**SOME ONLINE RESOURCES FOR PARENTS**

**MENTAL HEALTH**

Children’s Mental Health Ontario (CMHO): <https://www.cmho.org/education-resources/parent-resources>

Walk in Counselling Clinics (Most locations are still open but offering phone service in lieu of in-person counselling) <https://www.whatsupwalkin.ca/service-providers/>

**TALKING TO CHILDREN ABOUT COVID 19**

<https://www.mindheart.co/descargables>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

<https://www.iheartradio.ca/cjad/news/covid-19-school-closure-resources-for-parents-1.10806259>

**EDUCATIONAL, INFORMATIONAL AND ENTERTAINING SUPPORTS**

[Learn At Home](https://www.ontario.ca/page/learn-at-home) – Ontario’s Ministry of Education resources.

Find supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home

**TV Ontario -** Ontario’s provincial public television has content on current affairs for adults plus award winning kids shows, games and online content at [www.tvokids.org](http://www.tvokids.org).

**[The Toronto Zoo](http://www.torontozoo.com/zootoyou/resources)** Website with resources for parents.

**Scholastic's 'Learn From Home -** The educational company has a website with four grade categories for those with multiple little learners at home. Each 'class' has a week worth of content (three more weeks are on the way) including educational videos, stories and virtual field trips.  
\* Note, a free Book Flix account is required to access the content (link to create account is available through Scholastic's website)

[**PBS Learning Media For Kids**](https://www.pbslearningmedia.org/grades/early-elementary/) - The free website (account required) has videos and activities dedicated to keeping little brains active.

[**Smithsonian: Fun Stuff for Kids Online**](https://www.si.edu/kids) - Website with games and apps for learning about science and tour the Smithsonian's most treasured objects and become creators as well.

[**BookCreator**](https://bookcreator.com/2020/03/support-for-schools-affected-by-coronavirus/) - The site allows a student to use text, images, audio and video to unlock their creativity to create their own digital books.

[**Breakout EDU**](https://www.breakoutedu.com/funathome) - The site has a Fun@Home section that has a collection of digital games (Science, Math, English/Writing/Reading) that students can play at home.

**VIRTUAL FIELD TRIPS**

If you're tired of being stuck at home, why not take a field trip? Virtually that is.

There are dozens (if not hundreds) of online resources that give you and your children the chance to explore.

[Air Canada](#https://enroute.aircanada.com/en/article/virtual-field-trips) **has curated a page of virtual field trips ranging from the Canadian Museum of History, to the Louvre, to the San Diego Zoo.**

[**AccessMars**](https://accessmars.withgoogle.com/) - Virtually explore the surface of Mars on the Curiosity Rover.

[**Discovery Education**](http://www.discoveryeducation.ca/events/virtual-field-trips/explore/index.cfm?campaign=flyout_parents_virtual_field_trips) **-** Discovery has activites and several virtual field trips