

Helpful Resources during COVID-19 Outbreak

**This list of resources is not exhaustive and are not limited to those with Autism Spectrum Disorder. For the most up-to-date information regarding specific subscriptions, please visit the websites directly. If you are still working with your child's ABA therapist or other support service, please collaborate with them on how to best utilize these tools.*

ABA/Behavior Resources

[New England ABA Academy](#)

Video series including setting up home routines and schedules. Must complete the FREE registration form. Voucher code: **COVID-19**

[BMC Autism Program Parent Training: Everyday ABA](#)

Free 6-part online training module created by New England ABA and the Autism Program at BMC. Provides an overview of what ABA is and how to utilize principles of ABA in daily life. **Closed Captioning is available in various languages.**

[Boardmaker](#)

Free 30-day trial, plus free Coronavirus resources

[AFIRM: Supporting Individuals with Autism through Uncertain Times](#)

Article by Autism Focused Intervention Resources & Modules.

[National Council on Severe Autism](#)

Resources and webinars on behaviors and support in the home. Webinar recordings can be found [here](#).

Educational Subscriptions/Activities

[Kids Activities Blog](#)

This site lists multiple free educational sites for families, free printable educational sheets, screen-free activities, virtual field trips, etc.

[Boardmaker](#)

Free 30-day trial, plus free Coronavirus resources

[BrainPOP](#)

Free access for schools and families impacted by school closures.

[TechLearning Resource Page](#)

List of educational resources available during the outbreak.

Music

[Boston Symphony Orchestra: BSO At Home](#)

Weekly playlists curated by BSO Artistic Administrator, Anthony Fogg. Free listening.

[Chrome Music Lab](#)

Website that makes learning music more accessible through fun, hands-on experiments

[SFSKids](#)

San Francisco Symphony; music, videos, and games.

[New York Philharmonic KidZone](#)

Games and activities created by the NY Philharmonic Orchestra

[DSO Kids](#)

Dallas Symphony Orchestra website directed towards young musicians

[Daria Music](#)

Music videos and education about instruments from across the world

Reading

[Storyline Online](#)

Free videos featuring actors reading children's books aloud.

[Audible Kids](#)

Free trial available

[Storytime from Space](#)

Astronauts reading children's books from space

[Free Children's Stories](#)

Free access to many children's books

[Libby](#)

App created by Overdrive. Links to your public library card.

[Massachusetts Public Library](#)

How to access free and educational resources through a public library.

[Boston Public Library eCard](#)

Available to all MA residents

Cooking/Family Meal Planning

[EatRight.org](#)

Academy of Nutrition & Dietetics, with resources surrounding healthy eating and other food-related resources during the outbreak and beyond. Downloadable handouts can be found [here](#).

[The Kids Cook Monday](#)

Website with videos and recipes for kids to follow. Encourages family engagement in the kitchen.

[Accessible Chef](#)

Collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities.

[Chop Chop Family](#)

Dedicated to encouraging children and families to cook together

[Food Network Kids](#)

Access to recipes and videos to encourage kids to cook.

Virtual Field Trips

[Discovery Education](#)

Live or on demand, free. Companion guide provided with hands-on learning activities. Filter search results by subject area.

[Adventures in Familyhood: 20 Virtual Field Trips](#)

Family run website with variety of resources. Virtual Field Trip page is linked listing a variety of museums, zoos, and aquariums that are hosting virtual field trips.

[Mental Floss: 12 World-Class Museums](#)

List of museums hosting virtual field trips.

[Google Arts & Culture](#)

Free virtual tours of museums and other locations across the world.

[Access Mars](#)

Google & NASA collaboration. 360 view of the surface of Mars.

[Yellowstone National Park](#)

Virtual tour of Yellowstone's main attractions. As of 3/18/2020, Yellowstone is open but most facilities are closed.

[Live Cams](#)

Explore Education live cams of wildlife and environments across the world

[Totally the Bomb: 33 National Park Tours You Can Take Virtually](#)

List of national park tours you can take virtually.

Exercise/Movement

[GoNoodle](#)

Free movement and mindfulness videos and games for kids

[YouTube Kids](#)

Variety of videos for kids, including exercise/movement based activities

COVID-19 Outbreak Resources for Families

[Exercise Buddy](#)

Visual exercise videos. Autism-friendly, but appropriate for everyone. 14-day free trial.

[Down Dog App](#)

All apps are free until April 1st. Free student/teacher membership [here](#), K-12 and college, available until July 1st.

[YMCA 360](#)

Variety of virtual classes for kids and adults

[Fitness Blender Kids Workout](#)

25 minute free kids work out at home

[Cleveland Inner City Ballet: Virtual Online Ballet Class](#)

FREE virtual ballet classes; recorded on Facebook Live.

Coronavirus-Specific Resources

[BrainPOP: Coronavirus Resources](#)

Videos explaining what COVID-19 is, how to stay safe, and resources on how to remain calm. Available in **English**, **Spanish**, and **French**. Videos available for **K+** or **grade 3+**. Free access available due to the COVID-19 outbreak.

[Daniel Tiger: How to Talk to Your Kids About Coronavirus](#)

Suggestions for parents/caregivers on how to approach the topic of COVID-19 in an educational and calm way. Highlights specific episodes from Daniel Tiger and other PBS KIDS shows promoting healthy habits for children (including germs, hand-washing, and more).

[NASP: Talking to Children about COVID-19: A Parent Resource](#)

Document directed to parents about talking to their children about COVID-19

[Live Science: Kids Guide to the New Coronavirus](#)

Article directed to kids on what COVID-19 is. PDF version [here](#).

[Tips for handling work and kids during COVID-19 isolation](#)

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict.

[How You and Your Kids Can De-Stress During Coronavirus](#)

PBS KIDS article on managing stress with your children during the outbreak and beyond.

[Autism Speaks: COVID-19 Information and Resources](#)

Information compiled by Autism Speaks to inform families and provide resources.

[CDC: Stress and Coping during COVID-19](#)

Includes strategies and resources surrounding stress/anxiety management and other mental health concerns.

Parent Resources

COVID-19 Outbreak Resources for Families

[Tips for handling work and kids during COVID-19 isolation](#)

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict.

[How You and Your Kids Can De-Stress During Coronavirus](#)

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[CDC: Stress and Coping during COVID-19](#)

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[Tips from Michael Rich at Boston Children's Hospital for Parenting at Home](#)

Talking about parenting strategies while at home for COVID19 outbreak

[Today Show: How to home-school during the coronavirus crisis with free resources](#)

Variety of resources for families.

[UNICEF: 6 ways parents can support their kids through the coronavirus disease \(COVID-19\) outbreak](#)

Input from a psychologist on how to support your child through the emotions surrounding the outbreak

[Autism Insurance Resource Center: COVID-19 Resources](#)

AIRC's resource page for COVID-19 related information on services for individuals with autism

Department of Education Resources

[Department of Elementary and Secondary Education \(DESE\)](#)

DESE's COVID-19 update page is updated frequently. Please visit their website directly for the most up-to-date information and guidance regarding school services.

[DESE: Educational Resources for Students and Families](#)

List of resources and websites accessible to students and their families while at home

[U.S. Department of Education: Coronavirus](#)

List of resources, at-home activities, and guidance when it comes to services

Financial/Food Resources

[Internet Essentials: Comcast](#)

2 free months of internet for low income families:

[Map of Boston Meal Sites for Children and Youth](#)

Maps and information for various food sites for Boston students while they're out of school.

[Union Capital Boston Gift Card Program](#)

Providing \$150 gift cards to families in need (Greater Boston Area) while supplies last. Information is in both English and Spanish. Donations can be made [here](#).

[Feeding America: Find Your Local Food Bank](#)

List of local food banks by zip or state.

[FoodSource Hotline](#)

1-800-645-8333 or TTY: 1-800-377-1292

Connects families in need to referrals to food resources in their community, including SNAP referrals

Emotions/Mindfulness/Stress Management

[Calm](#)

Free app (with paid subscription available) focusing on mindful meditation. [This page](#) has a variety of resources, including activities for kids.

[Breathe](#)

Meditation app, along with resources on meditation techniques. Resources for [Meditation for Kids](#), too.

[InsightTimer](#)

Free app for sleep, anxiety and stress. [Meditation for Kids](#) available as well.

[National Alliance for Grieving Children \(NAGC\): Responding to Change & Loss](#)

Toolkit in support of children, teens, and families during times of crisis.

[Ten Percent Happier](#)

App is a paid app, but they offer free talks on YouTube and other [Coronavirus Sanity Guide](#) is their free guide designed to support and promote calm amidst the chaos. Also offering free app access for healthcare workers

[Social Emotional Learning Packet \(Teachers Pay Teachers\)](#)

Free digital download. 7 pages of activities available to print. Designed to encourage children to find calming activities to do at home.

[Soar with Wings](#)

Resources for social emotional skills for school and life. Virtual Field Trip available to learn about emotional intelligence through the eyes of a peer.

[GoZen!](#)

Program is NOT FREE (monthly subscription available). Focuses on teaching kids how to manage stress and anxiety. Free newsletters, brief videos, bog, and podcasts are available.

[Free Webinar: 6 Essential Skills to Transform Stress and Anxiety for Kids and Teens](#)

[Podcast: Dear Anxiety.](#)

[Smiling Mind](#)

Free Australian-based app available promoting mindfulness techniques in home, at school, or at work. [Specific article](#) on COVID-19 anxiety and management of stress.

[Tips for handling work and kids during COVID-19 isolation](#)

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict.

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Social Stories

[EasterSeals: "My Coronavirus Story"](#)

[Autism Speaks: Getting Sick and Staying Healthy \(not COVID-19 specific\)](#)

[Carol Gray: My Story About Pandemics and the Coronavirus](#)

*Detailed; goes in depth into pandemics and what that might mean.

[Mind Heart: I am the Coronavirus](#)

[My School Is Closed](#)