

Resources and Activities (Virtual and In-Home) During COVID-19

COVID-19 Information

- State of Idaho Info- <https://coronavirus.idaho.gov/>
- Center for Disease Control (CDC)- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- World Health Organization (WHO)- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- KTVB Coronavirus Info- <https://www.ktvb.com/coronavirus-covid-19>
- What to do if someone in your house gets COVID-19- https://www.insider.com/what-to-do-if-someone-in-home-has-coronavirus-2020-3?fbclid=IwAR1u6Q-EotNWP35HqSYEDAnQAb4AnftI7kHFutbBBI-kUPop_Z7eK_dCoA
- Popular Science COVID Info- https://www.popsci.com/story/health/covid-19-coronavirus-duration-time/?fbclid=IwAR2H5GwLMHyDTb_awnonC12e34QYCP-vO6bqqSZoUSY8p1T6x6RklzvpII
- Kill Coronavirus in Your Car- <https://www.consumerreports.org/tires-car-care/how-to-kill-coronavirus-in-your-car-without-damaging-interior-surfaces/?fbclid=IwAR3Fp7R9ifgYX4GFJrikI5eDk053wz0wSukuyAeG6X0xX3CidQ90edE5sTU>

Treasure Valley

- United Way of Treasure Valley- <https://www.unitedwaytv.org/covid-19-treasure-valley-community-resource-page>
- Self-Rescue Manual Ada & Canyon Counties- <https://selfrescuemanual.com/>
- WCA Boise- <http://www.wcaboise.org/community-resources-and-links/>
- Our Path Home- <https://www.ourpathhome.org/>
- Canyon County Mutual Aid Group (Facebook)- <https://www.facebook.com/groups/141263063913527/>
- City of Boise- <https://www.cityofboise.org/>
- City of Meridian- <https://meridiancity.org/>
- City of Eagle- <https://www.cityofeagle.org/>
- City of Kuna- <https://kunacity.id.gov/>
- City of Star- <https://www.staridaho.org/>
- Hidden Springs- <https://www.hiddensprings.com/>
- Boise School District- https://www.boiseschools.org/parents_patrons/health_services/coronavirus_covid-19_information_resources

North Idaho

- United Way of North Idaho- <https://www.unitedwayofnorthidaho.org/community-resources>
- Utility Companies Waiving Fees Info- https://www.ktvb.com/article/news/health/coronavirus/idaho-utility-companies-implement-fee-waives-payment-plans-for-customers-amid-coronavirus-outbreak/277-e4d31b27-cf63-4388-948a-1e5919b7a954?fbclid=IwAR1NUZKy6ysomLuoAmW2UqgHSBGi5FOzN_Ax8dO7bf5C6jBHygSx4w469w0
- Kootenai County Assistance Info- https://www.needhelpayingbills.com/html/kootenai_county_assistance_pro.html
- City of Coeur d'Alene- <https://www.cdaid.org/>
- City of Post Falls- <https://www.postfallsidaho.org/>
- City of Hayden- <https://www.cityofhaydenid.us/>
- City of Sandpoint- <https://www.sandpointidaho.gov/>
- City of Bonners Ferry- <https://bonnersferry.id.gov/>

Statewide and/or Nationwide Resources

- Idaho 2-1-1 Careline- <http://www.211.org/services/covid19#Resources>
- Cincinnati Zoo Facebook Live Virtual Tours- https://www.facebook.com/cincinnati_zoo
- Student Relief Fund- <https://myscholly.com/relief/>
- ACEs Connection- <https://www.acesconnection.com/blog/resources-for-supporting-youth-and-family-mental-health-while-at-home-during-the-coronavirus-pandemic>
- Family & Youth Services Bureau- <https://www.rhyttac.net/covid-19>
- Idaho State Department of Education- <https://www.sde.idaho.gov/cnp/index.html>
- Point Source Youth (youth homelessness)- <https://www.pointsourceyouth.org/>

Resources and Activities (Virtual and In-Home) During COVID-19

For Kids (Education, Arts/Crafts, Activities)

- Action for Healthy Kids- <https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>
- The Journal- <https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>
- A Kids Book About- <https://akidsbookabout.com/>
- Deep Space Emergency Sparkle Kit (educational kit)- <https://d3ndagut9sanks.cloudfront.net/2020-D/PDF-Sparklers+Club/Sparklers+at+Home/Emergency+Sparkle+Kit.pdf>
- Deep Space Sparke on YouTube- https://www.youtube.com/channel/UCYL_pWOSf1FnQSwF11T-vBw
- Idaho Out of School Network- https://idahooutofschool.org/?mc_cid=91c1635d24&mc_eid=90f0486805
- Downloadable Coloring Books- https://matadornetwork.com/read/libraries-museums-coloring-books/?fbclid=IwAR0UQgn6dcRbiWVsDtIHEG1ecFrrWciOb_kaNu7b5Qqr0lqYHuwYoj7VBXk
- Rosetta Stone Free for Students for 3 Months- <https://www.rosettastone.com/freeforstudents/?fbclid=IwAR1gyEWyRYf-hQE4-JxYQ-cbBW76YQp0sV0jlzQADi40ZSLHP1cLDzoVvI0>
- Frozen Cosmic Kids Yoga- https://www.youtube.com/watch?v=xlg052EKMtk&fbclid=IwAR3G3bNXR2dgSb780m29OTLltOx6ccyXdnHirmu_YOiBoUd59QjxxpSmTSU
- P.E. With Joe on YouTube- <https://www.youtube.com/user/thebodycoach1/featured>
- KTVB Resources for Parents- <https://www.ktvb.com/article/news/health/coronavirus/resources-for-parents-trying-to-keep-their-kids-learning-and-engaged/283-2a628e74-344e-49ed-aca8-435c653c7627?fbclid=IwAR1gyEWyRYf-hQE4-JxYQ-cbBW76YQp0sV0jlzQADi40ZSLHP1cLDzoVvI0>
- Art Lessons on YouTube- https://homeschoolhideout.com/art-lessons-on-youtube/?fbclid=IwAR21uETadsSAGRD-IP4KMZbqDOscx9lhF2GBCUb-do_bOno0fN69PaMs
- NASA Stem Activities for Kids (All ages)- <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
- GoPeer (College Students Offering Tutoring Free to K-12)- <https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464>
- Mommy Poppins (50 Easy Science Experiments)- https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff?fbclid=IwAR2Ek2A0JwYLi4dipP2RiuSHT1hE_x3lkTvQHujCjp3Sfw1DfXv2MBQlx7A
- Kennedy Center, Mo Willems Drawing Instruction- <https://www.kennedy-center.org/mowillems>
- 20 Educational Games with Alexa- <https://www.weareteachers.com/educational-alexaskills/?fbclid=IwAR25DlZqmgklo8dm3r9QfZWpDaau17hJblkVqFWsN42G-Cflf8tQnLcJSys>
- Resources for Having Fun Teaching- <https://www.havefunteaching.com/resources>

Resources and Activities (Virtual and In-Home) During COVID-19

For Adults (Education Opportunities, Activities/Workouts)

- The Phoenix (Virtual workouts)- <https://thephoenix.org/virtual/>
- Calm.com (Meditations/Yoga/Self-Help)- https://blog.calm.com/take-a-deep-breath?mc_cid=91c1635d24&mc_eid=90f0486805
- 3 Day Virtual Music Festival (March 26-28)- <https://matadornetwork.com/read/memphis-three-day-virtual-music-festival/?fbclid=IwAROC2ucjPMPO4-ip5PUY3Ogeo6KaVYXJhJO4qNY9FGZbP4pCbJheKpMYMAo>
- OpenFit Free Home Workouts- <https://www.facebook.com/watch/openfit/>
- Forbes (9 Ways to Stay Positive)- https://www.forbes.com/sites/williamarruda/2020/03/15/9-ways-to-stay-positive-during-the-coronavirus-pandemic/?fbclid=IwAR2ivY7OdL431izHI6_c2NC4xF0qvyCo4QHFTqVTNxe4_giRzkmQZLY2Fcg#304733cb5a8e
- Forbes (9 Tips to be Productive Working at Home)- https://www.forbes.com/sites/bryanrobinson/2020/03/14/9-tips-to-be-productive-when-working-at-home-during-covid-19/?fbclid=IwAR3G3bNXXR2dgSb780m29OTLltOx6ccyXdnHirmu_YOiBoUd59QjxpxSmTSU#39b1125b5a38
- 450 Free Classes from Ivy League Universities Online- <https://www.classcentral.com/>
- Master Gardener Class from Oregon State University- https://workspace.oregonstate.edu/course/master-gardener-short-course-series?fbclid=IwAR2rJSii_MyfZdwClS6BW0WpXG6ZtAWH6AXCFkpUtm97ajLPRM3kcUUv5Hc
- 10 Ways for Peaceful Sleep No Matter How Stressed You Are- https://www.powerofpositivity.com/10-ways-get-peaceful-sleep-matter-stressed/?fbclid=IwAR0IHuQjlbblxh3_td48QgO06pOZ6th-bB8sVktUi_KNJDr83wwogVfNgQ
- Employers Hiring During Pandemic- https://www.ktvb.com/article/news/health/coronavirus/employers-looking-to-hire-workers-list-idaho/277-5bc262ac-5c7f-461f-b9c9-98c146c87773?fbclid=IwAR0cj5JRlr1aUSZVtdOT_wYURcCr4iVxPAv0ysAsiCw0A7aeb60MD8O4YEE
- Curiosity Stream (Documentaries to Watch)- https://curiositystream.com/?fbclid=IwAR2K6GO53VfRBZ2Pfq1CYHPLFWji4X88U9ZSi8GKTI_ONDUAUGsfhFMcX_8

For Families (and just cool stuff)

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- Explore.com Live Streams- <https://explore.org/livestreams/currently-live/decorah-eagles>
- 25 Bread Recipes- https://kidsactivitiesblog.com/46496/making-bread-with-kids/?fbclid=IwAR2YucaKW1SXFDPtdB46Zjh2v_SyN5vQV-zCeKZJSY8L8VWx-eTexqDlqY
- Delish.com (Free Cooking Classes for Kids)- <https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?fbclid=IwAR1MS8mcmxy42tzAJP3stgOvtbnlUsI4Elr9oZcFn4O4iuJcqIBtmHOM7iQ>
- Travel and Leisure (Livestream from resorts around world)- <https://www.travelandleisure.com/hotels-resorts/hotel-webcams-virtual-tours-views?fbclid=IwAR3Je8smtG9nC6sPEZnZuwqORMqSPnXM65wzYUICqIHfbg-a5o2VEhNPKYc>
- Disney Virtual Rides- <https://www.simplemost.com/virtually-ride-disney-attractions/?fbclid=IwAR1MS8mcmxy42tzAJP3stgOvtbnlUsI4Elr9oZcFn4O4iuJcqIBtmHOM7iQ>
- How to Use Zoom (virtual hang outs!)- <https://www.youtube.com/watch?v=fMUxzrgZvZQ&fbclid=IwAR3-k8PV3vJq6cY-OL7zXyxbX8T0mXNlg6hxjhyInZcfiui-RiZotwSfJxg>
- PlayBill- 15 Broadway Plays You Can Watch From Home- https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3t3c5zSc0H1XYynCwrvtYuL13ggd7_eIZ0JuTR_XVG92B0LjwWq3XMTHw
- National Park Virtual Tours w/Google- <https://artsandculture.withgoogle.com/en-us/>
- Broadway HD- 7 Day Free Trial- <https://www.broadwayhd.com/>
- Paris Museum Art 300k+ Pieces- <http://parismuseescollections.paris.fr/en>
- 30 Virtual Field Trips- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2YucaKW1SXFDPtdB46Zjh2v_SyN5vQV-zCeKZJSY8L8VWx-eTexqDlqY
- Info on Virtual Concerts- <https://www.bhg.com/news/yo-yo-ma-virtual-concerts/?fbclid=IwAR3Je8smtG9nC6sPEZnZuwqORMqSPnXM65wzYUICqIHfbg-a5o2VEhNPKYc>
- Freedom Homeschooling HUGE list of Virtual Fieldtrips- https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR2nqyrr-5_RuoKFXDgIT6y1NaU459VuW_k9G1BO57i4COQNrSwZ3W1vQMk
- Hunt A Killer (Solve a Cold Case Family Adventure)- <https://www.huntakiller.com/>
- Plant a Lemon in a Cup- <https://www.wtvideo.com/video/23251/how-to-plant-a-lemon-in-a-cup-and-make-your-home-smell-good?fbclid=IwAR0Fsz1aW1HZfHQ0hwu8hc7hYZhZ3Oa9VDA5mFvwN6Evn7opK0mEuPeXQ1g>
- Adventures in Familyhood Virtual Field Trips- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR0Y1qJ1MCMFT8SJAfXQrNWESf830wyEZKVGt5vIbRMJGKidSH1ZeH-goog>
- Conde Nast Traveler; All You Can Watch From Home- https://www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home?fbclid=IwAR2rJSii_MyfZdwClS6BW0WpXG6ZtAWH6AXCFkpUtm97ajLPRM3kcUUv5Hc
- 12 Museum Virtual Tours- https://www.southernliving.com/syndication/museums-with-virtual-tours?fbclid=IwAR0TPBlrk79zTlaPEhy5_JkEDUBJHPUJHC6s35ZRW59wWk5sQKq8MDXICFc
- Cirque du'Soleil Shows to Watch- <https://www.cirquedusoleil.com/cirqueconnect>
- At Home Skills = Jobs- <https://triedandtruemomjobs.com/skills-to-learn/?fbclid=IwAR0YpwJzny3VKqilYqdAePcWXktxAq1FEHnGEDQM7SUHQDPLTWoaYUIAnA8>
- Virtual Disney World Rides- <https://www.youtube.com/channel/UCYyJUETv-ZW7BgjhP3UbTg>
- Idaho Public Television- <https://www.idahoptv.org/>

Crisis Numbers-

Resources and Activities (Virtual and In-Home) During COVID-19

Idaho Suicide Prevention Hotline

208-398-4357 Call or Text

<https://www.idahosuicideprevention.org/>

Hotline Numbers

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| <ul style="list-style-type: none">• Adolescent Suicide Hotline
800-621-4000• Adolescent Crisis Intervention & Counseling Helpline
1-800-999-9999• AIDS National Hotline
1-800-342-2437• CHADD-Children & Adults with Attention Deficit/Hyperactivity Disorder
1-800-233-4050• Child Abuse Hotline
800-4-A-CHILD• Cocaine Help Line
1-800-COCAINE (1-800-262-2463)• Domestic Violence Hotline
800-799-7233• Domestic Violence Hotline/Child Abuse
1-800-4-A-CHILD (800 422 4453)• Drug & Alcohol Treatment Hotline
800-662-HELP• Ecstasy Addiction
1-800-468-6933• Eating Disorders Center
1-888-236-1188• Family Violence Prevention Center
1-800-313-1310• Gay & Lesbian National Hotline
1-888-THE-GLNH (1-888-843-4564)• Gay & Lesbian Trevor HelpLine Suicide Prevention
1-800-850-8078• Healing Woman Foundation (Abuse)
1-800-477-4111• Help Finding a Therapist
1-800-THERAPIST (1-800-843-7274)• Incest Awareness Foundation
1-888 -547-3222• Learning Disabilities - (National Center For)
1-888-575-7373 | <ul style="list-style-type: none">• Missing & Exploited Children Hotline
1-800-843-5678• National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)• Panic Disorder Information Hotline
800- 64-PANIC• Post Abortion Trauma
1-800-593-2273• Project Inform HIV/AIDS Treatment Hotline
800-822-7422• Rape (People Against Rape)
1-800-877-7252• Rape, Abuse, Incest, National Network (RAINN)
1-800-656-HOPE (1-800-656-4673)• Runaway Hotline
800-621-4000• Self-Injury (Information only)
(NOT a crisis line. Info and referrals only)
1-800-DONT CUT (1-800-366-8288)• Sexual Assault Hotline
1-800-656-4673• Sexual Abuse - Stop It Now!
1-888-PREVENT• STD Hotline
1-800-227-8922• Suicide Prevention Lifeline
1-800-273-TALK• Suicide & Crisis Hotline
1-800-999-9999• Suicide Prevention - The Trevor HelpLine
(Specializing in gay and lesbian youth suicide prevention).
1-800-850-8078• IMAlive-online crisis chat• Teen Helpline
1-800-400-0900• Victim Center
1-800-FYI-CALL (1-800-394-2255)• Youth Crisis Hotline
800-HIT-HOME |
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