

## Managing the Mental Load: **When Caregiving, Studying, and Working (and Teaching?!)** Collide

# Resources for Kids

School boards are in the process of creating and sharing [Learn from Home](#) plans, (you can view Thames Valley District School Board's [here](#)) but there are a variety of resources available that appeal to a broad spectrum of interests and ages. Take a look below--we hope this lightens your load!

[Khan Academy](#) is a nonprofit that offers free courses for all levels from children to adults, with a variety of subjects from early math and grammar to engineering to art history.

[Scholastic](#) has an array of Learn at Home resources, from projects to digital books, to virtual book fests. Split up by grade level with daily themes, there is content for PreK to Grade 9.

Movement, mindfulness, and storytelling are the focus of [Cosmic Kids Yoga](#), a YouTube Channel for 3-to 6-year olds. The Zen Den series, short clips focused on mindfulness, are especially great.

Art lessons for 2- to 10-year olds are currently available on [Arts for Kids Hub](#). From drawing to origami to sculpting, engaging videos are organized by age range.

[Camp Broadway](#), ideal for 10- to 17-year-olds, is an educational livestream featuring theatre pros involved in all aspects of productions.

Great for 6- to 10-year olds, [Story Time From Spaces](#) features Astronauts reading books aloud while the text and images from the book are displayed on the screen.

[Kidsactivitiesblog.com](#) provides educational YouTube channels for kids, dozens of online virtual field trips they can take around the world, and an exhaustive list of education companies that are offering free subscriptions due to school closures.

**Sources:** Vox.com '[Tips for working from home feels unsustainable. Here's how to ease the burden'](#)  
CTV News '[Help! I've got kids, what do I do? Tips for parents working from home'](#)

