|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | **Virtual Mentoring Toolkit & Resources for Bigs**  These are truly unprecedented times as we respond to the current COVID-19 health crisis, and as such Big Brothers Big Sisters of Tampa Bay has adapted our programming so we can continue to meet the needs of the youth in our community. We made the difficult decision to suspend all face-to-face contacts between Bigs, Littles, Families, and Program Staff to align with recommendations of the CDC.   This suspension will be in effect until policies on social distancing are relaxed or ended.   During this time of change and uncertainty, our agency’s commitment to the youth and families we serve remains strong: **To collaborate with you, our valued volunteer, in meeting the unmet needs of the youth and families we serve.**  What follows is our **Virtual Mentoring Guide and Toolkit**, which will provide you a wide range of means you can engage your Little, even though you will be meeting virtually rather than in person. We encourage you to review these resources and chat with your Match Support Specialist to help develop a plan on how best to approach your relationship with your Little. | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | Our approach to mentoring will not change. Big Brothers Big Sisters of Tampa Bay will continue to focus on partnering with you to meet the needs of the youth we serve in their schools and communities. However, as we move forward together, our traditional programming will look a little different.  With in-person contacts suspended:   * **All mentoring will be done virtually** via telephone, smart phone, social platforms, and/or video conferencing solutions. * Matches will be no longer be required to see each other for 4-10 hours each month, but **Bigs will be encouraged to make weekly contacts with their Littles for approximately 30 minutes** throughout the duration of the public health crisis – this can be achieved in multiple contacts throughout the week. * Our Match Support team will be providing on-going assistance and match support just as they always have, but they will also be **focused on providing a variety of digital resources** to help Bigs continue to have fun supporting the needs of their Little. * **You are still expected to make monthly contact with your Match Support Specialist!**   Amidst so much upheaval and disruption, one thing is clear: **Our Little Brothers and Little Sisters need us now more than ever**. We here at Big Brothers Big Sisters of Tampa Bay are ready and willing to provide you with the tools and resources you need to continue to provide that care, support, and guidance. | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | Not being able to see your Little in-person may present some new challenges to your relationship but following the tips below will help you navigate through these difficulties while continuing to help your Little reach their highest potential.  **General Advice**   * Rely on regular phone calls and text messages, or video chats via [**FaceTime**](https://support.apple.com/en-us/HT204380) or [**WhatsApp**](https://faq.whatsapp.com/en/android/26000026/?category) to stay connected with your Little.  Use [**this resource**](https://www.rockbrookcamp.com/blog/conversation-starters-topics/) or [**this resource**](https://www.verywellfamily.com/conversation-starters-for-kids-4160004) for great conversation starters for kids and check out [**this resource**](https://www.allprodad.com/the-best-conversation-starters-for-teenagers/) or [**this resource**](https://wehavekids.com/parenting/Conversation-Starters-for-Teens) to get chatting with teens! * **STAY CONSISTENT!** **Whatever method you choose to connect, your consistency is more important to your Little now than ever.** Find days, times, and methods that work best for both of you, create a plan, set a schedule, and stick to it!  This will make it easier on you both, while giving you each something to look forward to and depend on. * **ASK QUESTIONS!** It's no surprise that everyone's day-to-day schedule is experiencing incredible upheaval.  Reaching out and chatting with your Little and their parent/guardian about when is best to reach out, what days and time are easiest, and how you can help are questions that will be enormously helpful for you (and your Little!) in staying connected.   **Platforms that May be Helpful**   * As many of us know from adjusting to virtual work meetings, [**Zoom**](https://zoom.us/) is a great resource for video conferencing. Accounts are free to set up and offer unlimited one-to-one meetings, which is perfect for Bigs and Littles! [**Here's a link to sign up**](https://zoom.us/signup) and [**another link for online resources**](https://zoom.us/docs/en-us/covid19.html) that can help get your up to speed on everything Zoom has to offer. * [Skype](https://skype.com)**,** [Google Duo](https://duo.google.com)**,** and[Google Hangouts](https://hangouts.google.com)are additional ideas**.** * Snail mail - *still a thing!*Write letters to your Little (become pen pals!), send postcards, a homemade card, pass along some print-at-home games (like these [**puzzles**](https://www.thesprucecrafts.com/free-puzzles-and-games-4118920) or these [**coloring pages**](https://www.crayola.com/featured/free-coloring-pages/)), or send them a homemade craft (like these [**bracelets**](https://www.instructables.com/id/Homemade-Bracelets/), or one of [**these quick/easy kids crafts**](https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/))   **Helpful Resource to Help You Build Your Match**   * This [Guide to Conversation Starters](https://nbbbs.us12.list-manage.com/track/click?u=372fc125a07c95a765bf33c3b&id=02fbaefac8&e=34d86e89f2), as well as this [Get-to-Know-You Worksheet](https://nbbbs.us12.list-manage.com/track/click?u=372fc125a07c95a765bf33c3b&id=3b5e8e958d&e=34d86e89f2) can be great resources in helping approach your conversations with your Little and continue to build your relationship no matter the distance. * There are a few resources from Greater Good Magazine that are helpful in building a positive relationship, especially [this article on Active Listening](https://ggia.berkeley.edu/practice/active_listening?_ga=2.119480203.365091663.1585083206-631830334.1585083206) and [this article detailing the 36 questions you need to increase closeness](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness?_ga=2.119480203.365091663.1585083206-631830334.1585083206)! * We absolutely love [this quick one-pager](https://scontent-lga3-1.xx.fbcdn.net/v/t1.0-0/s640x640/90200402_580630932538761_4117716486775111680_o.jpg?_nc_cat=111&_nc_sid=235911&_nc_ohc=yYV4QnoLY-sAX8N4vzf&_nc_ht=scontent-lga3-1.xx&_nc_tp=7&oh=9db5fa8b39135fac7a3a8461cffe5536&oe=5E9F28C3) from our friends at The Search Institute outlines the keys to building a supportive relationship during crisis. Sneak peek: focus on expressing care, challenging growth, and providing support!     **For All Ages: Stay Safe Online!**   * Not sure how to assess whether a specific app or platform is safe for your Little? [Check out this webpage hosted by SaferKid](https://nbbbs.us12.list-manage.com/track/click?u=372fc125a07c95a765bf33c3b&id=1e36e17557&e=34d86e89f2) that has app-specific reviews and ratings. [Common Sense Media](file:///\\s-tb-dc2\USER\JenniferR\CB\Apart%20Together%20activities%20-%20COVID19\CommonSenseMedia.org) also offers safety guidance. * Our partners at the National Center for Missing & Exploited Children recently released a six-episode web-series, Into the Cloud, designed to educate ages 10 and younger on ways to be safer online. The videos last around 3-5 minutes and there are discussion questions parents and Bigs can use to accompany each lesson. Their website also features printable activities and online games - <https://www.netsmartzkids.org/into-the-cloud/>. Videos and resources specifically for teens and tweens can be found at [www.NSTeens.org](http://www.NSTeens.org).  Tip sheets offering guidance on navigating digital safety can be found at <https://www.missingkids.org/netsmartz/resources>. | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | Here are a few Match Activity ideas that you can dive into immediately with your Little! Please be mindful of your Little’s development age and remember to discuss with your Little’s parent/guardian first. Don’t forget to reach out to your Match Support Specialist for more ideas.   * Develop a talent, skill, or passion together!  There are a lot of experts creating exceptional online content right now that can help you and your Little [**learn to draw**](https://www.youtube.com/user/studiojjk) or [**doodle**](https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF), perfect an [**in-home workout**](https://www.youtube.com/user/Otheoryfitness), [**practice ballet**](https://www.instagram.com/tilerpeck/), [**become a scientist**](https://mysteryscience.com/school-closure-planning), [**explore the world**](http://www.encantosbrands.com/learning), [**become a great cook**](https://www.americastestkitchen.com/kids/home), [**become a yogi**](https://www.youtube.com/user/yogawithadriene), or [**learn how to dance**](http://www.clistudios.com/keepdancing?fbclid=IwAR3FfycKFIiiUKG6dB_CKm9AmbfjmC26sHNcDTmE8-TuZOA-va8Hwtns-k8)! * Don't hesitate to daydream!  Plan future activity ideas you two might do together once it's safer to move about in the community.  Check out [this website](https://www.visitstpeteclearwater.com), [this website](https://www.visittampabay.com), [this website](https://www.visitflorida.com/en-us.html), [this website](https://fun4tampakids.com/), and [**this website**](http://familydaysout.com/)too for great activities and attractions to check out locally. * Have a Movie night! Plan to watch the same movie ([**here are some ideas**](http:// https:/www.rottentomatoes.com/top/bestofrt/top_100_kids__family_movies/) and [**here are some more**](https://mommypoppins.com/kids/tv-film-movies/50-best-kids-movies-for-family-movie-night)) and discuss via phone or text message either during or after. Make sure to get movie selection approved by parent/guardian and [**here are some great questions**](https://bookriot.com/2017/08/21/book-club-discussion-questions/) (though you'll have to swap the word 'book' for 'movie) to get you going.   + Looking for an educational movie or documentary?  There are thousands available on [**Kanopy**](https://www.kanopy.com/) or [**Hoopla**](https://www.hoopladigital.com/) that are free with a library card!   + Did someone say movie night? [**Netflix Party**](https://www.netflixparty.com/) is a new way to watch Netflix with your friends online by synchronizing video playback and adding group chat to your favorite Netflix shows!   + You can pick a flick off of The Polk Theatre’s [website](https://6amcity.us18.list-manage.com/track/click?u=97f9dc6ad028c29fb9248a95c&id=c4fe9208ee&e=698dac32f4). **The Polk Theatre** is **providing access to first-run independent films** - that are not yet available on any other streaming sites - for you to enjoy at home. Please check rating and get permission from parent! * Our friends at the Boys and Girls Club have opened several online activities and curriculum through their **MyFuture** program. [Check out this website to access](https://nbbbs.us12.list-manage.com/track/click?u=372fc125a07c95a765bf33c3b&id=3d09a896ce&e=34d86e89f2) a mobile-friendly social platform you and your Little can gain access to over 185 Boys & Girls Club program activities in areas such as STEM, leadership and the arts. * Watch a virtual concert together!  There are a ton of artists who are hopping on the bandwagon and hosting virtual and free concerts for their fans!  [**Here's a list from NPR that might be helpful**](https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown). * Start a cooperative journal by using a platform like [**Story Bird**](https://storybird.com/member-family-plan) or [**Google Docs**](https://www.google.com/docs/about/) to document the day-to-day.  [**This example**](https://docs.google.com/document/d/1mNFT2gkAAqn12jGGZ88Y7VDgCyS1fgGfpDcE4PEjCwM/edit?usp=sharing) provides a great format for this.  Or try [Journal Buddies](https://www.journalbuddies.com/) for some helpful writing prompts. * Have a virtual book club!  You can read to your Little via FaceTime, WhatsApp, Skype, or Zoom, or plan to read the same book and discuss with each other.  Here are [**some great book ideas**](https://www.raisesmartkid.com/all-ages/101-best-childrens-books-of-all-time-by-age) to get started and [**here's some tips on how to get the conversation going**](https://bookriot.com/2017/08/21/book-club-discussion-questions/).   + Have a library card?  [**Libby**](https://www.overdrive.com/apps/libby/) is a great resource for accessing downloadable free e-books!   + How about trying [Audible books](https://stories.audible.com/start-listen)? All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening together!   + [Oxford Owl provides free e-books](https://home.oxfordowl.co.uk/) for children age 3-11! You can use these to read to your Little or start a book club together! * Schedule an activity to virtually [**check out a museum**](https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online), how about the [Louvre](https://www.louvre.fr/en/visites-en-ligne)! Here are [12 more famous museums](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours) to visit. Check out [**Zoom**](https://zoom.us/pricing) for an easy way to share your screen and explore together! The Dalí Museum has placed a variety of Educational materials [here](https://thedali.org/the-dali-on-line/) to engage, entertain and enlighten during this time. * Join the Cincinnati Zoo for a [**Home Safari Facebook Live**](http://cincinnatizoo.org/home-safari-resources/) each day at 3pm EDT where they will highlight one of their amazing animals and include an activity you can do from home. How about some additional zoo attractions? Why don’t you try the [Dallas Zoo](https://www.dallaszoo.com/bringthezootoyou/), [Smithsonian’s National Zoo](https://nationalzoo.si.edu/webcams), [San Diego Zoo](https://kids.sandiegozoo.org/), or watch live [animal cams](https://www.earthcam.com/events/animalcams/) from around the world. * Virtually visit one of the following [National Park](https://artsandculture.withgoogle.com/en-us/national-parks-service/parks)**s**: Kenai Fjords National Park, Alaska; Hawai’i Volcanoes National Park, Hawaii; Carlsbad Caverns National Park, New Mexico; Dry Tortugas National Park, Florida. Or tour [Yellowstone National Park](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm). * How about you both listen to the Opera together! The [Met Opera](https://www.metopera.org/user-information/nightly-met-opera-streams/) is offering free streaming of performances they have hosted over the past 14 years. * Google Arts & Culture also has an online experience for [exploring famous historic and cultural heritage](https://artsandculture.google.com/project/openheritage) sites. Want to visit the [Great Wall of China](https://www.thechinaguide.com/destination/great-wall-of-china)? * Does your Little like to build? Purchase duplicate [**Lego sets**](https://www.amazon.com/slp/lego-city-sets-under-20/45ctrqbadfge3t9) or [**jigsaw puzzles**](https://www.amazon.com/slp/jigsaw-puzzles-500-pieces-under-10-dollars/txf6b9weq7z83ve) and send one to both you and your Little.  Share your progress by sending photos via text message and see who can complete their project first! * Schedule game time! Using app-based games like [**Words with Friends**](https://apps.apple.com/us/app/words-with-friends-word-game/id804379658), [**Draw Something**](https://apps.apple.com/us/app/draw-something-classic/id488628250), [**Chess**](https://apps.apple.com/us/app/chess/id311395856) ([**click here for the web version**](https://www.chesskid.com/)), [**Checkers**](https://apps.apple.com/us/app/checkers/id321026028), or [**Bowling**](https://apps.apple.com/us/app/bowling-king/id769737983) can be great ways to engage and connect with your Little, while enjoying some down time.  [**Check out this website**](https://www.gamesgames.com/games/multiplayer) ([**and this one too!**](https://www.commonsensemedia.org/lists/free-online-games-for-kids)) for great games you and your Little can play on laptops or desktops. Play a game together, like [virtual Scrabble](https://6amcity.us18.list-manage.com/track/click?u=97f9dc6ad028c29fb9248a95c&id=b2d8c88c53&e=698dac32f4). * Use your Conversation Card deck and use the question cards to stimulate discussion. * Does your Little have virtual homework assignments they're trying to tackle?  Offer to lend a helping hand!  Whether it's a book report, an algebra lesson, or anything else you can be incredibly helpful in assisting your Little in transitioning to digital learning. * Looking for indoor activities that share over video chat, or just want to lend a helping hand to a parent looking for the same?  [Here are 50 easy/cheap indoor activities to keep kids busy](https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR1y1cRQpAM-ZWa49Uzwx1osTeNYwRYjcwma-YyRODyyw0N0eZViS-Yv-Go). How about charades? * Our friends at Playworks have a created a [Play at Home Guide](https://www.playworks.org/get-involved/play-at-home/) that includes a variety of different games that kids and families can play while home. This Play at Home guide is accompanied by resources available online which includes interactive games with video. * For craft ideas and a variety of activity worksheets try this [link](https://www.allkidsnetwork.com/). Perhaps print a few off and drop in the mail to your Little. * [Houseparty is a free app](https://play.google.com/store/apps/details?id=com.herzick.houseparty&hl=en) available to play a variety of games together. Houseparty is similar to Snapchat, Skype, Zoom, FaceTime—group video calling apps that have filters, sound effects, etc. Where it differs is its gaming platform. This app. is recommended for older Littles and teens so always ask parental permission before using. * Have a virtual [scavenger hunt](https://www.educationworld.com/a_lesson/archives/scavenger_hunt.shtml) and learn something new too. * Create your own free, instant crossword puzzle for you and your Little, or use a ready-made crossword puzzle on any subject. [Check out this website](https://crosswordlabs.com/) to create your own unique puzzle to send to your Little. Then you can teach your Little to do the same and send one back to you. * Take a virtual ride of Busch Gardens famous roller coasters and try riding [Sheikra](https://www.youtube.com/watch?v=w5r0EJQ1elA), [Cheetah Hunt](https://www.youtube.com/watch?v=z5__c2oJMGk), or [Kumba](https://www.youtube.com/watch?v=6L_YS9Mb_hI). * Teach your Little meditation practices. For guided audio meditations for children [try this](https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/) **site**, [this site](https://bitsofpositivity.com/free-guided-meditations-for-kids-mindfulness-resources/), or [this site](https://www.headspace.com/meditation/kids). Calm and Headspace are two excellent apps to try for free. * Look up poems together and talk about what it means to each of you, or plan that each of you will come to your next call with a poem you’ve found and want to share. Show your Little the [on-line rhyming dictionary](https://rhymer.com/) so s/he can write their own poem and have some fun! * Learn a new language for free on [Duolingo](https://www.duolingo.com/) . . . what about Japanese, Spanish, French, Navajo, or German! There are many more to choose from. * Visit the [Florida Aquarium SEA-SPAN](https://www.flaquarium.org/sea-span) to see recorded videos around the aquarium. The Tampa attraction will be hosting a daily [Facebook Live](https://www.facebook.com/pg/floridaaquarium/posts/?ref=page_internal) video while it is closed to the public. It will be broadcast at 10 a.m. each day to keep you up to date on happenings at the aquarium. Or why don’t you check out the live webcams at [Monterey Bay Aquarium](https://www.montereybayaquarium.org/animals/live-cams). How about a virtual tour of the [**Seattle Aquarium**](https://youtu.be/mY8__n13tKM)or the[National Aquarium](http://samuraivirtualtours.com/example/nadc/index.html)**.** * Have a [House of Cards](https://www.google.com/search?q=how+to+build+a+house+of+cards&rlz=1C1GCEA_enUS775US775&oq=how+to+do+a+house+of+cards&aqs=chrome.2.69i57j0l4.9330j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_UBx0XsiMGY39-gS3opFg19) challenge! Build a house of cards simultaneously and check in as you go by video-chat or phone. Or you could create a competition, set a timer and see how far you each get. * Have a TikTok Dance-off. TikTok is an app in which you can create short-form mobile videos. Here is the [Beginner’s Guide](https://www.wired.com/story/how-to-use-tik-tok/) to get you going. Or just teach each other your favorite dance moves. * Complete an online [jigsaw puzzle](https://www.jigsawexplorer.com/). * Learn to [play an instrument](https://www.virtualmusicalinstruments.com/) . . . virtually! Or check out [Chrome Music Lab](https://musiclab.chromeexperiments.com/Experiments) so you can make your own music. * Take a virtual [trip to the moon](https://moon.nasa.gov/) or visit [Mars](https://accessmars.withgoogle.com/). * Design your own Disney Park through “Imagineering in a Box”. This is a partnership through Disney World and Khan Academy to provide a free online program to create your own theme park -- click [here](https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box) to check out the free course and lessons. * Learn about [Cryptography](https://www.cryptoclub.org/). | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | With school's closed across the area, we know many Bigs will be focused on helping stem the tide of learning loss while their Littles are spending time at home.  Check out the resources below to help your Little stay sharp and continue to focus on their academics from home.   * [**Khan Academy**](https://www.khanacademy.org/) offers a FREE library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP, SAT, and more. They are also offering [**daily learning schedule**](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAlJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)**s** for kids throughout the crisis. * Common Sense has a bunch of great (and free!) education websites and apps that kids can access (with parent permission!) to help stem the tide of learning loss.  [**Check them out here for more info**](https://www.commonsensemedia.org/lists/free-educational-apps-games-and-websites) and find what resource might be best for your Little! * Check out [**Class Central**](https://www.classcentral.com/) for a free list of online classes that range from computer science and business, to arts/deigns and engineering. This is best for middle/high-school age Littles.   + Feeling ambitious and want to turn this into a Match Activity? Take the class alongside your Little! * Is your Little interested in coding? [**Scratch**](https://scratch.mit.edu/) was designed for children ages 8-16 and uses easy-to-use programming language to let kids build almost anything they can dream. There are no obscure lines of code here. Instead, arrange and snap together Scratch blocks as if they are virtual Legos!   + Want to turn this into a Match Activity? Use Scratch right alongside your Little and venture through their online lessons together! * [TedEd](https://ed.ted.com/series) is working with expert educators and TED speakers to create and share daily virtual lessons on a widespread of subjects for elementary level students all the way up to college students. * [BeepBox](https://beepbox.co/#8n31s0k0l00e03t2mm0a7g0fj07i0r1o3210T1v1L4uecq1d7fay0z1C3c0AcF8B7VaQ0001PffffE0000T5v1L4ua4q1d4f7y6z1C0c4h0HT-Ih9jrh900000T1v1L4u56q1d1f8y3z7C1c0A5F5B9V7Q0001PfaedE0067T2v1L4u15q0d1f8y0z1C2w0b4h400000000h4g000000014h000000004h400000000p16000000) is a free music platform where students can create their own instrumental songs and melodies. * [NASA](file:///\\s-tb-dc2\USER\JenniferR\CB\Apart%20Together%20activities%20-%20COVID19\page=1&media=image,video,audio&yearStart=1920&yearEnd=2020) has made their entire Media Library of over 140,000 photos and resources accessible to the public and copyright free. * Has there ever been a better time for podcasts? [**Check out this website**](https://mommypoppins.com/new-york-city-kids/best-of-lists/best-podcasts-for-kids-staying-in-funny-smart-and-scientific-0) to access funny, smart, and scientific podcasts that keep kids engaged.   + Want to turn this into a Match Activity?  Pick a podcast you both enjoy and listen along together! Then, after each episode, connect and discuss using slightly revised, [**book-club style questions**](https://everbetterideas.com/2019/03/26/book-club-conversation-starters). * Do you have a teenager interested in public health or psychology?  [**Here is a laundry list of resources**](https://docs.google.com/spreadsheets/d/1frXQ5z2NfKp3EYFV8JZml8N7_VfU_e4TDqxB6zGPnI0/edit#gid=0) that they can explore!   + Want to turn this into a Match Activity?  Pick a resource and explore it together.  Or, have your Little review a specific resource they might be excited about and teach you about what they learned! * Looking for a virtual lesson your Little (and you!) might find interesting?  Check out the [**TakeLessons YouTube channel**](https://www.youtube.com/channel/UCd25Vdzop7GKatg_hF-X52g)for lessons on singing, learning Spanish, learning sign language, playing piano, and much more!   + Want to turn this into a Match Activity? Take the lesson right alongside your Little and learn together! * Looking for online lessons that mirror what your Little might be missing in school?  [**PBS SoCal**](https://www.pbssocal.org/) has prepared [**broadcast programming and online lessons**](https://www.kcet.org/at-home-learning?utm_source=Facebook&utm_medium=paid-social&utm_campaign=at-home-learning&utm_content=at-home-learning-page&fbclid=IwAR0Hmre3XrssjNBmbyfN5vRrlP4RUwODlmN3lQixtA27k0jkv84zprq6i5Y) that adhere to California's K12 state curriculum, which - though definitely not Florida - still might be helpful, informative, and fun!   + Want to turn this into a Match Activity? Take the lesson right alongside your Little and learn together! * Our friends at Scholastic offer [**day-by-day projects to keep kids in grades K-9 reading, thinking, and growing**](https://classroommagazines.scholastic.com/support/learnathome.html?caching). These are updated each day and present four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin! * Is your Little interested in writing?  [**BoomWriter**](https://boomwriter.com/parents-app) inspires children to write and develop important literacy skills, and our parent app will keep you ‘In the loop’ with your child’s progress. * Can't find something you like on the list above?  [**Check out this website for a full list of educational companies offering free subscriptions**](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR0PZ-_YvyWgYlJKl_qSvEUEwiTFNkACKgfg26SczLVdAH9vk)**.** * Looking for content-specific activity ideas? Check out the following: * [Discovery](https://www.discoverymindblown.com/) for science activities! * [National Geographic](https://kids.nationalgeographic.com/) and [Switch Zoo](https://www.switchzoo.com/) for animal activities! * [ABCya!](https://www.abcya.com/) for activities and games related to creative writing and much, much more. * Check out[Open Culture](http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html)and learn everything you’ve always wanted to: Free Online Courses, Audio Books, eBooks, Historical Children’s Books, Movies, Coloring Books & More! * [Explore.org](https://explore.org/education) has compiled a list of educational resources from animal experts and researchers to help connect your Little and/or student to nature. * [Florida Electronic Library](https://www.flelibrary.com/index.php) offers access to the online database of magazines, books, newspapers and other resources to the public. * [GoNoodle](https://www.gonoodle.com/) provides free Exercise and Mindfulness videos for children. * [Finance Your Future](https://financeyourfuture.myfloridacfo.com/) provides online overview of various financial topics like banking, budgeting and saving, credit and debt, insurance and financial frauds and scams. These courses are designed for middle and high school students. * [Carnegie Learning](https://www.carnegielearning.com/help-center/at-home-resources/at-home-resources-for-teachers/long-live-math-at-home/) is making their Math materials available to 6-12 grade level students online at no cost for the rest of the school year, including text lessons, Artificial Intelligence-based software, skills practice, Instructional videos, a live Math Coach available 8:00am-6:00pm daily and Mathia Software Support until 9:00 PM. Coach on Call Services - A math coach is available from 8am - 6pm EDT for Carnegie Learning customers who need it (email coachoncall@carnegielearning.com or text 412-246-2737). * The National Hurricane Center will be conducting webinars about hurricanes for 4th, 5th, and 6th graders living in U.S. These webinars will focus on the job of a meteorologist, the weather hazards that come with hurricanes, and how meteorologists get you the weather information you need before a storm. [**Click here for the webinar schedule from the National Hurricane Center**](http://www.nhc.noaa.gov/pdf/Hurricane_at_Home.pdf)**.** | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | We know many of our parents will be feeling the stress of supporting and providing for their children over the weeks and months to come.  We want to be sure every Big had specific resources that might be helpful to pass along to parents who may turn to you for support:   * NPR coming through in the clutch (as always!) with [**this helpful, interactive guide**](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus) for how to chat with kids about COVID-19. * [Free Internet and Communication Providers](http://www.fldoe.org/em-response/resources-families.stml#providers) are accessible here. * Xfinity is also offering free hotspots around the country as well.  [Check out their website](https://wifi.xfinity.com/) to help locate one that's close by. * Food insecure families may be looking for local options to access food pantries and soup kitchens. If this is true for your Little, we recommend checking out [Feeding Tampa Bay](http://feedingtampabay.org/find-a-pantry/), [mobile food pantries](http://feedingtampabay.org/mobile-pantries/), or [BreakSpot](http://feedingtampabay.org/breakspot-meal-sites-hours/) where Littles can get one meal per day + breakfast 5 day per week.  [**FLKIDSMEALS Hotline**](https://floridapolitics.com/archives/324061-nikki-fried-activates-hotline-to-find-meals-for-kids-during-school-closures) is a text line and call center to find free meals for kids during school closures related to the coronavirus. [FoodFinder](http://www.foodfinder.us) shows low-income families when and where to get nutritious free food. * [United Way's 2-1-1](https://www.211ct.org/) service is an incredible resource and a great place to start if you're searching for specific program and resources in a specific location or municipality. The site allows you to search by city or zip code for specific, local services (e.g., food pantry, crisis intervention, healthcare) that can benefit families in-need.   + Not sure where to start? Just dial 2-1-1 from any phone to be connected with a 2-1-1 community navigator who can provide recommendations and point you in the right direction. * Questions about unemployment?  Go to [Employ Florida](https://www.employflorida.com/vosnet/Default.aspx?enc=ZCs3KvYqc6Gz9VJAOLirllyh00v3IuPLohCL8FABnrdmdOvkPBjR/OLbwqRdqRyj5typYZogqlUIM0tidu1ASpfh9VHS24wsfOtbe/iUi/NKc86sy7Kgj5Xb+Lzr0qGRaHty4RwqbJmL1NESyGvMOitqjU1ilHCMRpt7STJ3uCQ=) job portal, or access the [Florida Unemployment Guide](https://www.stateofflorida.com/articles/florida-unemployment/), or for assistance to apply for benefits go to [Florida Department of Economic Opportunity](http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits). The link to the website can be found [here](https://fldeo-flwork-prod1.pegacloud.net/prweb/app/default/tHGV_g6FQZMSYakWUervaQ%28%28*/!STANDARD). The Florida Department of Economic Opportunity has also launched a new [mobile-friendly site](http://www.FloridaJobs.org/RAApplication) for reemployment assistance. [Watch this video](https://6amcity.us18.list-manage.com/track/click?u=97f9dc6ad028c29fb9248a95c&id=da1c9c45c4&e=698dac32f4) from the Florida Department of Economic Opportunity to **learn how to apply for unemployment assistance**. You can check out more jobs throughout the state [here](https://6amcity.us18.list-manage.com/track/click?u=97f9dc6ad028c29fb9248a95c&id=f4ec803256&e=698dac32f4). * [ACCESS Self-Service Portal](https://www.myflfamilies.com/covid19/access.shtml), which is available 24 hours a day, seven days a week. * A ton of free resources are available for Parents through [FL Department of Education](http://www.fldoe.org/em-response/resources-families.stml). * The Disaster Distress Helpline answers calls and texts related to infectious disease outbreaks. Call or text to connect with a trained counselor 24/7. Call 1-800-985-5990. Bilingual support available. * Our friends over at [**Common Sense**](https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic) have some great videos and other resources that can help families to better understand what's going in the news and how to react to it, as well as stay calm and learn at home. * Harvard Health put together a [great article on **how to talk to teenagers**](https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192) about COVID-19. * The Child Mind Institute outline [some great **resources and approaches**](https://childmind.org/article/talking-to-kids-about-the-coronavirus/) on how to talk with younger kids about COVID-19. Here's another [**great article from PBS**](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR1kJTbhlxueODlDz5sGyJM8UyXcT8mXPKy53ORWRYXzvzTp8D3D9ntGsVE). * Need some family mindfulness amidst all the disruption?  Ten Percent Happier has [a lot of **resources and daily updates**](https://www.tenpercent.com/coronavirussanityguide) for families struggling to cope. * Looking for activities?  [**Here are 50 easy/cheap indoor activities to keep kids busy**](https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR1y1cRQpAM-ZWa49Uzwx1osTeNYwRYjcwma-YyRODyyw0N0eZViS-Yv-Go)**.** * [**National Child Traumatic Stress Network**](https://mcusercontent.com/372fc125a07c95a765bf33c3b/files/7633b0be-cf09-43ae-8c47-bff23bcd0dbf/response_to_trauma.pdf) offers an incredible COVID-19 Coping Guide with specific strategies and recommendations for each age group. * [This article from Greater Good Magazine](https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place) can help you learn more about helping teens cope with sheltering in place. * Our friends over at Greater Good Magazine also have a few different at-home practices and activities that you and your Little can use to help battle stress and anxiety.  These include [how to gain perspective on negative events](https://ggia.berkeley.edu/practice/gaining_perspective_on_negative_events?_ga=2.189073835.124209331.1585221296-852595150.1585221296), [how to practice mindful breathing](https://ggia.berkeley.edu/practice/mindful_breathing?_ga=2.200099502.124209331.1585221296-852595150.1585221296), and [the benefits of expressive writing](https://ggia.berkeley.edu/practice/expressive_writing?_ga=2.200099502.124209331.1585221296-852595150.1585221296). * How do we help someone who is suffering with anxiety? [This article](https://greatergood.berkeley.edu/article/item/seven_ways_to_help_someone_with_anxiety) details seven tired and true ways to be sure we're lending a helping hand. * [This podcast](https://greatergood.berkeley.edu/podcasts/item/raina_telgemeier_step_away_from_anxiety) from author Raina Telgemeier introduces a practice that can help calm nerves and reduce anxiety. * [This podcast](https://greatergood.berkeley.edu/podcasts/item/luke_burbank) from comedian and radio host Luke Burbank sheds light on how focusing on eating a single raisin can help break free of the burdens presented by stress and anxiety. * MENTOR and the Mental Health Association of New York City put together [this incredibly helpful primer](https://www.mentoring.org/new-site/wp-content/uploads/2015/09/JPMC-Trauma-Resource.pdf?utm_medium=email&utm_campaign=COVID-19%20Announcement&utm_content=COVID-19%20Announcement+CID_9c65380679a17a091050066a32eb9663&utm_source=CampaignMonitor%20Email&utm_term=guide%20on%20trauma) on how we can best support young people in the wake of trauma. * The World Health Organization has two nifty little one-pagers on how you can [help your Little](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2) and [help yourself](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8) better cope with COVID-19. | | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |
| --- |
|  |

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  | | --- | | We have **so many ideas** for how to support you and your Little throughout the COVID-19 crisis.  We are looking forward to being able to provide:   * Regular calls, emails and text messages with resources and activity ideas * Training on how best to practice the core tenants of Virtual Mentoring * We have also created a [YouTube playlist](https://www.youtube.com/playlist?list=PLhFzOR2DPDTyfdH7LH3MI-4YJqpR2LU1u) with videos on how to use the tools below as a great option to connect with and “see” your Little. * [Zoom](https://zoom.us/signup) * [Skype](https://www.skype.com/en/get-skype/) * [Google Duo](https://duo.google.com/) * [WhatsApp](https://www.whatsapp.com/)   We hope this e-Mentoring Toolkit will provide a helping hand as you continue to navigate these challenges, but we also know that **this Toolkit does not replace regular contact with your Match Support Specialist**. So, please inform us of any challenges that you are experiencing so we can work through them together and find a healthy resolution.  Thank you for your commitment to helping our youth during this challenging time. For children who are isolated, fearful and maybe just plain bored right now, your consistency and support can be the difference between regression and growth. **Thank you!** | |  | |