

WARM LINES – TALK TO A LIVE PERSON

NAZCARE Warm Line 1-888-404-5530 is now open 11am-10:30pm 7 days a week

If you are in need of support, feeling overwhelmed, or just want to talk, our caring staff are available to provide non-judgmental and confidential telephone services. Warm Line staff are certified in Peer Support Training, and experienced in discussion and support related to a broad range of issues surrounding wellness and recovery.

Birth to Five Helpline! 877.705.KIDS(5437)

We made it easy to contact the Birth to Five Helpline! Now, with the touch of your finger, you can call, text or email your questions or concerns to our early childhood professionals!

Visit the [Apple App Store](#) or [Google Play](#) to download the Birth to Five Helpline app today!

Our specialists can also offer Zoom video calls to anyone in the state with [children under the age of 1](#), to provide face-to-face interaction to help meet families' needs.

LISTEN TO STORIES

Audible Stories

Free audio books entertain, engage, and inform young people, ages birth to 18. The experience is completely free – no log-ins, credit cards, or passwords required. Just click, stream and listen. There are selections for our listeners in English, Spanish, German, French, Japanese and Italian.

<https://stories.audible.com/start-listen>

Unite for Literacy

Our website has hundreds of non-fiction picture books created for young readers

Our site also can be accessed through our free app, available on iOS and Android called -- **Unite Books** -- where families can read the books in our online library. We have picture books written in English and Spanish, and narrated in many different languages. www.uniteforliteracy.com

CREATE SOME ART

Lunch Doodles with Mo Willems

Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. If you post your art to social media, be sure to hashtag it with **#MoLunchDoodles!**

New episodes will be posted each weekday at 1:00 p.m. ET and then remain online to be streamed afterwards. Check back each weekday for new LUNCH DOODLES! <https://www.kennedy-center.org/education/mo-willems/>

OUTDOOR ADVENTURES

Family Trails

A collection of adventure stories written by families like yours. Be inspired to create your own adventure! <http://www.familytrails.com/>

ACADEMICS

[Free, Printable Daily Schedule](#) – The one you saw flying around on social media the first few days of social distancing

Vroom

Offers a variety of tools available to download for **free**, as well as a mobile app that provides easy access to daily “brain building” activities. **Vroom** was developed with input from early childhood experts, neuroscientists, parents, and community leaders, as well as the Center on the Developing Child.

<https://www.vroom.org/tools-and-resources>

Arizona PBS

ArizonaPBS and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more.

<https://az.pbslearningmedia.org/>

- Resources in Spanish <https://ket.pbslearningmedia.org/collection/exploraciones/>

Reading Rockets

Reading Rockets is a national public media literacy initiative offering information and resources on how young kids learn to read, why so many struggle, and how caring adults can help.

We bring the best research-based strategies to teachers, parents, administrators, librarians, childcare providers, and anyone else involved in helping a young child become a strong, confident reader. Our goal is to bring the reading research to life — to spread the word about reading instruction and to present "what works" in a way that parents and educators can understand and use.

<https://www.readingrockets.org/audience/parents>

[Bedtime Math](#) – fantastic resource for helping children to handle numbers skillfully, while making it FUN!

[BrainPop](#) – offering FREE access during quarantine! Make any room a classroom. This is an amazing opportunity.

[National Geographic](#) – kids site.

[Scholastic](#) – Learn at home lessons from Pre-K to Grade 9

[Massive Collection](#) of Educational lessons, organized by institution in a spreadsheet.

[PBS Newshour](#) – lesson plans and resources for 6th – 12th grade.

[Share my lessons](#) – lesson plans for homeschooling you can use today.

[Mango Math](#) – FREE top quality math lessons.

SOCIAL MEDIA EDUCATION CONNECTIONS

[Junior Achievement](#) – Instagram Live lessons and other online lessons!

[Facebook Group](#) – **Mind Full of Brilliance** – fantastic group for anyone to join at anytime, and A+ resources being shared for K-12 and College.

AT HOME ACTIVITIES

Ready Rosie

With the growing impact of the COVID-19 virus, we are developing this free toolkit as a resource to support families with information and resources for supporting the children in their care.

<https://readyrosie.com/en/healthyathome/> Click on the “Learning at Home” tab

National Center for Families Learning <https://30days.familieslearning.org/>

NCFL’s guide to 30 Days of Families Learning Together provides a month’s worth of family literacy activities and practices designed to inspire family memories rooted in imagining, playing, and learning together. These hands-on and wonder-filled activities were hand-selected from our signature programs, [Wonderopolis](#) and [Family Time Machine](#).

- **Wonderopolis**

Welcome to Wonderopolis®, a place where natural curiosity and imagination lead to exploration and discovery in learners of all ages. Each day, we pose an intriguing question—the Wonder of the Day®—and explore it in a variety of ways.

<http://www.wonderopolis.org/>

- **Family Time Machine**

The **Family Time Machine™** is fueled by your family's imagination! It recharges its batteries when your family turns moments of togetherness into family time by learning, imagining and playing. From breakfast to bath time to bedtime, your family already spends time together throughout the day. <http://www.familytimemachine.com/>

LINKS TO OTHER LINKS

Arizona Town Hall and AZ SciTech Institute has nicely organized, expansive resource lists from the CDC to local papers, food banks, **education resources**, smart tools, Senators, health departments. No need to reinvent the wheel and transfer them all into this document.

<http://aztownhall.org/COVID-19-Resources> - community resources

<http://scitechinstitute.org/2020-quarantine-resource-page/> - parent and education resources

[School Library Journal](#) – A Mini Clearinghouse on Coronavirus resources created by two school librarians

CONVERSATION GUIDES

[Mr. Rogers](#) is a comforting voice to many. From the Fred Rogers Center, “talking with children about Coronavirus

[PBS Kids guide](#) for talking to younger kids about the coronavirus

[PBS Kids guide](#) for talking to younger kids about tragic or scary events in the news

[National Association of School Psychologists](#) (NASP) guide for talking to kids about COVID-19

[NPR guide](#) for talking to kids about scary events in the news

[Morningside Center](#) guide for talking to students about the coronavirus

[Morningside Center](#) guide for addressing bias and bullying in response to the novel coronavirus