**Fun Resources for Families and Kids**

**with Special Needs**

Dear families...we hope you are all healthy and staying safe. We wanted to share some **fun** activities for you to do at home with your kids. The therapists at the MTU, NVUSD, the Assistive Technology Lending Library teachers and other families have added to this list and will keep adding to it in the coming weeks. Have you found something fun to do? Please email the link to [napamtu@gmail.com](mailto:napamtu@gmail.com)

**Recursos para Familias y Niños con Discapacidades**

Estimadas familias ... esperamos que todos estén sanos y se mantengan seguros. Queríamos compartir algunas actividades **divertidas** para hacer en casa con tus hijos. Los terapeutas del MTU, NVUSD (Distrito Escolar del Valle de Napa), los maestros de la Biblioteca de Préstamos de Tecnología Asistencial y otras familias han agregado a esta lista y seguirán añadiéndola en las próximas semanas. ¿Has encontrado algo divertido que hacer? Por favor envíe el enlace a [napamtu@gmail.com](mailto:napamtu@gmail.com)

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# COVID-19 Related Information

**Emergency Medical Services for Children.** [Coronavirus (#COVID19) Youth and Children with Special Healthcare Needs Infographic](https://urldefense.com/v3/__https:/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Femscimprovement.center*2Fdocuments*2F856*2FCOVID-19_CYSHCN_Inforgraphic-_FINAL.pdf&data=02*7C01*7Cllambert*40marincounty.org*7C5aee609e26e2456049d308d7d71aea69*7Cd272712e54ee458485b3934c194eeb6d*7C0*7C1*7C637214382927160234&sdata=xQ8xKlPYK9TOtRFFxn0UT6YbX3ebV2xtDdeVgkhTNMI*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUl!!GJIbE8EFNbU!jCkKKlYq1q-52bF_Rf8bU4aVd3qizD9DtbA-Ur_xvWhV1CUM_NtdbRPjcS9-ytJE-OiUhro$)

**BrainPOP:** [Coronavirus](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/) (4-minute video, activities, and games)

**National Public Radio:** [Just for Kids: A Comic Exploring the New Coronavirus](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus)

**PBS Kids:** [How to Talk to Your Kids About Coronavirus](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus) (includes a list of videos, games, and activities about handwashing and staying healthy at the bottom of the article)

**Child Mind Institute:** [Talking to Your Children about the Coronavirus](https://childmind.org/article/talking-to-kids-about-the-coronavirus/) (4-minute video; [en español](https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/))

**Zero to Three:** [Why are People Wearing Masks? Why are People Covering Their Faces?](https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces) (article)

**CDC:** [Coping After a Disaster](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf) (downloadable Activity Book)

Educational companies offering free subscriptions due to Covid-19 school closures:

<http://www.amazingeducationalresources.com/?fbclid=IwAR3OmeVCiU7PqMgC_W-wycmpfkKv7Cb23-SFQvkitpcJW6O7OqMZGE03Oxk>

**Tobi Dynavox/ Boardmaker**: Free Coronavirus communication and teaching resources (set up a free account) A set of activities and resources to support students in learning and communicating about the Coronavirus. A set of coronavirus-themed symbols that support communication and learning.[My Tobii Dynavox](https://www.mytobiidynavox.com/support/downloads)

**School Health:** Short video clips with topics that are relevant to working with exceptional learners at home. Two short videos each week accessed through a youtube channel. [School Health: working with our exceptional individuals](https://www.youtube.com/watch?v=6tK_BXMM7qA&list=PL1hxoeTdARrPewCfsKbJ2IpDU_OZYqd73&index=5)

**Talk To Me Technologies:** AAC Social Stories free download.

[Everyone is worried about getting sick; what can I do?](https://www.talktometechnologies.com/pages/social-stories?mc_cid=1add4bb68f&mc_eid=21b9b09599)

**Google slideshow**: [“What is going on?!? RE: Coronavirus (for students).](https://docs.google.com/presentation/d/1iVvlm5zEIf-eo7HYEnA_ChwMgOsyDdvHfL1ioGDfIHo/edit#slide=id.p)

From Jennifer McDonald-Peltier Assiistive technology specialist; [Center for Accessible Technology. Berkeley, CA;](https://www.cforat.org/)

**Carol Gray Social Stories**: [About Coronavirus](https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR1hM_AgRYCGqnyMLOUF9ua_V_SO0Pg0oDnxuGDqBbFNrzOpLI1hFiWp1Jk)

**Beneficial Designs**: [Attention: Wheelchair and Assistive Technology Users Precautions for COVID-19.](https://www.mass.gov/doc/wheelchair-and-assistive-technology-users-precautions-for-covid-19-beneficial-designs/download) (pdf)

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# Gross Motor Ideas for Home

[**Go Noodle**](https://www.gonoodle.com/)**.** Free movement and mindfulness videos created by child development experts. (website)

[**Little Twisters Yoga and Emotional Wellness**](https://littletwistersyoga.com/online-store/)**.** At-home yoga with lesson plans for kids 2 and up. Free during COVID-19 school closures.

[**Your Therapy Source**](https://www.yourtherapysource.com/gross-motor-skills/)**.** Free gross motor activities, ideas, and videos (website)

[**Circle time Fun**](https://circletimefun.com/): Free resource for Music, yoga, Arts/Crafts, Dancing, Science, etc. Some are recorded, some are at specific class times.

**Pathways.** [**Help Your Child's Gross Motor Skills with these Animal Walks**](https://pathways.org/help-your-childs-gross-motor-skills-with-these-animal-walks/?utm_source=mailchimp&utm_medium=email&utm_campaign=weekly&utm_source=Pathways.org+Subscribers&utm_campaign=3ce16af701-EMAIL_CAMPAIGN_2020_03_02_02_56_COPY_01&utm_medium=email&utm_term=0_2e064ee131-3ce16af701-188198049). Ideas for animal walks to try out that are great for sensory input and practicing gross motor skills to work towards achieving milestones. (website)

# Fine Motor Activities for Home

[**Twinkl**](http://www.twinkl.com)**.** Free lessons and worksheets (fine motor crafts, handwriting worksheets, phonics, math science, etc.) for pre-K through 5th grade with code USATWINKLHELPS.

[**Your Therapy Source**](https://www.yourtherapysource.com/fine-motor-activities-free-stuff/)**.** Free fine motor activities and worksheets

[**Learning Without Tears**](https://www.lwtears.com/programs/distance-learning) Sign up for a FREE Keyboarding Without Tears license for grades K-5.

Fine Motor Skills Activities for Older Kids <https://www.ot-mom-learning-activities.com/fine-motor-skills-activities-for-older-kids.html>

Free Keyboarding Lessons and Games. Typing Club also includes free one hand typing lessons.

<https://www.typingclub.com/> or <https://www.typing.com/>

# Sensory Ideas for Home

[**Your Therapy Source**](https://www.yourtherapysource.com/sensory-processing-disorder-treatment/). Free sensory activities, worksheets, ideas and videos

[**Breathe For Change**](https://www.breathe4change.com/?utm_source=Pardot&utm_medium=Landing+Page&utm_campaign=Compassion)**.** Free breathing and Meditation for Students, Families, and Educators.

Movement, Heavy Work (Proprioceptive) Activities to Promote Self-Regulation

<https://www.apsva.us/wp-content/uploads/2020/03/Heavy-work-movement-activities-for-home.pdf>

Environmental Accommodations:

**Over-responsive Child:**

Decrease sensory inputs in the environment by using low lighting, soft rhythmical music or quiet spaces

•

have a quiet space in your home; small tent, a table covered with a blanket, or a large empty box works well as a quiet "fort”

•

carpet can decrease noise and a beanbag chair or pillows can provide comforting deep pressure

•

Create a consistent bedtime routine

**Under-responsive child:**

Provide alerting activities to wake up their system

•

Do very active games

•

Alerting music

•

Strong flavor food

# Self- Care/Activities of Daily Living (ADLs) and Chores

**Mama OT.** [When Do Kids Learn to Dress Themselves Developmental Progression of Self Dressing Skills](https://mamaot.com/when-do-kids-learn-to-dress-themselves-developmental-progression-of-self-dressing-skills/)

**The Trip Clip.** [Chores By Age](https://thetripclip.com/tc/Main/Activities/chores-by-age.php). (Free printables and downloadable list of chores by age to teach responsibility and give kids a sense of accomplishment ages 2-15)

# Assistive Technology Resources For Home and Community

**Simon Technology Center:** [Examples of Assistive Technology for Young Children](https://www.pacer.org/stc/pubs/STC-29.pdf) (article)

**Read and Write for Google Chrome**:[How to use Read and Write for Google](https://support.texthelp.com/help/lets-get-started)

Free extension for Chrome that allows users to access text to speech. The program offers premium features for 30 days but the text to speech feature is always free.

**NCOE ATLL website**: <https://atll.weebly.com/>

The atll website has information about what’s available to loan to families/teachers/service providers for students with special needs throughout the county.

# Parent Resources on Motor Development

**Tots on Target.** Website covering a wide variety of subjects discussing relevant topics to help children reach milestones. Open to parents, teachers, and pediatric professionals.

[www.totsontarget.com](http://www.totsontarget.com)

# Additional Resources

[San Diego Zoo](https://kids.sandiegozoo.org/) - Live animal web cams. Also games, crafts, books and activities

[Monterey Bay Aquarium Jelly Cam](https://www.montereybayaquarium.org/animals/live-cams/jelly-cam) - Soothing music and watching of Jellyfish

[Shark Cam](https://explore.org/livecams/sharks/shark-lagoon-cam?gclid=EAIaIQobChMIyN_SnKi56AIVBspkCh1lcQJtEAAYASAAEgJP2vD_BwE) - Live Shark Cam from Aquarium of the pacific

[Calm App](http://calm.com) - Soothing sounds and music for anxiety, stress relief and sleep. Sign up for free, select “music” for soothing sounds. If you download them, they can be listened to anywhere, not just with WiFi

**NV Kids Connec**t: <http://www.napavalleykidsconnect.org/>

Kids Connect manages the “duet bike” (see flyer attached for more info) it can be borrowed through Yountville Parks and Rec for a fun family outing.

[Enabling Devices](https://enablingdevices.com/blog/10-ways-to-keep-kids-busy-during-the-covid-19-pandemic/?utm_source=enewsletter&utm_medium=email&utm_campaign=March2020_Blog.SixWaysToStaySafe)- 10 ways to keep kids busy during this time out of school

