



College is a Family Decision Newsletter

Resources for parents and caregivers to help with student learning at home

We hope that you and your families are staying healthy during this time of quarantine at home. As Michiganders we were already feeling cabin fever before COVID-19 hit. Now you and your families are home trying to keep a schedule, keeping up with school work, and just trying not to get on one another's nerves.

If you are on social media, you might have seen lots of posts with ideas of what to do at home to keep supporting your student's learning at home. But now you might have forgotten where to look that the novelty of being home has worn off.

We hope this list of resources and ideas will help. Please feel free to forward this to your friends, teachers, and fellow Virus Warriors!

Take care of yourselves!

The Team at Capital Area College Access Network and the Lansing Football League

COVID-19 DAILY SCHEDULE

Before 5:00am	Wake up	Get dressed, make your bed, get dressed, put PJs in laundry
5:00-10:00	Morning walk	Practice walk with the dog, repeat the routine
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	Do work all kitchen table and chairs Wipe all door handles, light switches, and table tops Wipe both bathroom sinks and toilets
1:00-2:00	Quiet time	Reading, puzzle, nap
2:30-4:00	Academic time	ELECTRONICS ON Spel games, Prolog, Educational show
4:00-5:00	Afternoon fresh air	* (Wash, Walk the dog, play outside)
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Not allowed x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

#CapCANKnows Pod



Episode 14 feat. Terence Brown
"College Admissions"

#CapCANKnows Podcasts are available at

https://www.youtube.com/results?search_query=capital+area+college+access+network

Educational Resources for Students Learning from Home

It might feel overwhelming to come up with things to keep your kids learning and entertained during this extended time off from school. But there are thousands of teachable moments in every day. Find routines that work for you and your family. Build in some unstructured time to inspire creativity. Here are some safe online spaces to explore.



Khan Academy: Monitor your student progress, Apps for Kids, Coding and Test Prep for Middle to High School

<https://www.khanacademy.org/>

Free College Courses online

https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR01eFd-trE1LIAhK57lhFI1W1AuxLU_h9PeQFtX9w3uKqIfAhaLKltdOt0

PBS Learning

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

https://padlet.com/KZiemke/FreeDL?fbclid=IwAR3DehmnL3s2TaGAC8Nis4yEDtH8nhufwPuZndU3JJPQ32Adf_-QoAhv-L4

Archive.org for Books, Documentaries, and Lectures

Virtual Tours

12 International Famous Museums

https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&utm_term=7728056&fbclid=IwAR2NRWzcDz_h6ABxRS3oPOBNjIA81HRkLV3ggH353YywNDIKLc5YkFDmIIE

Art

Free Coloring Books

http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR0GAXOIFDsTFmv3OfxbVEOE_t_08zJRdTHARXvLafly22m0WKyUkEocH-U

Museum Exhibits

<https://www.pbs.org/newshour/arts/19-immersive-museum-exhibits-you-can-visit-from-your-couch?fbclid=IwAR3ggIsOMmrITAO30ozZT9LpnnhJ0CiyJjZkKk3eZIJUVGCcDQ-oiVKWdx8>

Learn at Home

Scholastic

<https://classroommagazines.scholastic.com/support/learnathome.html>

Netflix

<https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR3EpIVYL3kPt5Gq86jsRrI8yU53hu63Q5q3Ayu31ngPznXvpAl3DSYRVMk>

Storytelling: FREE children's literacy resource featuring the world's best storytellers reading books aloud. Each video includes an activity guide with lessons for K-5 students to do at home. <https://www.storylineonline.net/>

Healthy and Wise!

General Health information from the American Academy of Pediatrics

<https://www.healthychildren.org/English/Pages/default.aspx>

How to talk to your kids about the Corona (COVID-19) Virus

https://www.pbs.org/education/blog/how-to-talk-to-little-learners-about-coronavirus?utm_campaign=covid19&utm_content=1584283740&utm_medium=social&utm_source=facebook&fbclid=IwAR2fMy5OrE5pRJhoWHCEbLrUiyE9CltsyMJt6NtAFWZ-yyd0mkbcHZ5afxc



Get up and move with Sparty!

https://video.wkar.org/video/sparty-time-exercise-fun-with-kids-cmv0iv/?fbclid=IwAR288scSgMXJoMNU6-3LYp1TF_rlhQYvngPJBVO612wU-hKehleAXIXHO_k



College Readiness

Students can do college planning, explore majors, understand financial aid, and more

<https://www.mycoalition.help/hc/en-us/categories/201798937>

Career Readiness

Students can learn more about careers and educational programs by exploring [Xello](#), a college and career readiness software, they use at school.

Over 30 Virtual Field Trips

(Click on colored text for links. Safe Travels!)

San Diego Zoo

The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games. Enjoy the tour!

Yellowstone National Park Virtual Field Trip

[Mud Volcano](#), [Mammoth Hot Springs](#), and so much more.
Tour [Yellowstone National Park](#)!

MARS!!!

[Explore the surface of Mars](#) on the Curiosity Rover.
They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!

Animal Cameras

[Live Cams at the San Diego Zoo](#)
[Monterey Bay Aquarium live cams](#)
[Panda Cam at Zoo Atlanta](#)
[6 Animal Cams at Houston Zoo](#)
[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#), and [more](#)
[Cincinnati Zoo](#)

Virtual Farm Tour

This Canadian site [FarmFood 360](#) offers
[11 Virtual Tours](#) of farms from minks, pigs, and cows, to apples and eggs.

U.S. Space and Rocket Museum in Huntsville, AL

See the [Saturn 5 Rocket](#) on [YouTube](#) and more on this tour thanks to a real father/son outing.

Discovery Education Virtual Field Trips

A few of the field trip topics include
[Polar Bears and the Tundra](#)
[Social Emotional Skills](#)
[STEM](#)
[manufacturing](#)

The Louvre

Travel to Paris, France to see amazing works of art at [The Louvre](#) with this virtual field trip.

The Great Wall of China

This [Virtual Tour](#) of the [Great Wall of China](#) is beautiful and makes history come to life.

Boston Children's Museum

Walk through the [Boston Children's Museum](#) thanks to Google Maps!
[This](#) virtual tour allows kids to explore 3 floors of fun.

It is NEVER too early to start getting ready for your future!



What We've Been Looking At:

- Curious Crew on WKAR
<https://www.wkar.org/programs/curious-crew#stream/0>
- Curious about Careers
<http://tv.wkar.org/family/>
- **COVID-19**- Corona Virus
- **"STEM"** - Science, Technology, Engineering, and Mathematics

[Donate](#)

Capital Area College Access Network | 517-203-5011 | capcan.org

STAY CONNECTED



Readiness. Access. Retention. Empowerment

Capital Area College Access Network | 330 Marshall Street, Lansing, MI 48912

[Unsubscribe](#) strasz@capcan.org

[Update Profile](#) | [About Constant Contact](#)

Sent by strasz@capcan.org in collaboration with



[Try email marketing for free today!](#)