers and parents in promoting health, well-being and physical activity. For Ever Active School resources, check out the online store for free and low-cost resources and the YouTube channel for at-home physical activity ideas.
	https://www.pearson.com/english/professional-development/covid19/covid19.html	All ages	Free	All Pearson English courses are accessed through the Pearson English Portal, the single access point for online and offline English teaching and learning resources.
	https://gostrengths.com/practitionerprogram/	All ages	Sign up required	Coach, therapist, guidance counselor, teacher or anyone who teaches social and emotional learning skills (e.g. goal-setting, problem-solving, resilience, optimistic thinking, character strengths, emotional intelligence, self-confidence, social connections and more) to kids have an awesome tool kit to help. Access animations (200+ right now), animated quizzes, and narrated presentations to supplement lessons
	https://gozen.com/allprograms/	All ages	Free	Programs to Manage Stress & Build Resilience for Kids
	https://www.udemy.com/course/introduction-to-online-education-and-online-teaching/	All ages	Paid	The course will help to understand some basics about online education, its development and usage. With this course, you will have an opportunity to define, analyze, explore and consider educational prompts that will help to orientate future pedagogical dispositive, give educational order and length by the purpose of online teaching projects.

	https://ai-4-all.org/open-learning/	High School	Free	AI4ALL Open Learning produces a free, adaptable curriculum for high school students and teachers to infuse coverage of artificial intelligence into their lessons. The organization said its materials can be implemented in any subject and doesn't require a technical background to use. Students will learn what AI and machine learning are, the benefits and risks of AI and how they can be involved in forging its use in the world.
	https://www.vooks.com/	2- 8 year olds	Paid / 1 month free	Storybooks Brought to Life- A kid-safe, ad-free streaming library of read-aloud animated storybooks. Enjoyed by millions of children every week, trusted by parents, and loved by teachers around the globe. Used on all devices
	https://new.assistments.org/distance-learning	Middle school & up	Free	ASSISTments is already free for use by middle school math teachers and students. The programme allows them to assign homework or classwork and provide students with immediate feedback, teachers get a report showing individual student and class progress. There's a library of content that includes open textbooks, lessons and state test practice and skill-building problem sets.
	https://www.ptech.org/open-p-tech/	High school & up	Free	IBM has launched Open P-TECH, to help young people and educators pick up the basics in topics including cybersecurity, artificial intelligence and cloud computing, as well as soft skills.
	https://play.google.com/store/apps/details?id=com.sf.app&hl=en_IN	All ages	Free . App based	Sampark Baithak - Designed and developed by Sampark Foundation's Innovation lab, Sampark Baithak is one of

				India's largest learning and development platforms for primary government school teachers and children in Hindi. Animated video lessons, Rhymes, Stories, interactive and engaging games, and classroom activities, worksheets, quizzes, all mapped to state textbooks, and developed in accordance with the states' syllabus. This app allows users to download the content for free and view without the internet.
	https://www.educationlifeskills.com/athomelearning/	Middle School and up	Free	Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership, drug use and positive thinking skills and media awareness, among others.
	https://www.legendsoflearning.com/	Grades 1 - 8	Free	Free Math and Science Games for Class, Home or Remote! Teachers can assign and track progress on over 2000 learning games and assessments! Great for class, home, or remote! Students can play the amazing Awakening experience and have fun while learning through research backed methods!
	https://www.carnegielearning.com/help-center/at-home-resources/at-home-resources-for-teachers/long-live-math-at-home/	Grades 6 - 12	Free	Carnegie Learning's LONG + LIVE + MATH has compiled a free blend of textbook and software resources to help with math classes. These include math lessons, skills practice and learning videos Providing a free blend of textbook and software resources and support to help facilitate at-home learning

	https://www.secondstep.org/covid19support	From age 5 & up	Free	Children's Second Step has free social-emotional learning resources for educators, students and their families. Those include podcasts to help families cope with physical isolation and 15 mindfulness video sessions for families to work through together.
	https://gsdnetwork.net/teachers	Grades 6 & up	Subscription based	GSD Network is providing free access for teens to cross-cultural, "real-world" stories of young people from around the globe. The stories explore local history, culture, and teens creating social change in their communities, through videos, music clips, podcasts, images, short texts and other digital content.
	https://www.iknowit.com/access.html	K - 5	Free	I Know It site features over 500 graphical math activities. Animated characters guide students through math lessons, and hints and graphical explanations. This tool tracks progress and scores for teachers and parents. Parents and teachers can request unlimited access in a form online.
	https://www.craftinamerica.org/blog/for-educators	K- 12	Free	Craft in America is sharing its library of free content, including education guides for K-12 teachers, a decade's worth of free online video content and playlists, virtual exhibitions and at-home activities.

	https://www.emotionalabcs.com	Ages 4-11	Paid for families Free for teachers	Emotional ABCs is currently free for teachers and counselors. The "emotional skills" program is designed for young children and gives students practical tools for dealing with impulse control, frustration and acting out.
	https://openphysed.org/sel	Higher Education	Free	Physical Educators are uniquely equipped to help their students, schools and districts prepare for and implement trauma-informed social and emotional learning programs. Get started with this FREE online professional development made possible by the American Heart Association.
	https://caronelearning.com/covid-19/	All ages	Both free and paid	An accredited school and provider of online health and PE courses for grades K-12 and higher education. Options include adaptive PE and homebound courses. Students set individual goals, participate in a weekly exercise program, and receive one-on-one feedback from an instructor.
	https://www.polyup.com/	K-12	Free	Polyup is a 3D playground for learning math and gaining computational thinking skills. Solve problems and build simulations using a block-based math environment. Learning content to build math and gaining computational thinking skills for students. Interactive, curriculum-aligned activities k-12 teaches
	https://squiglit.com/	All Grades	Free till Aug 2020	Squigl – Content creation platform that transforms speech or text into animated videos using AI

	https://www.peardeck.com	All Grades	All Grades	Pear Deck – helps teachers engage every student, every day. With solutions rooted in active learning and formative assessment, we make it easy for you to connect with learners of every age and ability. When that happens, more students participate and learn, the classroom community improves, and you'll know you're making a difference.
	Education Nation https://education-nation.99math.com/	All Grades	Free	Education Nation - Nordic countries have opened up their learning solutions for the world for free, supporting teachers and learners during the school closures.
	https://edpuzzle.com/	All Grades	Free	EdPuzzle – Video lesson creation software to help Standardize the way K-12 teachers deliver their video lessons and allow students to access personalized video learning safely.
	https://quizlet.com/	Middle school & up	Free / Sign up required	Quizlet – Learning flashcards and games to support learning in multiple subjects, available in 15 languages.
	https://ciet.nic.in/ict-initiatives.php?&ln=en	All ages	Free	ICT Initiatives of NCERT Access and use of digital initiatives of NCERT under the aegis of MHRD-G under the Digital India initiative. The portal and Mobile apps are storehouse of- audios, videos, epub, flipbooks etc. Resources can be accessed through laptop, desktop, tablets and smartphones etc. Resources are available in multiple languages i.e. Hindi, English, Urdu

	<p>Education Nation https://education-nation.99math.com/</p>	<p>All Grades</p>	<p>Free</p>	<p>Education Nation - Nordic countries have opened up their learning solutions for the world for free, supporting teachers and learners during the school closures.</p>
	<p>https://app.edu.buncee.com/</p>	<p>All Grades</p>	<p>Free</p>	<p>Buncee – Supports the creation and sharing visual representations of learning content, including media-rich lessons, reports, newsletters and presentations. Buncee for Schools. One tool to help students, teachers and administrators achieve 21st century learning objectives across grade, age and learning levels.</p>
	<p>https://about.labxchange.org/</p>	<p>Higher Education</p>	<p>Free</p>	<p>LabXchange – Curated and user-created digital learning content delivered on an online platform that enables educational and research experiences.</p>
	<p>https://literacy.concordia.ca/en -</p>	<p>PrePrimary and up</p>	<p>Free</p>	<p>This site has been prepared to provide quick and easy access to two highly effective, fun and engaging interactive early literacy tools. ABRACADABRA and READS are web-based tools designed by Concordia and UQAM researchers at the Centre for the Study of Learning and Performance, along with input from literacy specialists and practitioners. They are freely available to teachers and parents who are supporting learners at home. Selection of 33 game-like activities in English to promote reading comprehension and writing skills of early readers.</p>

	http://jollyreading.com/products/	Primary group	Paid	Jolly Phonics is a fun and child centred approach to teaching literacy through synthetic phonics. With actions for each of the 42 letter sounds, the multi-sensory method is very motivating for children and teachers, who can see their students achieve. The letter sounds are split into seven groups.
	https://play.google.com/store/apps/details?id=com.alcamasoft.memorymatch&hl=en_IN	Primary group	Paid	Picture Match is designed to give new readers practice with identifying beginning-letter and short- and long-vowels sounds through a simple, fun game. Updated in 2008, the game features all letters of the alphabet.
	https://play.google.com/store/apps/details?id=com.cateater.stopmotionstudio&hl=en_IN	High School group	Paid	Stop Motion Studio is the world's easiest app to get you into stop motion movie making today! With it's easy to use interface Stop Motion Studio lets you create beautiful animated movies. Stop Motion Studio is a powerful, full-featured movie editor with a whole host of features
	https://apps.apple.com/in/app/constitution-of-india-english/id1320011151	Class 1 to 12 group	Free	A good way to teach kids about the Constitution of India - Helps Improve the Productivity of people who refer to the Constitution regularly.
	https://get.plickers.com/	K-12 group	Free	Formative assessment tool used by teachers. Plickers is the free card activity for students.
	https://outschool.com/	Primary to High school group	Free resources/\$5 /class	Live Online Classes for Ages 3-18 Explore fun, social, and safe learning experiences—taught over live video chat. 10,000+ classes led by qualified teachers. Learn from

			home for as low as \$5/class. All subjects offered for parents students and teachers
https://animoto.com/	Primary to High school group	Free	This web tool completely simplifies the creation and sharing of videos. Teachers can create impressive videos in minutes with Animoto's drag-and-drop video maker. No video editing experience necessary.
https://www.learner.org/	Primary to High school group	Free	The website funds and distributes educational video programs – with coordinated online and print materials - for both teachers and students.
https://awasu.com/	Primary to High school group	Free	This is a state-of-the-art feed reader that comes loaded with features for both casual personal use and professional, high-powered information management. Use this tool for content archiving, coupled with an advanced search engine, and use advanced features to manage your configurable channels. The personal edition is free to download and use.
http://www.basecamp.com/	Primary to High school group	Free for personal, \$99/month flat	Projects don't fail from a lack of charts, graphs, stats, or reports, they fail from a lack of clear communication. Basecamp solves this problem by providing tools tailored to improve the communication between people working together on a project.
http://mindom.com/	Primary to High school group	Free sign up/ paid for premium	Mind mapping is a highly productive method of visual brainstorming that you can use to plan projects or to map out a knowledge base. Mindomo has an interface and

			version From 6 € up	feature set that rivals other free standalone mind-mapping applications such as Freemind. Maps are shareable.
	http://www.bloglines.com/	Primary to High school group	Free	This is more of a personal news aggregator than a bookmark tool, but it's sophisticated and highly useful for teachers who want to stay on top of current events in any given topic.
	http://www.moodle.org/	All	Free	Moodle is a free and open-source software learning management system and distributed under the GNU General Public License. Developed on pedagogical principles, Moodle is used for blended learning, distance education, flipped classroom and other e-learning projects in schools, universities, workplaces and other sectors. With customisable management features, it is used to create private websites with online courses for educators and trainers to achieve learning goals. Moodle (acronym for modular object-oriented dynamic learning environment) allows for extending and tailoring learning environments using community sourced plugins.
	My Project Pages http://www.myprojectpages.com/	All	Free	Built by teachers for teachers, to create structured online inquiry-based learning activities for the courses you teach that enable your students to engage in meaningful learning experiences while online.
	http://www.olat.org/	All	Free	OLAT is an acronym for Online Learning and Training. It is a web application also-called Learning Management

				System that supports any kind of online learning, teaching, and tutoring with few educational restrictions. OLAT is free software and is open source.
https://padlet.com/	All	Free		Padlet is a free program that facilitates the creation of virtual walls where students and teachers can post sticky notes with almost anything they want. These notes can include text, images, videos, or files. Posts can be arranged in a stream or scattered around the wall. Owners can moderate newly added posts through an extensive set of privacy settings. Padlet is a place for collaborative work since it supports many people working together in real time. In a collaborative writing project, students could present their writing in a stream, embellished with related videos, links or images for deeper understanding. Students can also use Padlet to assemble an e-portfolio where they can organize, archive and display pieces of their work.
http://www.penzu.com/	All ages	Free		This tool allows teachers to create their own online journal, which can be helpful when taking class notes. Penzu makes all entries private by default, but users can choose to share individual entries.
NCERT Online - CBSE 2020-21 textbooks from class 1 to 12 are available here in PDF & flip book form. https://drive.google.com/folderview?id=1fTRvhiriVwY-dP4m2uxQDi0AE_XD8vXK	All ages	Free		All the textbooks from class 1 to 12 are available here in PDF & flip book form. Share it with all your friends & relatives to take advantage of downloading it and make their wards study during the lockdown period.

	http://www.pinterest.com/	All ages	Free/sign up required	Pinterest: With Pinterest, teachers can organize and share anything from lesson plans, ideas, and crafts using a virtual bulletin board. Teachers can also use this tool to network with other educators.
	https://www.twinkl.co.in/	Pre Primary / Primary	Free/sign up required	Instant access to inspirational lesson plans, schemes of work, assessment, interactive activities, resource packs, PowerPoints, teaching ideas at <i>Twinkl!</i>
	https://www.sparklebox.co.uk/	Pre Primary / Primary	Free	1000s of FREE teaching resources for Early Years and Primary School teachers.
	https://www.senteacher.org	All ages	Free	Downloadable resources that can be adapted to suit the needs of pupils. Resources are aimed at a range of abilities.
	Speech and Language Kids https://www.speechandlanguagekids.com/free-speech-language-resources/	All ages	Free	A range of education and therapy resources for speech and language problems. A podcast is also available on iTunes for verbal and non-verbal children.
	http://www.safeassign.com/	Middle school upwards	Paid	SafeAssign is a tool used to prevent plagiarism and to create opportunities to help students identify how to properly attribute sources rather than paraphrase. SafeAssign is effective as both a deterrent and an educational tool.
	http://socrative.com/	K - 12	Free	Socrative is a great way for teachers to engage their students inside and outside of the classroom, as they can send out quizzes or other educational exercises that can be used to measure student understanding. Teachers can also

				take advantage of Socrative's Exit Tickets which require students to answer a quick question before they leave the class that focuses on how comfortable they are in understanding the day's material. This gauges student understanding of subject matter and informs teachers on what is working and what needs to be focused on.
TubeChop http://www.tubechop.com/	All ages	Free		This tool allows users to chop a specific section from a YouTube video and share it. This can be extremely helpful for teachers who want to just use a snippet of a video during lecture because the excess video footage can easily be removed.
http://www.twiddla.com/	All ages	Free 30 day trial		Twiddla is a great way to connect with students or other educators. Through its web-conferencing capabilities, teachers can brainstorm and share ideas. Twiddla is an Online Whiteboard for the Modern Classroom
http://www.wordpress.org/	All ages	Free		This tool is free, and you can set it up on a personal Web space or use the free spaces offered at this site. WordPress is known for its excellent community support. WordPress is open source software you can use to create a beautiful website, blog, or app. Beautiful designs, powerful features, and the freedom to build anything you want. WordPress is both free and priceless at the same time.
http://www.zamzar.com/	All ages	Free		This free online file conversion tool will help teachers organize their videos, images and documents.

	<p>https://www.google.com/edu/openonline/course-builder</p>	<p>All ages</p>	<p>Free</p>	<p>This tool allows teachers to construct their own courses from scratch. With access to Course Builders software and instructions on presenting course material, educators will have the means to create courses for as few or as many students they like.</p>
	<p>http://www.curriki.org/</p>	<p>All ages</p>	<p>Free</p>	<p>As a free resource, teachers can create and share their best curriculum and teaching practices, and mix and match lesson plans, videos, animations, and photos to create custom teaching tools.</p>
	<p>https://online-learning.harvard.edu/catalog?keywords=&paid%5B1%5D=1&max_price=&start_date_range%5Bmin%5D%5Bdate%5D=&start_date_range%5Bmax%5D%5Bdate%5D=</p>	<p>High School</p>	<p>Free course / \$99 up for certificate</p>	<p>Harvard university is offering 67 courses for free during this pandemic.</p>

10. RESOURCES FOR PARENTS

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Resources for Parents	https://play.google.com/store/apps/details?id=com.csf.topparent&hl=en_IN	PreK - Gr 3	Free	Top Parent App - A one stop solution for parents to raise happy, healthy and smart children. Provides parents with knowledge and resources to improve learning outcomes in children ages 3-8 year.
	https://indiaedtech.org/en/	All grades	Free	This website categorizes free EdTech resources available for students and teachers so learning can effectively take place at home.
	Youtube channels in - English , Telugu, Hindi, Marathi, Odia	All grades	Free	Tic Tac Learn (Hindi, Telugu, English, Marathi & Odia) Videos for Maths (1-10) and Science (3-10) aligned to NCERT
	https://play.google.com/store/apps/details?id=org.chimple.bahama&hl=en_IN	PreK - Gr 3	Free	Chimple is a gamified, personalized and adaptive learning system which guides a child from absolutely no knowledge of the alphabet to a stage where the child can read to learn and perform basic arithmetic.
	https://childmind.org/coping-during-covid-19-resources-for-parents/	All ages	Free	Supporting Families During COVID-19
	https://everfi.com/k-12/parent-remote-learning/	All ages	Free	EVERFI is here to help families bring learning to life at home. EVERFI's digital lessons are used by more than two

			million K-12 students, and are always available to school districts and educators at no-cost. In this period of increased remote learning, we're also providing students direct-access.
http://www.learningblade.com/parents	All ages	Free	Learning Blade is offering free home-based lessons for students and parents that may be working at home.
https://www.edutopia.org/integrated-studies	All ages	Free	Discover innovations and best practices for combining multiple academic subjects to prepare students for a world where all knowledge is integrated.
https://www.edutopia.org/article/keeping-students-learning-disabilities-motivated-home	All ages	Free	Keeping Students With Learning Disabilities Motivated at Home. Using movement breaks and improving skills like the ability to focus can help high school students with learning disabilities stay on track in this unsettled time
https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home	All ages	Free	DIY Ways to Meet a Child's Sensory Needs at Home Occupational therapists and trauma-informed teachers weigh in on how to create sensory tools and spaces with what you have at home.
http://dailystem.com/resources/	All ages	Free	77 Simple STEM Activities for Families (ideas for doing STEM at home or school)
https://learnenglishkids.britishcouncil.org/covid-19-support-for-parents https://learnenglishteens.britishcouncil.org/covid-19-learning-support	All ages	Free	Use the free resources on LearnEnglish, find a wide variety of learning materials to help parents of primary-aged children on our LearnEnglish Kids website and learning support for teenagers on LearnEnglish Teens.

	<p>https://www.pvschools.net/sites/default/files/About%20PV/Documents/SEL_Resources_During_COVID-19.pdf</p>	All ages	Free	Helping Children and Families Cope with Change during COVID-19
	<p>https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus</p>	All ages	Free	The resources offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.
	<p>https://brookespublishing.com/covid-19-early-childhood-resources/</p>	Early Childhood	Free	Early Childhood Resources to Help During COVID-19
	<p>https://www.pearson.com/english/professional-development/covid19/Parentscarers.html</p>	All ages	Free	Explore free activities created by Pearson Education, including tools and advice to support learning at home, sample homeschool planners, reading and maths support, access to free eBooks and more.
	<p>https://www.udemy.com/course/mindfulness-training-course-online-mindfulness-practitioner/</p>	High school and up	Paid	Mindfulness Practitioner Certificate (Beginner to Advanced). This certified Mindfulness training gives the essential training needed to become an expert Mindfulness Practitioner
	<p>https://epathshala.nic.in//epathshala.php?ln=en</p>	Gr 1-12	Free	Parents can nurture creative talents through curricular documents, learning outcomes, digital textbooks, e-resources, etc. The portal and Mobile apps are storehouses of audio-video resources. It can be accessed through laptop, desktop, tablets and smartphones etc. Available in multiple languages i.e. Hindi, English, Urdu

	https://gozen.com/allprograms/	All ages	Free	Programs to Manage Stress & Build Resilience for Kids
	https://everactive.org/covid19-resources/	All ages	Free & low cost resources	The webpage links to a variety of resources to support teachers and parents in promoting health, well-being and physical activity. For Ever Active School resources, check out the online store for free and low-cost resources and the YouTube channel for at-home physical activity ideas.
	https://en.unesco.org/news/another-covid-19-front-line-parents-children-disabilities	All ages	Free	Life in the Times of COVID-19: A Guide for Parents of Children with Disabilities.
	https://www.familytimefitness.com/	All ages	Paid	Family Time Fitness is a company founded specifically for homeschoolers, although it is also available through some public schools. Its physical education programs consist mainly of printable lesson plans and videos, although parents also get reminder emails and access to supplemental downloads and online webinars
	https://www.vooks.com/ https://www.vooks.com/parent-resources	2- 8 year olds	Paid / 1 month free	Storybooks Brought to Life- A kid-safe, ad-free streaming library of read-aloud animated storybooks. Enjoyed by millions of children every week, trusted by parents, and loved by teachers around the globe. Used on all devices
	https://www.educationlifeskills.com/athomelearning/	Middle School and up	Free	Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership, drug use and positive thinking skills and media awareness, among others.

	https://www.iknowit.com/access.html	K - 5	Free	<p>I Know It site features over 500 graphical math activities. Animated characters guide students through math lessons, and hints and graphical explanations. This tool tracks progress and scores for teachers and parents. Parents and teachers can request unlimited access in a form online.</p>
	http://www.childrenspsychologicalhealthcenter.org/resources/guided-activity-workbooks/	All ages	Free	<p>The Children's Psychological Health Center has developed a 102-page guided "first-aid" workbook, "My Pandemic Story," for children and teenagers, to encourage mental health, creative expression, learning and coping. The book includes guidance for families and teachers. It's available in English and six other languages.</p>
	https://mu.ac.in/online-counseling-for-covid-19-english#1586164874101-fa7c5014-29dd	All ages	Free	<p>Online Counseling and Mental Health Facility for Mental Health issues associated with COVID 19 at University of Mumbai. The facility has developed information handouts that refer to various mental health issues and easy to implement solutions for a large number of psychological problems. They include emotional issues, work from home and productivity related issues, children and senior citizens related issues, and many more. Considering the linguistic diversity, these handouts are available in Marathi, Hindi, Gujarati, Bengali, Kannada, and English. The population that is not seeking counseling as well can use them.</p>
	https://www.jumpstart.com/academy/math	K - 6	Free	<p>JumpStart Academy is making JumpStart Academy Math free for users until Aug. 31, 2020. Domains include operations, measurements and data, fractions and geometry. Parents can play with children in team-based multiplayer games, students can design their avatars and</p>

				children can "show their thinking," which can be accessed in the teacher dashboard to understand where gaps are surfacing.
	https://literacy.concordia.ca/en -	PrePrimary and up	Free	This site has been prepared to provide quick and easy access to two highly effective, fun and engaging interactive early literacy tools. ABRACADABRA and READS are web-based tools designed by Concordia and UQAM researchers at the Centre for the Study of Learning and Performance, along with input from literacy specialists and practitioners. They are freely available to teachers and parents who are supporting learners at home. Selection of 33 game-like activities in English to promote reading comprehension and writing skills of early readers.
	https://www.youtube.com/channel/UClipY1UxTXoQY1-qqn-WFBg	K- 6	Free	The Paper Girls Show is a freely available YouTube channel that shares short animated shows with two "best girlfriends" who inspire each other to tackle STEAM challenges.
	Youtube Channel: 5-Minute Crafts https://www.youtube.com/channel/UC57XAJ04TY8gNxOWf-Sy0Q https://www.youtube.com/channel/UC295-Dw_tDNtZXFAPA6Aw	All ages	Free	5-Minute Crafts' YouTube videos are compilations of videos previously posted on Instagram or Facebook. The logo of the channel is a yellow light bulb on a blue background. The channel's content consists largely of videos relating to crafts and life hacks, food and science experiments in DIY format
	http://wildfreeandcrafty.com/	All ages	Free	Wild, Free & Crafty, an online arts and crafts business, has launched daily online art lessons for students. The initial

	https://www.youtube.com/c/wildfreeandcrafty			<p>set of lessons uses supplies that many homes have (such as printer paper and markers). After the lessons are streamed, they're posted for viewing afterwards on YouTube.</p>
	https://www.secondstep.org/covid19support	<p>From age 5 & up</p>	<p>Free</p>	<p>Children's Second Step has free social-emotional learning resources for educators, students and their families. Those include podcasts to help families cope with physical isolation and 15 mindfulness video sessions for families to work through together.</p>
	https://www.educationlifeskills.com/athomelearning/	<p>Middle School and up</p>	<p>Free</p>	<p>Education Life Skills is providing free access to "Positive Thinking Pack," its course on social-emotional learning, which students, parents and teachers can work on online. Subjects cover leadership, drug use and positive thinking skills and media awareness, among others.</p>
	https://www.common sense.org/education/coronavirus-resources		<p>Free</p>	<p>Common Sense Education – Tips and tools to support school closures and transitions to online and at-home learning.</p>
	https://quizlet.com/	<p>Middle school & up</p>	<p>Free / Sign up required</p>	<p>Quizlet – Learning flashcards and games to support learning in multiple subjects, available in 15 languages.</p>
	https://onebillion.org/onetab/	<p>All ages</p>	<p>Free</p>	<p>Children learn to read, write and become numerate on tablets by working through a carefully structured course made up of thousands of engaging activities, games, and stories. Oncourse is designed to be adapted into many different languages. Child-focused application to deliver reading, writing and numeracy education.</p>

	https://www.parenttoolkit.com/additional-resources/social-and-emotional-resources	All ages	Free	Parent Toolkit is a one-stop website that provides tips and advice to support children's development through every stage in life, both in and out of the classroom by using the downloadable and printable materials.
	https://www.adaptedmind.com/Math-Worksheets.html?campaignId=893889055&gclid=EAIaIQobChMIqfPH1-HdAIVFx5oCh3kXQJGEAEYASAAEgLMevD_BwE&utm_expid=.IXfjWWWh7TIyGhVTii63tsw.0&utm_referrer=https%3A%2F%2Fwww.livescience.com%2F	Class 1 to 10	Free	Life science and adaptive Math worksheets from Grade 1 to 8
	https://classroommagazines.scholastic.com/support/learnathome.html	PreKG to Class 10	Paid	Scholastic offers a whole range of books with learning activities for kids
	https://www.youtube.com/khanacademy	Middle School	Free	Khan Academy, a free online learning resource offering lessons, exercises and quizzes, has daily schedules for organizing at-home learning for students ages 4 to 18 years.
	https://thecrashcourse.com/	High School	Free	Crash Course is one of the best ways to educate yourself, your classmates, and your family on YouTube!
	https://www.abcmouse.com/landing/aff:cj?cjevent=3ceb1b227b2211ea83db00e00a18050f	Ages 2-8	Paid -- first month is free	ABCmouse.com is offering a free 30-day trial of its comprehensive early learning academy for children aged 2-8 and includes educational games and activities designed by teachers.

	https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/	Class 1 to 109	Free	Here is the entire list of education companies offering free subscriptions due to school closing
	http://www.openculture.com/free_k-12_educational_resources	KG to Class 10	Paid	200 Free Kids Educational Resources: Video Lessons, Apps, Books, Websites & More
	https://pbskids.org/	Class 1 to 10	Free	PBS has curated FREE, standards-aligned videos, interactives, lesson plans
	https://www.pbslearningmedia.org/	Class 1 to 10	Free	PBS has curated FREE, standards-aligned videos, interactives, lesson plans
	https://time.com/tfk-free/	Class 12	Free	Time for kids is providing a digital library for kids free for the rest of the school year
	https://www.pbs.org/wgbh/nova/labs/	Class 10	Free	NOVA Labs is a free digital platform that engages teens and lifelong learners in games and interactives that foster authentic scientific exploration. From predicting solar storms and constructing renewable energy systems to tracking cloud movement and designing RNA molecules, NOVA Labs participants can conduct investigations by visualizing, analyzing, and sharing the same data that scientists use.

	https://www.jpl.nasa.gov/edu/teachable-moments/	Class KG to Class 12	Free	<p>NASA isn't just sending missions into space; the agency has also launched Teachable Moments, connecting classrooms — and homes — with resources for investigating the latest discoveries about our universe. There are a range of activities and lessons that are suitable for grades K-12.</p>
	https://www.kennedyspacecenter.com/camps-and-education/educator-resources	Class to 12	Free	<p>NASA's Kennedy Space Center Visitor Complex is another source of free online content. Educators share daily Facebook Live videos that pair with hands-on activities (instructions are available as free downloads) using materials that can be found at home.</p>
	https://www.spaceracers.com/	KG	Free	<p>"Space Racers," an animated series for preschoolers about space faring cadets at the Stardust Space Academy, also offers science-based lessons, games and space-related educational activities that families can explore together.</p>
	http://library.nyam.org/colorourcollections/2020-participating-institutions/	Class 1 to 12	Free	<p>Color Our Collections offers free PDF downloads of coloring pages created from art in the collections of 117 institutions, including The New York Academy of Medicine Library, Art Museums of Colonial Williamsburg, RISD Museum, the North Carolina Museum of Art, The Canadian Canoe Museum and The Royal Horticultural Society libraries.</p>
	https://nasa3d.arc.nasa.gov/models	Class 1 to 12	Free	<p>Got a 3D printer? You can download digital 3D models from NASA and print miniature satellites, landing sites, asteroids, spacecraft, spacesuits and astronaut tools.</p>

	https://www.kennedy-center.org/education/mo-willems/	Class 1	Free	<p>Artist and writer Mo Willems (author of "Don't Let the Pigeon Drive the Bus!") is hosting daily Lunch Doodles video sessions every weekday at 1 p.m. EDT. Each daily episode is accompanied by a downloadable activity page.</p>
	https://www.facebook.com/watch/?v=495169991155930	Class 1 to 12	Free	<p>In "MeditOcean," the Monterey Bay Aquarium hosts a soothing 11-minute guided meditation video, featuring the undulating and graceful ballet of several aquarium jellyfish.</p>
	https://www.rom.on.ca/en/learn/activities/classroom/hieroglyphs	Class 2 to 10	Free	<p>Children in grades 3 to 12 can learn to write their names in ancient Egyptian hieroglyphs, in this step-by-step guide from the Royal Ontario Museum in Canada.</p>
	https://storytimefromspace.com/library/	Class 1 to 10	Free	<p>A good story sounds even better when it's read in microgravity. Story Time from Space sends children's books to the International Space Station (ISS), where the books are read on video by astronauts as they orbit hundreds of miles above Earth.</p>
	https://www.elenco.com/products/	Class 1 to 12	Free	<p>Snap Circuits are educational kits that teach kids — and adults! — about engineering and how electronics work. To help teachers, parents and students, the company has made its how-to guides available to download for free.</p>
	https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/	Pre KG to Class 12	Free	<p>Here is an entire list of education companies offering free subscriptions due to school closings</p>

	https://kahoot.com/home/learning-apps/	All ages	Free	For parents currently homeschooling kids, or a teacher instructing remotely- learning apps to engage kids of different ages with learning at home.
	https://kidworldcitizen.org/best-apps-for-kids-to-learn-geography/	Primary to Class 2	Paid	Eight best apps for kids to learn about Geography and maps
	https://outschool.com/	Ages 3-18	Free resources/ \$5/class.	Live Online Classes for Ages 3-18 Explore fun, social, and safe learning experiences—taught over live video chat. 10,000+ classes led by qualified teachers. Learn from home for as low as \$5/class. All subjects offered for parents students and teachers
	Discovery Education https://www.discoveryeducation.com/	K-12	Subscription based	Take learning beyond the classroom and into the real world. Discovery Education is the global leader in standards-based digital curriculum resources for K–12 classrooms worldwide, home to award-winning digital textbooks, multimedia content, and the largest professional development community of its kind. Discovery Education supports K–12 teachers, parents and students with award-winning curricular resources and dynamic professional development.
	https://apps.apple.com/us/app/world-history-documents/id367927768	Class 1-12	Paid	World History Documents Learn history through the writing of the time! With actual original documents from the various historical ages of the world, this app gives your students insight into history firsthand!

	<p>https://play.google.com/store/apps/details?id=net.xenotropic.quizznworldhistfree</p>	<p>Class 1-12</p>	<p>Free</p>	<p>Learn World History From the beginning of recorded history, up through the 1900s, this app will quiz your students on everything from art to scientific events, to important political movements! It may not look as polished as some other apps here, but the information is just as useful! Google Play</p>
	<p>https://apps.apple.com/gb/app/ancient-rome-for-kids/id965123536</p>	<p>Class 1-12</p>	<p>Paid</p>	<p>Ancient Rome For Kids When in Rome... learn about the Romans! This app is targeted at a younger crowd, but contains fun games and great info for your students! Google Play / iTunes</p>
	<p>https://apps.apple.com/us/app/american-revolution-interactive/id489614145</p>	<p>Class 1-12</p>	<p>Paid</p>	<p>American revolution interactive timeline for ipad Developed by The Museum of the American Revolution, this app gives your kids as close to a hands-on experience as they'll get without taking a field trip! TONS of information is displayed alongside images of real historical relics, giving you a museum at home! iTunes</p>
	<p>https://apps.apple.com/ca/app/back-in-time/id450345693</p>	<p>Class 1-12</p>	<p>Paid</p>	<p>Travel back through history all the way to the point that time began with the Back in Time app! iTunes</p>
	<p>https://apps.apple.com/ca/app/the-pyramids/id557865627</p>	<p>Class 1-12</p>	<p>Paid</p>	<p>The Pyramids Become a historical archaeologist and dive deep into the Pyramids! History comes alive when your students get to explore firsthand! iTunes</p>

	https://apps.apple.com/us/app/world-book-this-day-in-history/id364739528	Class 1-12	Free	WORLD BOOK – This Day in History for iPad New historical facts for every day of the year! This would be a great lesson opener each day, but you can skip around through days freely for quicker info. iTunes
	https://apps.apple.com/app/world-history-dictionary-smart/id941526651	Class 1-12	Free	World History SMART Dictionary With everything your student needs to learn about any era in history offline, this app makes for great lessons on the go! Don't skip class for travel, bring class with you! iTunes
	https://www.commonsemmedia.org/weBSITE-reviews/brainpop-jr	5+	Paid	BrainPOPJr.com is a high-quality educational site that kids can navigate easily on their own. This interactive site includes videos, audio prompts, and graphics familiar to kids in an ideal format for young learners. Kids can take their enjoyment of videos to the next, more effective, level and do something with what they've just watched online. Kids can spend hours on this site exploring many of the ones that contain more sub-categories, like the science and math sections.
	https://www.commonsemmedia.org/app-reviews/savings-spree	7+	Paid	Savings Spree is an educational game in the format of a game show that aims to teach kids the value of money and how money works. Each of six topics is taught through a round in a game show where the overall goal is to save money for a nest egg. Kids learn about earning or saving large amounts of money as well as about actions that save small amounts that add up over time. Kids can play all six rounds together or one at a time.

	http://www.classdojo.com/	All grades	Free	ClassDojo connects teachers with students and parents to build amazing classroom communities. ClassDojo can track student thbehavior, producing analytical reports, which can be shared with parents and administrators.
	http://www.penzu.com/	All grades	Free	This tool allows teachers and parents to create their own online journal, which can be helpful when taking class notes. Penzu makes all entries private by default, but users can choose to share individual entries.
	http://www.pinterest.com/	All grades	Free / sign up required	Pinterest: With Pinterest, teachers/ parents can organize and share anything from lesson plans, ideas, and crafts using a virtual bulletin board. Teachers/ Parents can also use this tool to network with other educators/ parents .
	https://www.twinkl.co.in/	Pre Primary/ Primary	Free / sign up required	Instant access to inspirational interactive activities, resource packs, PowerPoints, teaching ideas at <i>Twinkl!</i>
	https://www.sparklebox.co.uk/	Pre Primary/ Primary	Free	1000s of FREE teaching resources for Early Years and Primary Schoolers
	http://www.wordpress.org/	Primary to High school group	Free	This tool is free, and you can set it up on a personal Web space or use the free spaces offered at this site. WordPress is known for its excellent community support. WordPress is open source software you can use to create a beautiful website, blog, or app.Beautiful designs, powerful features,

				and the freedom to build anything you want. WordPress is both free and priceless at the same time.
	UCL Centre for Inclusive Education https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/managing-transition-home-schooling	Primary to High school group	Free	A guide to help parents adjust to remote learning by providing advice and links to resources.
	https://www.thegeniusofplay.org/genius/expert-advice/articles/learning-at-home-resources-while-social-distancing.aspx#.XpVOMBThXeQ	Primary to High school group	Free	<i>Learning At-Home Resources While Social Distancing ...</i> just compiled a list of other online resources that are sure to help during these uncertain <i>times</i> Minecraft connects to the classroom offering lessons, STEM, <i>curriculum</i> and more . can be used by students teachers and parents
	https://play.google.com/store/apps/details?id=com.gktalk.hindigrammar&hl=en_US	Primary to High school group	Paid	Hindi Grammar app contains important Hindi Grammar Notes and Hindi Vyakaran questions and answers for the exam based. Hindi Grammar application helps you in various government exams like Hindi Teacher 2nd Grade Exam, RPSC Lecturer (Hindi) Exam, CTET, Police Sub Inspector (SI) recruitment etc. Using this app one can learn Hindi Grammar easily. There are various Hindi Vyakarn Quizzes and selected Hindi Grammar Notes to understand the concept. We send Notification with Hindi Grammar content in this app regularly.

	https://www.educationalappstore.com/best-apps/5-best-science-apps-for-kids	Primary to High school group	Paid first month free	<p>Science is the study of the world around us. Kid Scientists learn by observing, describing, and experimenting the world around them. Here at the Educational App Store, we don't need an excuse to get psyched up about science. Enjoy fun science apps and games for kids while learning more about science and technology.</p> <p>There's a range of free science apps as well for all ages whether you're interested in animals, plants, chemistry, biology, physics, space, magnets, electricity, forces, light, sounds, gases or other science related topics.</p> <p>Kids learn science in a superior way when we direct their natural curiosity and build upon their developing science skills to actually do real science hands-on.</p>
	http://hundredzeros.com/	Primary to High school group	Free	<p>You can download and read these e books on your computer, mobile phone or tablet with the free Kindle Reading apps.</p>

11. COMMUNITY ACTIVITIES

Domain Area	Link / Website/Apps	Age Group	Free / Paid	Detailed Description
Community Activities	https://www.naturespath.com/en-us/blog/17-activities-kids-practice-kindness-compassion/#	Ages 4 & up	Free	17 Activities for Kids to Practice Kindness and Compassion
	https://kidactivities.net/community-service-ideas-for-kids-all-ages/	All ages	Free	37 Community Service Projects for Kids of All Ages
	https://leadersofevolution.com/student-leadership-in-schools/	Grade 5 & up	Free & Paid options available	Leaders of Evolution expertly design and deliver technology-enhanced e-learning courses focused on leadership, social and emotional learning, career readiness and sports coaching for students, teachers, athletes, coaches and the wider community.
	https://kidworldcitizen.org/35-service-projects-for-kids/	All ages	Free	List of service projects for kids and opportunities for kids to volunteer within their community that will empower kids with responsibility, engage their compassion, and offer them the chance to affect the lives of others. Service projects to serve the elderly, help the environment both locally and globally
	https://www.idealists.org/en/careers/help-others-coronavirus	All ages	Free	9 Ways to Help Others During the Coronavirus Pandemic

	https://goonj.org/support-covid-19-affected	All ages	Free	Goonj aims to build an equitable relationship of strength, sustenance and dignity between the cities and villages using the under-utilized urban material as a tool to trigger development with dignity, across the country.
	https://www.facebook.com/groups/BangaloreHUG/	All ages	Free	The Good Deeds Network aligns itself behind Education and Empowerment, Hunger management and Environment related issues.
	https://www.khushiyaanfoundation.org/	All ages	Free	Khushiyaan Foundation is a Non Governmental Organization based in Thane, successfully running projects like Roti Ghar, Beach Warriors, Naari Shakti, Project Pathshala.
	https://www.kiwanis.org/	All ages	Free	Kiwanis International helps children around the world through its robust volunteering programs. More than 600,000 people volunteer through Kiwanis, and this app connects you to local opportunities. It also lets you fundraise and donate to the organization.
	https://www.volunteermatch.org/	All ages	Free	Volunteer Match is among the most well-known websites in the nonprofit world. It, and its companion app, connect you with nonprofits based on your interests, skills, time, location and can find practically any type of volunteer opportunity.
	https://www.usahidi.com/	All ages	Free	Helping people in different parts of the world who are afflicted by disasters and crises. Ushahidi is a

				free, open-source application that operates in nine countries. This non-profit organization's main aim is to help marginalized people across the world. This community service application allows users to receive real-time free SMS reports about disasters and other crises around the world. You can easily download this app from both Google and Apple app stores.
	https://raisingchildren.net.au/pre-teens/entertainment-technology/free-time-activities/community-activity	Primary to High School	Free	Getting involved in local community activities or volunteering can boost teenagers' confidence and self-esteem and help them build skills.
	https://www.unicef.org/india/what-we-do/education	All ages	Free	UNICEF is committed to ensuring all children in India have access to inclusive and equitable quality education.
	https://www.rotary.org/en	15+	Voluntary / Membership	Rotary is where neighbours, friends, and problem-solvers share ideas, join leaders, and take action to create lasting change.
	https://www.edutopia.org/article/10-powerful-community-building-ideas	Primary to High School	Free	10 Powerful Community-Building Ideas. Strategies for ensuring that students in every grade feel like they're part of the classroom community.
	https://blog.prepscholar.com/129-examples-of-community-service-projects	All ages	Free	Community service is a great way to help others and improve your community, and it can also help you gain skills and experience to include on your resume and college applications. Read on for

				dozens of community service ideas to help you get started
	http://www.sakaiproject.org/	Higher Education	Free	Sakai is a free, community source, educational software platform designed to support teaching, research and collaboration. Systems of this type are also known as Course Management Systems (CMS), Learning Management Systems (LMS), or Virtual Learning Environments (VLE). Sakai is developed by a community of academic institutions, commercial organizations and individuals. It is distributed under the Educational Community License (a type of open source license).
	https://indianredcross.org/ircs/COVID-19	18+	Volunteer	The Indian Red Cross is a voluntary humanitarian organization having a network of over 1100 branches throughout the country, providing relief in times of disasters/emergencies and promotes health & care of the vulnerable people and communities. Volunteers are <i>working in community</i> kitchens, distributing essentials <i>at the doorstep</i> of the elderly and others <i>in need</i> .
	http://www.wordpress.org/	All ages	Free	This tool is free, and you can set it up on a personal Web space or use the free spaces offered at this site. WordPress is known for its excellent community support. WordPress is open source software you can use to create a beautiful website, blog, or app. Beautiful designs, powerful features, and the

				freedom to build anything you want. WordPress is both free and priceless at the same time.
	https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis	All ages	Free online	Stuck at home with your kids during the Coronavirus pandemic - over 250 ideas for making the most of your time while practicing social distancing - events, classes, and activities
	My Smart Garden	All ages	Free	Use the time at home as an opportunity to get out into the garden. My Smart Garden is a free program that will help you grow food, shelter your home from the sun and wind, create homes for local wildlife, use water wisely and recycle wastes
Some Ideas	<ol style="list-style-type: none"> 1. Volunteer at food banks and/or community food distribution sites. 2. Participate on a community chat line to provide emotional support and coping skills to individuals. 3. Use social networking apps (e.g., WhatsApp) to create social activities such as paint-by-numbers, book club, health and wellness education for adolescent and geriatric populations. 4. Partner with a field agency to create a COVID-19 emergency response plan. 5. Complete virtual or telephone check-ins for older adults in assisted living facilities and nursing homes with limited social contact. 6. Organize or support community drives for needed goods and services. 7. Initiate a social marketing campaign on social distancing, self-care, and so forth. 8. Write an opinion piece on ethics and telehealth for publication in social work magazines and/or local newspapers. 9. Engage in social work community platforms to stay connected with the professional community 10. Create homemade sanitizers, sew masks, gloves, PPEs 			

11. Make and distribute medical emergency packages
12. Show our healthcare workers how much we appreciate them
13. Surprise delivery drivers/ agents with a gratitude gift. Place a note and a gift of food, water, a tissue paper roll, etc. in a basket by your front door.
14. Create a [“Take what you need. Leave what you can.”](#) container for your neighborhood.
15. Do household chores without being asked – make your bed, pick up your toys, clean your room/bathroom.
16. Offer to pick up mail or run errands for elderly neighbors and leave shopping bags on their doorstep or give your neighbors a call.

12. STUDENT LEADERSHIP

Domain Area	Link / Website/Apps	Age Group	Free/ Paid	Detailed Description
Students to be leaders	https://www.ccl.org/lead-it-yourself-solutions/digital-learning/	All ages	Paid	Online Leadership Development Programs: learn virtually anywhere with other leaders from around the world with online leadership training
	https://www.classcraft.com/blog/features/how-to-teach-leadership-skills-to-your-students/	All ages	Free	Blog on how to teach leadership skills to students.
	https://leadershipaib.com/high-school-student-organizational-leaders-training-program/	Middle school & up	Free & paid options	Provides leadership training and development for Leaders of Student Organizations to become more effective in their role.
	https://www.aeseducation.com/blog/best-leadership-lesson-plans-high-school	High School	Free	4 Best Leadership Lesson Plans for High School
	https://studentlife.mit.edu/sole/community-programs/leadership-programs/student-leader-toolkit	High school & up	Free	This "toolkit" provides student organizations with leadership resources. The Student Organizations, Leadership and Engagement office also has a number of books, materials, and activity ideas. Access some of these materials utilizing "Skillsoft," MIT's Online Learning Resource - a diverse library of content and learning methods, including leadership development.
	https://leadersofevolution.com/student-leadership-in-schools/	Grade 5 & up	Free & Paid	Leaders of Evolution expertly design and deliver technology-enhanced e-learning courses focused on

			options available	leadership, social and emotional learning, career readiness and sports coaching for students, teachers, athletes, coaches and the wider community.
https://www.udemy.com/course/leadership-is-roadmap-to-success/	High school and up		Paid	Enhance the Leadership Skills, Qualities and Techniques which will lead them to achieve their goal. Students will apply them in their organizational field and others related to it.
https://www.educationworld.com/tips-teaching-students-become-tomorrow%E2%80%99s-leaders	Primary & up		Free	Strategies for Teaching Students Leadership Skills. Can choose from the reading list
https://growingleaders.com/	Middle School to Higher Education		Free	Growing Leaders is a global nonprofit that encourages and equips young adults to take on real-life opportunities and challenges by partnering with schools and organizations to teach them practical life and leadership skills using images, relatable stories and experiences with customizable youth leadership development program and curriculum helps organizations
https://www.edx.org/learn/leadership	Higher Education		Free / Paid for certification	Learn how to be an effective and successful leader with free online courses in inclusive leadership, communication, management and more. Build the leadership skills you need to stand out and take your career to the next level.
https://educators.brainpop.com/2020/01/18/brainpop-at-20-empowering-a-new-	K - 12		Free access during	BrainPOP empowering a New Generation of Creators and Critical Thinkers

	generation-of-creators-and-critical-thinkers/		school closures.	
	https://animoto.com/	K-12	Free	This web tool completely simplifies the creation and sharing of videos. Students can create impressive videos in minutes with Animoto’s drag-and-drop video maker. No video editing experience necessary.
	https://www.leaderinme.org/leader-in-me-online/	Elementary / Middle School	Paid	All-Access to Exclusive Resources. Leader in Me Online is a website full of resources to help teach students, develop staff, engage parents, and achieve measurable results. Leader in Me Online is only available through Annual Membership and serves as an ever-growing hub full of resources to support educators throughout the implementation process.
	https://growingleaders.com/free-resources/	Middle School & up	Free	Growing Leaders offers events, tools and comprehensive programs that promote healthy character and leadership development in the next generation. We also offer a variety of resources for the parents, teachers, coaches and mentors who shape their lives.
	https://seelearning.emory.edu	All ages	Free/login	Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University. SEE Learning™ provides educators with the tools they need to foster the development of emotional, social, and ethical intelligence for students and themselves. Student

				Leadership. What are school systems doing to tide over the crisis?
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13. ACTIVITIES WITHOUT USING A TECH DEVICE

Domain Area	Link / Website/Apps	Free / Paid	Detailed Description
Activities without using a tech device	https://kidworldcitizen.org/35-service-projects-for-kids/	Free	Choose from the Reading list
	https://www.wikihow.com/Have-Fun-Without-Electronics	Free	Choose from the Reading list
	https://www.happyorganizedlife.com/how-to-have-fun-indoors-without-electronics/	Free	Choose from the Reading list
	https://www.artedguru.com/home/covid-19-remote-teaching-resources	Free	Choose from the Reading list
	https://docs.google.com/spreadsheets/u/1/d/e/2PACX-1vR7u0j7VBiaMhwEJNR6M0wMctmKGHWu5eOFnvQlryAHOJclEIs-XQGQe3h7fXlzSBtedtbCSv_l6RU5/pubhtml#	Free	Choose from the Reading list
	https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110/	Free	Choose from the Reading list
	Youtube Channel: 5-Minute Crafts https://www.youtube.com/channel/UC295-Dw_tDnTZXFAPA6Aw	Free	5-Minute Crafts' YouTube videos are compilations of videos relating to crafts and life hacks, food and science experiments in DIY format which do not need any tech devices.

	https://azbigmedia.com/lifestyle/tips-to-stay-busy-without-technology-in-quarantine/	Free	Choose from the Reading list
	https://www.unicef.org/coronavirus/covid-19-parenting-tips	Free	Choose from the Reading list
	https://blog.chocchildrens.org/tag/recipes/ CHOC nutrition experts have curated some of their favorite recipes and offer tips for how to get kids involved in the kitchen.	Free	Choose from the Reading list
	https://www.lifehack.org/articles/lifestyle/21-ways-to-entertain-and-educate-children-without-technology.html	Free	Choose from the Reading list
	https://www.highlights.com/parents/family-activities/highlights-home-laundry	Free	Choose from the Reading list
	https://www.highlights.com/parents/family-activities/highlights-home-staying-connected	Free	Choose from the Reading list
	https://www.highlights.com/parents/family-activities/highlights-home-dance	Free	Choose from the Reading list
	https://thriveglobal.com/stories/9-simple-activities-that-dont-require-technology/	Free	Choose from the Reading list

	https://www.boredpanda.com/ikea-quarantine-campaign-furniture-to-forts-tents/	Free	Choose from the Reading list
	https://www.kiro7.com/news/trending/coronavirus-fun-things-do-while-self-quarantined-social-distancing-over-weekend/LSX3Z7OCDNFRPMPRHVOHGKVT/	Free	Choose from the Reading list
	http://www.metrokids.com/MomSpeak/August-2016/50-Things-to-Do-Without-Technology/	Free	Choose from the Reading list
	https://www.montville-cabins.com.au/n/33WaystoRelaxwithoutTechnology-416-95/	Free	Choose from the Reading list
	https://always-an-adventure.com/100-things-to-do-instead-of-screen-time/	Free	Choose from the Reading list
	https://www.littlemedicalschool.com/northtexas/2018/07/12/7-ways-to-entertain-your-child-without-technology-little-medical-school-of-dallas-fort-worth/	Free	Choose from the Reading list
	https://www.huffingtonpost.in/entry/tech-free-games-for-kids_n_7770412	Free	Choose from the Reading list

	https://themodernparent.net/50-things-to-do-without-technology-and-screens/	Free	Choose from the Reading list
	https://www.erintegration.com/2017/05/16/technology-unplugged-activities/	Free	Choose from the Reading list

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please **click here**

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