
COVID-19 MN RESOURCE GUIDE



Warning: These resources may only be available during COVID-19, not for long-term use.

MINNESOTA GUIDE FOR RESOURCES DURING COVID-19

Authored by: Domanique Sandberg

Activities

These are activities for children of all ages to stay busy, inside and outside!

BrainPop: This website gives you many topics to choose from for learning while having fun, easy to use and free access during COVID-19.

- <https://www.brainpop.com/>

C.A.S.E.: Great resources for families that are in the process of adopting, or have adopted a child, to bring them knowledge and resources. They have opened their services/resources to everyone during this time.

- <https://adoptionsupport.org/education-resources/for-parents-families/free-resources-links/>

Fun, Free Online Resources: These are some fun online activities to do while at home.

- <https://schoolchoiceweek.com/parent-resources-during-coronavirus/>

National Park Virtual Tours: The exhibit allows you to take 360-degree tours of some of the most remote and beautiful U.S. National Parks.

- <https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/>

Ways to Entertain Children During a Pandemic: This gives 40 ideas of how to entertain your children during these uncertain times.

- <https://drginacharles.com/2020/03/40-ways-to-entertain-children-and-parents-during-covid-19-pandemic/?fbclid=IwAR03uyUEUVhOAvd-1441dKPuhSpF0dTjIpsd681MH-FYs5n61o9-TTJcJLg>

100 Family Day Activities: This list of activities is helpful to give families ideas for days at home all together.

- <https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/>

Calming, Meditation, and Yoga

These are exercises and tools to remain calm during this time.

Affirmation Movements: This is a good resource for learning about nurturing words and words of affirmation.

- <https://www.youtube.com/watch?v=kvOI2oa6phg>

Apps: These apps are great for meditation while taking it with you.

- Calm App - <https://www.calm.com/>
- Simply Being - <https://www.meditationoasis.com/simply-being-app>

Mindfulness: These are activities for teaching children how to exercise mindfulness.

- <https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>
- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

YouTube Videos: These are great for helping with meditation and sleep.

- <https://www.youtube.com/watch?v=EVLVC7jIB5M>
- <https://www.youtube.com/watch?v=6tF14GnCJqk>
- <https://www.youtube.com/watch?v=DWOHcGF1Tmc>
- <https://www.youtube.com/watch?v=neqwDPmn6yY>

Yoga: These videos are great for learning mindfulness for children or using yoga to relax.

- <https://www.youtube.com/user/CosmicKidsYoga>
- <https://www.gaia.com/style/kids-yoga>

Coronavirus (COVID-19)

These are resources for learning about COVID-19 and how to teach your kids about it.

CDC: This is a valuable resource for learning about the COVID-19 and how to teach your kids about it.

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Germs: This video is an awesome way to teach children about germs and washing their hands.

- https://www.youtube.com/watch?v=KirHm_sYfl

Kids Health: This is a great tool to teach children about COVID-19.

- <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Social Distancing: This is a great video for teaching kids about social distancing and why it is so important during this time.

- <https://youtu.be/fdwaUCEbhBk>

Educational Tools

These are helpful resources for teaching children from home.

C.A.S.E.: Great resources for families that are in the process of adopting, or have adopted a child, to bring them knowledge and resources. They have opened their services/resources to everyone during this time.

- <https://adoptionsupport.org/education-resources/>

Extra School Resources to Help Children Learn: To assist with distance learning, this is a list of services that are providing free resources for teaching.

- <https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>

Have Fun Teaching: This website gives relief packs to teach each subject to each grade level.

- <https://www.havefunteaching.com/resources/relief-packs>

Math: A helpful resource to teach math to each grade level.

- https://www.weareteachers.com/best-math-websites/?utm_content=1584278640&utm_medium=social&utm_source=facebook&fbclid=IwAR21hCSxVYatNZgQ_5YU1upaiDNAEIPQmw80KmaBLmwJbnTmSkFOgr6j16l

Scholastic Reading: They are offering free courses and projects to keep kids reading, thinking, and growing.

- <https://classroommagazines.scholastic.com/support/learnathome.html>

Trauma-Informed Teaching: This website gives tips to help teach during this time that may be traumatic for many kids.

- <https://www.washingtonpost.com/education/2020/03/26/trauma-informed-approach-teaching-through-coronavirus-students-everywhere-online-or-not/>

Emergency Relief/Insurance/Childcare

These are helpful resources if you need immediate help.

Childcare: The YMCA is offering childcare to those essential workers at most YMCA's, check the website for your location and to apply.

- <https://www.ymcamn.org/choose-your-child-care>
- **763.230.2822**

DHS: Cash Assistance, Supplemental Nutrition Assistance Program (SNAP), Child Care or Emergency Assistance

- <https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e1s1>

Insurance: This link will help you find an affordable health insurance plan.

- <https://www.healthinsurance.net/>
- www.mnsure.org

Minnesota Unemployment: If you have lost your job due to COVID-19, you can apply for unemployment if you meet the requirements.

- <https://www.uimn.org/>

United Way: There is a COVID-19 Community Economic Relief Fund that can help with bills, rent, and food if you meet the need for it.

- **1-866-211-9966**

Food

These are helpful resources to find food/groceries.

Food Pantries: This will give you a list of food resources and food pantries in your area.

- <https://www.foodpantries.org/st/minnesota>

Meals on Wheels: This resource you will have to call to set up, as they are offering reduced meals due to COVID-19 if the family is having financial difficulties.

- **612-623-3363**
- https://meals-on-wheels.com/get-meals/individuals-and-caregivers/?gclid=EAlaIQobChMIw6L306Sx6AIVFpSzCh0aBwkBEAAYASAAEgl_5fD_BwE

Minnesota Food Helpline: This resource will assess your need for food and nutrition to those who are struggling.

- **1-888-711-1151**
- www.hungersolutions.org/programs/mn-food-helpline

Schools – Many schools are offering free meals for students while they are at home – call and check if your school may have a food program in place.

Forts and Obstacle Course Ideas

These are some fun ideas to build forts and obstacle courses.

Blanket Fort: Fun ideas for how to make blanket forts with different themes.

- <https://www.wikihow.com/Make-a-Blanket-Fort>

Indoor Forts for Kids: Fun ideas for indoor forts to make with children.

- <https://redtri.com/fantastic-indoor-forts-for-kids/slide/11>

Indoor Obstacle Course: Ideas for how to make an indoor obstacle course with things you may already have in your home.

- <https://www.pinterest.com/theraplace/diy-indoor-obstacle-course/>

Obstacle Course: These are some ideas for obstacle courses you and your family could build together.

- <https://www.fatherly.com/play/how-to-build-an-obstacle-course-living-room/>

Internet

These are resources to help find free or reduced internet.

Charter: To ease the strain in this challenging time, beginning Monday, March 16, Charter commits to the following for 60 days: Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps.

- <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>
- **1-844-488-8395**

Midco: At Midco®, we know that the internet is vital to make online learning possible. As part of our response, we're introducing an all-new package, Midco Internet Basics, for low-income households with K-12 and/or college students who don't have internet access. Standard or wireless modem included. Speeds up to 25 Mbps down and 3 Mbps upload. Education Assistance Credit makes the service FREE through June 15, 2020. Reference special code: MIBEDU20, to receive the Education Assistance Credit.

- <https://www.midco.com/services/internet/>
- **1-833-338-4638 (1-833-EDU-INET)**

Xfinity Comcast: Internet Essentials Free to New Customers - As announced, it's even easier for low-income families who live in a Comcast service area to sign-up for Internet Essentials, the nation's largest and most comprehensive broadband adoption program. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward.

- www.internetessentials.com
- **1-855-846-8376 for English**
- **1-855-765-6995 for Spanish**

Mental Health

These are resources for mental health services to access.

C.A.S.E.: Great resources for families that are in the process of adopting, or have adopted a child, to bring them knowledge and resources. They have opened their services/resources to everyone during this time.

- <https://adoptionsupport.org/education-resources/for-parents-families/free-resources-links/>

CDC: This resource gives ideas and more links to managing anxiety and stress during this time.

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Crisis Textline – **Text TALK to 741741**

NAMI: This resource is for updates on COVID-19 and resources for how to talk about it, get through it, and how to tell your kids about it.

- <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Suicide Prevention Resource Center: This resource is for supporting mental health during this time.

- <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>
- **Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

Online Support Groups

These groups are helpful for learning about resilience and mental health services.

Daily Strength: This is an online resource to find others who may need similar support and motivation.

- <https://www.dailystrength.org/>

NAMI MN Support Groups: This is a list of online support groups that use ZOOM to gather together.

- <https://namimn.org/support/nami-minnesota-support-groups/>

Natural Mental Health: This resource is a free online community to come together and be resilient while supporting each other.

- <https://www.naturalmentalhealth.com/free-resilience-retreat>

Mental Health America: This is a good resource to find support groups for a variety of reasons.

- <https://www.mhanational.org/find-support-groups>

Support Group Central: This resource is valuable for finding a group that is led by a trained facilitator.

- <https://www.supportgroupscentral.com/>

Parent Resources

These resources are to help parents through this trying time.

EDC: This resource is for how to stay connected and what resources you may need during this time.

- <https://www.edc.org/>

Educational Resources: These resources are a list of free educational subscriptions.

- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Family Ideas: These are some ideas for how to entertain your whole family while at home.

- <https://drginacharles.com/2020/03/40-ways-to-entertain-children-and-parents-during-covid-19-pandemic/?fbclid=IwAR03uyUEUVhOAvd-1441dKPuhSpF0dTjIpsd681MH-FYs5n61o9-TTJcJLg>

Isolation: This article is about how to take care of yourself during this time of isolation.

- <https://extension.umn.edu/news/taking-care-yourself-isolation>

Paid Leave: This article gives resources for how to acquire paid leave if you need to be home with your children.

- https://www.forbes.com/sites/zackfriedman/2020/03/19/trump-coronavirus-sick-leave/?fbclid=IwAR0jzrU-3Bf3z5MQXnxS3aQjGoBWtch3g2ZD_YOteggxyXayFdeV9CYzk3Q#2dece455f0ac

Prevent Child Abuse America: This resource offers tips for parents, children, and more.

- <https://preventchildabuse.org/coronavirus-resources/>

SAMHSA: This service offers supports for recovery and substance abuse.

- <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- <https://www.samhsa.gov/coronavirus>

Working from home: This resource is for those who are working from home, it also gives tips for how to provide for your mental health and well-being.

- <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Physical Health

These resources are ideas for how to be active during this time.

C.A.S.E.: Great resources for families that are in the process of adopting, or have adopted a child, to bring them knowledge and resources. They have opened their services/resources to everyone during this time.

- [In-home workouts offered by Planet Fitness on Facebook Live, Nightly at 7pm EST](#)

O.P.E.N.: This resource is offering free active at home physical activities.

- <https://openphysed.org/>

SHAPE America: This resource has created a collection of resources from SHAPE America and other K-12 health and physical educators to help you continue to provide high-quality, standards-based lessons despite the circumstances. Adapt, repurpose or use the resources provided as you see fit to best meet the unique needs of your students.

- <https://www.shapeamerica.org/covid19-resources.aspx>

YMCA: The YMCA is launching free online classes for at home workouts! You do not need a membership for these videos.

- <https://ymca360.org>

Sensory Resources

These resources are for children who may have sensory disorders and would like a way to express them while being at home.

Do2Learn: This resource is amazing for children who have sensory needs and want activities to do while at home.

- <https://do2learn.com/>

LemonLime Adventures: This article is about learning about sensory disorders and resources for those children and families who may have these needs.

- <https://lemonlimeadventures.com/sensory-processing-resources/>

Tools for Raising an Extraordinary Person: This gives a list of activities for sensory seekers to do while at home.

- <https://hes-extraordinary.com/activities-for-sensory-seekers>

Your Kids Table: This article gives awesome resources, videos, and learning opportunities for each kind of sensory disorder.

- <https://yourkidstable.com/sensory-basics/>