

## **RESOURCES and ACTIVITIES TO DO ONLINE**

### **Love and Logic Parenting Classes: Available Online**

Love and logic has moved many of their parenting classes online. There is a cost to these classes and some classes are offered for free through the end of April. There are a variety of classes for both parents of children of all ages, and classes for educators. <https://www.loveandlogic.com/a/info/love-and-logic-parenting>

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### **Life Development Resources (LDR) Services:**

This agency has moved to telehealth. Services include:  
Men's Relational Health and Adult DBT Programs. Which includes individual therapy, online group skill therapy and 24-7 coaching calls.  
Women's and Men's Intensive Co-Occurring Treatment.  
Individual, Couples and Family Counseling  
Children and Adolescent Counseling  
Play Therapy, Therapy for Trauma and EDMR.  
Parenting Classes

For an appointment call 952-898-1133 or go to Life Development Resources.

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## THE WORKS MUSEUM

All sorts of things to do with [The Works Museum](#) in Bloomington. They are experts at engaging kids using engineering project that fuel curiosity.

They now offer resources online! [Print a new bookmark](#), learn the [Engineering Design Process](#), or check out [dozens of resources](#) from their friends!

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Join the Children's Theatre Company for [Mindfulness Mondays](#) and [Write On! Wednesday](#), at-home performance activities, educational guides, and much more!

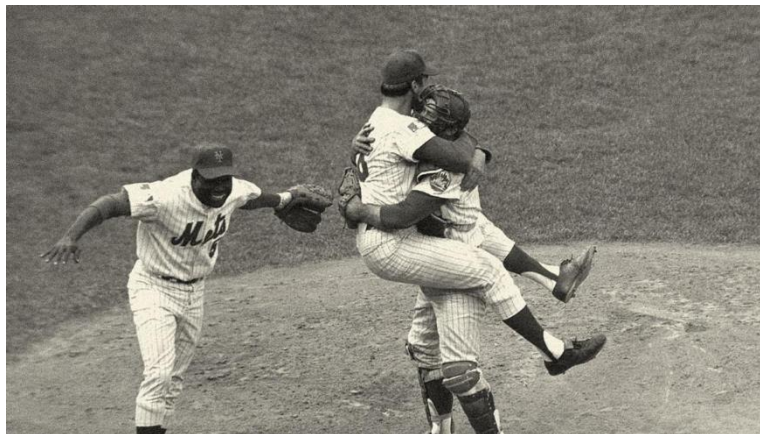
[See all the activities here!](#)

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### [National Baseball Hall of Fame](#)

For centuries, baseball has been a source of solace during some of the world's most trying times. And now, the National Pastime is with us to help once again. Visit these National Baseball Hall of Fame Safe At Home virtual museum links:

- Digital Collection
- Virtual Programming
- [YouTube Channel](#)
- [Online Exhibits](#)
- Educational Curriculum
- [Kid's Activity Downloads](#) and more!



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### [Books Connect Us](#)

We've always known that reading provides an incredible, and sometimes necessary, escape from reality. Beyond just putting books in their hands, Tickets for Kids agency partner **Words Alive!** provides students and families the

knowledge and resources they need to use reading as a tool to change their lives.

**Quaranteens:** Pandemic Prompts and Lessons. Teens and Young Adults - Activities to help cope with Covid-19 and learn from the news.

**Story Station:** Kids and Families. Read-alouds and projects that families can do at home together.

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## Home with the Kids? Camp Fire Curates Nature-Inspired Activities



Founded in 1920, Camp Fire is an inclusive national youth development organization. Camp Fire inspires kids and teens to thrive through belonging, nature and life skills. Check out this curated collection of activities for your family! Camp Fire has been a member of the Nonprofit Risk Management Center since 2018. Our Executive Director, Melanie Herman, shared a memory of her Camp Fire experience in a RISK eNews piece titled [Light the Fire: Tell Young People How They Inspire](#).

Check out the plethora of fun activities you can do with your kids!

<https://campfire.org/nrmc/>

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Have you noticed all the birds this year?! Many of us have explored them more than ever. With decreased traffic noise, their songs can't be ignored!



This is a great time to encourage kids to learn more about birds and the hobbies associated with them. [The Science Museum of Minnesota](#) has put together great resources to get you started. Tag your adventures on social media with #ShareYourDiscovery

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### [Stages Theatre Company](#)

Maybe you have experienced one of their great shows! The stage is dark, but the fun hasn't disappeared. Check out:

- [Sensory Story Time \(ages 18mo - Pre-K\)](#)
- [Sing-and-Dance-A-Longs \(K-3\)](#)
- [Musical Moments \(All Ages\)](#)
- [And much more!](#)

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## **Caring for Each Other**

Your friends on **Sesame Street** are here to support you during the COVID-19 health crisis. We know that these are very stressful times; daily lives have been disrupted, and families everywhere are trying to create a new sense of normalcy. Children thrive with structure in their lives and they learn best through play--even in everyday moments like mealtimes and morning and evening routines. So our site is filled with content you can use all day long to spark playful learning, offer children comfort, and focus a bit on yourself, too. After all, it's important that we take care of ourselves, so that we can best care for our families.

In response to the unprecedented uncertainty facing young children and families, Sesame Workshop's *Caring for Each Other* initiative marks the beginning of a commitment to support families throughout the COVID-19 health crisis with a broad variety of free resources.

Find activities and resources for young kids in your life here:

<https://www.sesamestreet.org/caring?linkId=88153969>

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MINNESOTA  
ASSOCIATION FOR  
● children's  
● mental  
● health



Chicken Little goes to Therapist Wherapist to learn how to manage her catastrophizing thoughts in this **free online puppet show** from Fidgety Fairy Tales – The Mental Health Musicals, a program of the **Minnesota Association for Children's Mental Health**.

For parents and caregivers looking for ways to talk about mental health with their children, Chicken Little is a 15-minute story that is fun for all ages.

**[Watch Chicken Little](#)**

Stay tuned for "The Tortoise and the Hare,"  
a fable about depression premiering June 22.

And for more free COVID-19 resources, [visit our website](#).

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### FREE Audible!

Audible is offering free audiobooks as long as school is out - No account required. It is completely anonymous, with no login, no payments, and no strings attached! Audible has stories for ages from very young to older teens. Find lots of good edu-tainment for your kiddos [here](#).



During this time of distance learning, The Saint Paul Chamber Orchestra wants to provide resources for you to draw from as you continue to educate and engage your students in new and innovative ways. Check out these helpful resources - with new content added weekly!

- [Concert Library](#): Includes 18 full-length concerts (including two for kids), learning guides, and activities.
- [Story Time](#): Engaging and interactive activities in partnership between the SPCO and MPR
- [Learning Guides](#): Work on your listening skills, imagination and dreaming, and coloring with full activity packets.

As our state begins to slowly reopen, you may be looking for new adventures to try with the kids! We recommend the Eloise Butler Wildflower Garden and Bird Sanctuary from our friends at the Minneapolis Park and Rec Board. They have implemented several social distancing best-practices to ensure safety and enjoyment on this adventure.



[Learn More and Plan Your Visit](#)

As many of us are spending more time at home, it's more important than ever to stay active, remain connected, and prioritize self-care.

Join Girls Are Powerful as they come together to rejuvenate our minds and bodies through virtual sessions focusing on creating space for wellness in our choices, our environment, and in ourselves. EVERYONE IS WELCOME!

**YOUR Wellbeing MATTERS**

Creating space for us to come together.  
Free Virtual Sessions

Girls Are Powerful™ ORGANIZATION

**REGISTER TODAY!**  
[www.girlsarepowerful.org](http://www.girlsarepowerful.org)

Join us as we come together to rejuvenate our minds and bodies through virtual sessions each Saturday where we focus on creating space for wellness. A in our choices, our environment, and in ourselves.

**10 TO 11:30 A.M. CST**

<b>MAY 16   WEEK 1</b> <b>CHAZ SANDIFER</b> Cardio Jam <b>DR. REBA PEOPLES</b> Food for Your Mood	
<b>MAY 23   WEEK 2</b> <b>AIYANA MACHADO</b> Kumbé Dance Fitness	<b>MAY 30   WEEK 3</b> <b>MELISSA TAYLOR</b> Hello BeYOUtiful <b>JESSICA MORRISON</b> Hula Healing <b>CHAZ SANDIFER</b> Meal w/a Twist!
<b>JUNE 6   WEEK 4</b> <b>KITANA HOLLAND</b> Get L.I.T. Cardio <b>KELLY RADI</b> Activate Your Inner Wonder Woman	<b>JUNE 13   WEEK 5</b> <b>MARCUS WATSON</b> Taking Care of Your Body During Quarantine <b>KJIRSTEN MICKESH</b> All the Feels <b>IRREDUCIBLE GRACE</b> Breathe into Your Power <b>ANNIE MEEHAN</b> Exceptional Wellness- 5 Keys to Wellness
<b>JUNE 20   WEEK 6</b> <b>ANNOUNCEMENT COMING SOON</b>	
<b>JUNE 27   WEEK 7</b> <b>MICHELLE ABELLERA</b> Promoting Self-Resiliency	

[Learn More and Register Now](#)

## Kids in the Kitchen

Summer is a great time to get kids in the kitchen! Raid the garden to learn where our food comes from and how to transform it into tasty, healthy snacks. Here are some helpful sites to get you started:

[America's Test Kitchen Kids](#): Recipes, experiments, quizzes, party ideas, and more  
[Food & Wine](#): Seven online, live cooking classes that teach science, math, and manners

[The BOW Girls](#): Sisters Briena and Britney cook all of their favorite recipes for you and give great tips on eating healthy!

Need access to food for your kids? Download the [Free Meals for Kids](#) app to see all food access sites statewide.

## SAFE WAYS TO EXPLORE MINNESOTA THIS SUMMER



# THE EXPLORER

FIND YOUR TRUE NORTH

Summer in Minnesota is a special time. This summer will be a little different, but if you take the appropriate precautions, you can still get out and enjoy the season with these travel ideas.

See all the ways [HERE](#)

Re-purpose your household items and make some beautiful music! The Minnesota Orchestra has new and fun ideas to keep your kids busy and creative. Check out their [Make Your Own Instruments](#) page now.



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The library has summer reading bags available for curbside pick up at all locations.

Packs are organized by age and contain a free book, a reading activity calendar, a tattoo, and a bookmark.

Here's the website <https://www.co.dakota.mn.us/libraries/Programs/Kids/Pages/summer-discovery.aspx>

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[St. Paul Connect](#), part of the Community Education program through St. Paul Public Schools, has created dozens of activities for your kids. You'll find [weekly challenges](#), [activity programs](#), [at-home kits](#), [summer meal information](#), and so much more!



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PBS has added even more great activities for kids, including this page about [How Black Art Can Spark Conversations with Children](#).



On this page you can learn Black history through art, read picture books featuring black illustrators, engage in Black art with kids, and discover additional articles to help raise confident and resilient kids!