



## **COVID – 19 Online Resources**

**It is important to note that The Children's Link Society does not endorse or recommend the following resources.**

**We have simple compiled a list of supports for families to utilize during the Covid-19 Pandemic.**

### **Laptop Donation:**

[Electronic Recycling Association](#) -- new program: Lending a Lifeline by Lending Laptops. With the support of Canadian Businesses, ERA is able to supply laptops and computers to families in need.

### **Virtual Counselling Supports:**

[Calgary Counselling Centre](#) – is now conducting counselling supports on the phone or online.

[Calgary Scope Society](#) – Offering family counselling remotely. Call 403-650-5679 or e-mail [raynat@calgaryscope.org](mailto:raynat@calgaryscope.org) .

[Carya](#) – offering free counselling and mental health support during the Covid-19 Pandemic. Call 403-269-9888 or e-mail [info@caryacalgary.ca](mailto:info@caryacalgary.ca) .

[Cerebral Palsy Kids and Families](#) – offering Counselling services virtually. Fill in “Request for Counselling” on website.

[Chris Rozell](#) – over 20 years working with families and children with special needs. Virtual supports are offered during Covid-19.

[Distress Centre](#) – Need to talk? Phone line is open 24 hours (call 403-266-4357), or available for daily online chat.

[Society for Treatment of Autism](#) – new counselling services (telepsychology: Zoom/video conferencing) for those with autism.

[Solasta Counselling](#) – Solasta is offering all service via Telehealth. They offer counselling to parents and families with children with additional support needs.

[Weskin Psychological Services](#) – offering virtual counselling support. Bernadene is a Registered Psychologist experienced in working with adults and children challenged by neurodevelopmental disorders (such as ASD, DS, ADHD and learning disabilities), mental health concerns, serious emotional problems, and behavioral difficulties. I am an approved Specialized Services Provider for FSCD.

### **Virtual Educational Supports:**

[The Autism Educator](#) – Coronavirus Social Story.

[Edutopia](#) – Apps for Students with Special Needs: As School buildings close.



[Eschoolnews](#) – 8 learning apps for students with special needs.

[Homeschool Hideout: Where learning is an adventure](#) – 150+ Educational Shows on Netflix.

[Links and Resources](#) – Teacher compiled a list of educational apps/activities, worksheets (printable at home) for kids while learning at home.

[National Geographic Kids](#) – National Geographic Kids makes it fun to explore your world with weird, wild, and wacky videos! Videos featuring awesome animals, cool science, funny pets, and more, are made just for curious kids like you. So, pick a topic you love and start watching today!

[Neurodiversity Empowerment Network](#) – Start-up Guide for schooling at home due to COVID-19.

[The OT Toolbox](#) – Here, you will find resources, tools, ideas, and activities geared toward the health development of kids. Based on function and occupation-centered activities, the ideas shared on this site promote the underlying skills needed for action and performance in kids.

[Pace Kids ECS Teachers](#) – A variety of videos for children with special needs.

[Raddish](#) – Homeschooling ideas.

[Rick Hansen Foundation](#) – Free school toolkits.

[Scholastic Learn at Home](#) – Day-by-day projects to keep kids reading, thinking, and growing.

[Society for Treatment of Autism](#) – Preschool/Kindergarten Videos.

[Special Education and Inclusive Learning](#) – 150 Sensory Learning Ideas.

[Special Needs for Special Kids](#) – FREE online learning for students.

[St. Michael's House](#) – Activity Resources at Home- Supporting Children, Young Persons and Families.

[Teachers Pay Teachers](#) – Wearing a mask story for children. PDF can be downloaded for FREE.

[Twinkl Special Educational Needs and Disability Resources](#) -- SEND stands for Special Educational Needs and Disability. SEND and Special needs are terms used for a wide range of individualised needs. Twinkl produces a variety of different types of SEND resources for special needs children. The resources are suitable for special needs and mainstream schools. Some of the needs that we produce resources for include autism, dysgraphia, dyscalculia and ADHD. We also have resources to support a SENCO and for understanding what an EHC plan is.

[We are Teachers](#) – Activities written by a school principle.

### **Virtual Activities:**

[Accessible Chef](#) -- a collection of resources to help teach cooking skills to individuals with disabilities. The website includes over fifty adaptive picture recipes and a custom recipe creator. This support is a GREAT



free resource for individuals with special needs to become more confident, capable, and independent in the kitchen.

[The Calgary Society of Community Opportunities](#) – created YouTube channel to share a variety of activities for individuals with special needs.

[The Chaos and the Clutter](#) – One year of awesome sensory bottles.

[The City of Calgary Recreation](#) – Covid-19 (Coronavirus): At home activities.

[Curious and Geeks](#) – Magic Milk Experiment for Kids.

[The Dad Lab](#) – inspiring kids science experiments.

[Darcy and Brian](#) – Fun DIY Kaleidoscope Kids Craft.

[Disney Park](#) – Set Sail on “it’s a small world” Virtual Boat Ride.

[Disney Park](#) – Disney Cruise Line’s ‘Beauty and the Beast’ Virtual Viewing.

[Disney Park](#) – The Mountain looms....embark on an adventure at Expedition Everest!

[Disney Park](#) – Disney Magic Makes a Night in Disneyland Paris Absolutely Unforgettable.

[Edventures with Kids](#) – Indoor Scavenger Hunt for Kids.

[Entertain Kids on a Dime](#) – 100 Activities To Do At Home During School Closures.

[Fun Learning for Kids](#) – Super cool Lava Lamp Experiment for Kids.

[Hands on as we grow](#) – Shaving Cream Sensory Art Activity.

[He’s Extraordinary](#) – 32 Activities for Sensory Seekers.

[iheart naptime](#) – Best homemade playdough recipe.

[Left Brain Craft Brain](#) – Recycled Plastic Flower Art and Science project.

[Mombrite](#) – How to build Balloon-Powered LEGO cars.

[NASA](#) – Youtube Channel with various videos (including SpaceX’s Dragon Endeavor).

[The Mom Kind](#) – Autism and Coronavirus Quarantine – how to manage the daily routine.

[The Mom Kind](#) – Yoga for Children with Autism – Occupational Therapy.

[Richmond Hill Public Library](#) – Marvel’s Avengers: Escape from the Hydra Base! Digital Escape room.

[Queen of the land of Twigs 'n Berries](#) – Low Prep Sensory Play Ideas.

[Vancouver Aquarium Live Cams](#) – Live videos of the Sea Otters, Jelly Fish, Penguins.

[Virtual Tour of Mars](#) – The real surface of Mars.



### **Virtual Field Trips:**

[TODAY](#) – Virtual field trips you can take from your home.

[Travel and Leisure](#) – Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (video).

[Virtual Calendar](#) – Calendar for April, May. Virtual field trips for families.

### **Virtual Mental Health Supports:**

[Calgary Board of Education](#) – Positive Mental Health.

[Lemon Lime Adventures](#) – 100 Calm Down Tools and Strategies You can Use Today.

[Los Angeles Performance Therapy](#) – Breathing Exercise for Anxiety, Relaxation, and Stress Relief – 5 minutes with Meditation Music.

[Institute of Child Psychology](#) – Helping Children Manage Anxiety Related to Covid-19.

[Parenting During the COVID-19 Pandemic \(Irene A. Barrett\)](#) -- Topics Covered: How to talk to youth about COVID-19 | How children respond to crises | To-do's that help children and youth's mental health | Scheduling: to do or not to do? That is the question | Technology and gaming | Staying social while social distancing.

[Scale it Simple](#) – 24 Positive Activities to Calm you During Self-Isolation.

### **Virtual Music Therapy:**

[Eric's House](#) – online music session EVERY Thursday at 10am on facebook live.

[JB Music Therapy](#) – offering online music therapy and two virtual programs ([FunDrum](#) and [Memory Lane Chorus](#)).

### **Virtual Parent Connection:**

[Autism Calgary](#) – Support Groups: Keeping it Together (KIT) Mother's Group, Father's Autism Network (FAN), Biomedical Group, Asperger's Support Network (ASN), and Parents (and carers) of Teens and Adults Tea and Coffee Group are delivered via GOOGLE HANGOUTS.

[Cerebral Palsy Kids and Families](#) – Virtual Coffee Social through ZOOM. Contact CP Kids and Families for more information.



[The Children's Link Society](#) – offers twice weekly Parent Conversation Café, and twice monthly Grandparent Conversation Café. Please see events calendar on our website for more information. Virtual meeting is held via Microsoft Teams.

### **Virtual Recreation Activities:**

[Art Shop](#) – Tips For Adapting Art For Kids With Significant Disabilities.

[Art with Crystal](#) – Free art printouts.

[The Body Coach](#) – YouTube workouts for children and adults.

[BuzzFeed](#) – 27 indoor activities for kids stuck at home during Covid-19.

[CNIB](#) – Virtual programming.

[Cosmic Kids](#) – Yoga and Mindfulness for Kids.

[DailyOM](#) – Chair Yoga for Healing, Strength and Mobility.

[Dubasov Dance & Wellness Inc.](#) – Virtual classes offered to ALL ages and abilities.

[Eric's House](#) – Monday Movement on Facebook live.

[Flames at school](#)—activities for at home.

[Indefinite Arts](#) – Variety of art supports for individuals with special needs. Information can be found on [Youtube](#), [Facebook](#), [Twitter](#), [Instagram](#).

[Little Bins Little Hands](#) – Different indoor activities, STEM projects at home.

[Jumpstart Charities](#) – Play from home. Ideas to keep kids active from home.

[Pinkie for Pink](#) – Art project ideas.

[Special Olympics Calgary](#) – Weekly virtual workout. Schedule is posted Sunday for the week, and workouts are done on their Facebook page.

[YGym with YMCA](#) – Ygym Virtual Physical Activity for Kids.

[YMCA](#) – Health and Fitness Videos (online and FREE).

[Yoga with Adriene](#) – Online yoga classes.

[Yoga Santosha](#) – Virtual yoga via MindBody.

[PossAbilities](#) – virtual programming offered.

### **Virtual Self-care:**



[Cerebral Palsy Foundation](#) – 5 self-care tips to survive the covid-19 outbreak.

[University of California San Francisco](#) – Virtual Self-care.

### **Virtual Story-time/book/audiobook supports:**

[Calgary Public Library](#) – At home resources.

[Calgary Library YouTube Channel](#) – Story time at home, babies at home, and learn at home videos.

[Constable Mark Smith](#) – reads children's stories on his Facebook page.

[Eric's House](#) – Reading Circle on Facebook live. Check out month schedule for more information.

[Wizarding World](#) – Harry Potter read along.

[World eBook Collection](#) – Extensive catalogue of over 3,000 ebooks and audiobooks.

[Paths to Literacy](#) – Story Box ideas. A story box is simply a collection of items in a box or bag that corresponds to the items mentioned in the story. It is a way for individual with disabilities to experience a story.

[Storyline Online](#) – Stories read aloud by celebrities.

[Story time with Myriam on Facebook](#) – check out the facebook page for stories read by Myriam.

[Story time from space](#) – Variety of stories read aloud by astronauts.

### **YouTube Channels:**

[Alberta Health Services Youtube](#) – Kid's Question About COVID-19 – [Part 1](#), [Part 2](#), [Part 3](#).

[Special Books by Special Kids](#) – Chris Ulmer's YouTube channel. Interviews with people in the disability/neurodiversity community.

[Popsugar](#) – 11 youtube channels with movement encouraging videos for kids.

[A Stone's Throw Away](#) -- Episodes are each about 15 minutes long, with songs, stories, rhymes, and signs for you and your little ones!