

# Keeping Families Active, Engaged & Learning

With most schools and child care centers closing, you may need fresh ideas on how to help keep your family mentally and physically active at home. Our Health & Performance team has vetted trusted resources that are reliable, easy to use and do not require a subscription or membership. We encourage everyone to keep their minds active and engaged in the learning process.

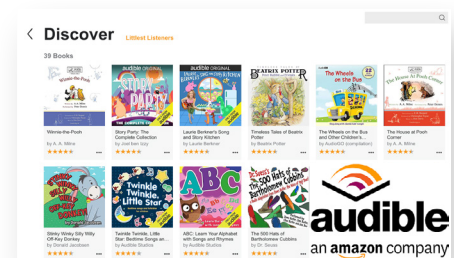
**Scholastic:** Pre-K to 9th grade projects, videos & activities

1. Visit website [Classroom Magazines](#)
2. Scroll down and select grade level
3. Start at Day 1 of tailored learning activities



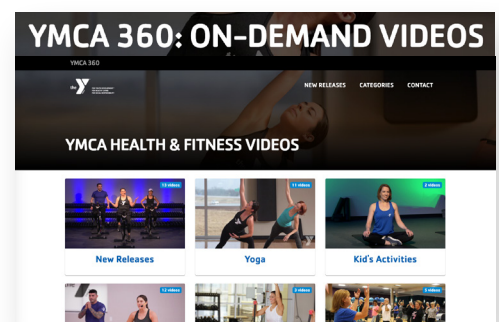
**Audible** is now offering free instant streaming of an incredible collection of stories, including titles across six different languages, helping kids to continue dreaming and learning.

1. Visit website [Audible](#)
2. Click start listening
3. Scroll through and select by targeted age group



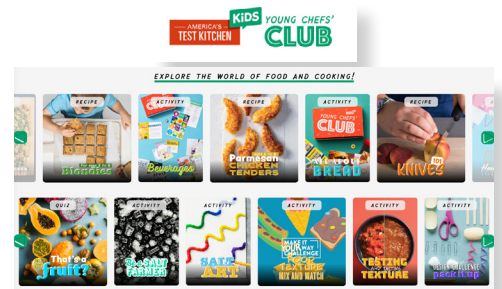
**YMCA** is offering free virtual workout classes for all ages & levels of fitness. Keep your body active and spirits up!

1. Visit website [YMCA](#)
2. Select 'browse videos'
3. Scroll through the videos by topic



**America's Test Kitchen** lets you explore the world of food and cooking through fun, interactive videos with kid friendly recipes. Make good nutrition fun and add another family activity.

1. Visit website **America's Test Kitchen**
2. Select from the headings: Cook, Do or Discover
3. Depending on the heading you choose, you will be able to select a recipe, an activity or a quiz of your choice to complete



**Communicate with your kids** — Parents, family members and trusted adults play an important role in helping children make sense of what they hear around COVID-19. By calmly providing accurate and age appropriate information, you can help minimize fears and feelings of anxiety while educating children about their risk. The following resources are available to help support these conversations.

[CDC Guidelines for Talking to Children About COVID 19](#)  
[PBS Resources on Talking to Your Children About COVID 19](#)



### Other fun and educational options we recommend:

Make today, History day! <https://bensguide.gpo.gov>

Schedule a visit to the Virtual Zoo <https://kids.sandiegozoo.org/index.php/videos>

Spend time with Alexa the Teacher <https://bamboolearning.com/books>

Not close to a great outdoor space? [Visit a National Park](#)