

Coronavirus Resource Directory



metropolitan[®]
family services
— EMPLOYEE ASSISTANCE —
NETWORK

Working from Home

[Excel at Working From Home](#)

[How to Work from Home](#)

Education - Children

[Comprehensive spreadsheet of education resources](#)

[Education companies offering free subscriptions](#)

[Free virtual learning resources](#)

[Free reading practice \(1st grade\)](#)

[Free games for math, reading, and just for fun \(Grade K-6+\)](#)

[Free e-learning tools for all subjects](#)

[Free math games for K-8th](#)

[Paid online reading curriculum from K-5 \(\\$115/ year\)](#)

[Free online learning tools, with links to other resources](#)

[Online learning curriculum for ages 2-8. Free 30 day trial, then \\$60/year](#)

[Free movement and mindfulness videos for K-5](#)

[Free 30 day online curriculum for early learning\(Ages 2-8\)](#)

[Foreign Language Homeschool Curriculum \\$67 for 6 months, designed for 6+](#)

[Online language \(12 languages\) learning for ages 0-6, Free 3 day trial, then \\$5/ month](#)

[Online language \(6 languages\) for ages 5-9](#)

[Sample schedule provided by Khan Academy, online learning](#)

[Free schedule maker](#)

Education – Teens and Adults

[Virtual crafting and hobby classes to learn or improve a skill](#)

[Online classes taught by celebrities and experts in their field for \\$15/month](#)

[450 free Ivy League courses](#)

Family/Kid Activities

[100 Activities for Kids to Do at Home](#)

[Virtual Field Trips](#)

[Virtual Rides at Disney World and Disney Land](#)

You can up the ante and put your kids in a laundry basket for a 4D experience like [this dad](#)

[Virtual Museum Tours Around the World](#)

[Video calls with grandparents \(or anyone\) while reading and coloring together \(free trial, then \\$7/month\)](#)

[Virtual tour of the US National Parks](#)

[Virtual Tour of the Great Wall of China](#)

[50 environmental activities for kids to do at home](#)

[BluPrint is offering free 14 day subscription for classes and family projects](#)

[Daily art class on Instagram at 10am PT](#)

[Free step by step YouTube drawing class](#)

[50 Indoor Activities for Kids](#)

[Blueprint is offering a free 14 day trial for online family classes and projects](#)

[Free Nightly Opera Stream: at 7:30ET](#)

[Create memory book with questions prompted by the site for your kids or grandkids](#)

[Virtual zoo, aquarium, and museum tours](#)

Emotional Support

[EAN webinars and resources for coping with anxiety amid Coronavirus](#)

[Free guided meditations through Headspace App](#)

[Coronavirus Parents: Parenting in a Pandemic Facebook Group](#)

[Free newsletter from the Chopra Center offering health and wellness tips](#)

[Parenting During a Pandemic](#)

[Unsafe at Home? Domestic Violence Help \(scroll down on page\)](#)

[Managing Stress and Anxiety During Covid-19](#)

[Practicing Self Care in the Face of Coronavirus](#)

Exercise

[The Peleton App is free for the next 90 days. No bike or treadmill necessary](#)

[Free On-Demand Yoga Classes](#)

[Free Live-Streamed Planet Fitness Workouts at 4pm PT, 5pm MT, 6pm CT, 7pm ET](#)

Coronavirus Relief Funds

[211 \(United Way\) COVID-19 Economic Relief Fund](#)

[Relief fund that helps with financial support of tipped and service workers](#)

[Relief fund to help support in-home caregivers, nannies, and house cleaners](#)