**COVID-19 Resource List**

**April 2020**

The following resources have been compiled from many sources and are intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. Some entries may be duplicated in more than one topic area. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources.

Previous Resource Lists may be found on the [frcnca.org](http://www.frcnca.org/) homepage.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to [espprogram@frcnca.org](mailto:espprogram@frcnca.org) or 916-993-7781.

You may reach your fellow ESFRC Directors via the [directors@frcnca.org](mailto:directors@frcnca.org) listserv

**Where to go for things to do with kids:**

* [*At-Home Brain-Building tips for Families with Children Ages Birth to Five*](https://info.childcareaware.org/blog/at-home-brain-building-tips-for-families-with-children-ages-birth-to-five?utm_source=hs_email&utm_medium=email&utm_content=86222919&_hsenc=p2ANqtz--ruePI3f19pTXq96-m9VMM7ihVIL8LdVZNc8o5K7jua19vRFS-Mwpg8W3nC-hS0Zs5q0c-SwfxqZQ7amRm-oewbD-54rbUOy1GQ2WUL6pbYnM8Yvc&_hsmi=86222919), with separate resources for babies, toddlers and preschoolers, offered by Childcare Aware.
* [*Exploring Shadows*](https://www.naeyc.org/our%20work/families/family-shadow-walk): Step outdoors or near a window and explore the mysteries of light and shadows. Your child can learn a lot—like how to make shadows bigger and smaller and how shadows move. Enjoy the fun of observing shadows and how they change as you move about.
* [Virtual viewing of Disneyland’s newest parade](https://www.youtube.com/watch?v=rR-KP8KH1Ng&feature=emb_title) (8 minutes)
* [Wonderopolois.com](https://urldefense.proofpoint.com/v2/url?u=http-3A__wonderopolis.org_&d=DwMFaQ&c=QvQrCjPtO9cKGOfGYlNgXQ&r=49qKNfNuzZl6mwr5E6U_bjlTXLm7ieqthrVEIZuADy0&m=Y-P4jKUT0AyjL3PQ_m_Ztz8ZINsAtFJW2SWB9CeFYXI&s=FgLwF7LpRKQZ6R5aEoxajId0JOftZVLiALTPlHjvYcQ&e=): Learn about 2,000-plus wonders of the world or add your own question to the more than 200,000 banked questions!
* [Home Activities for Families with Young Children](https://child360.org/wp-content/uploads/2020/03/Child360_Home_Activities_Infographic_ENG_SPN.pdf) from Child 360 Infographic (English & Spanish)
* [Play Activities for Birth to 12 Months](https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months) from Zero to Three

# [10 No-Cost, Screen-Free Activities to Play with Your Preschooler](https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Motor-Activity-and-Self-Play.aspx) from HealthChildren.org

* [10 actividades sin costo y lejos de una pantalla](https://www.healthychildren.org/spanish/ages-stages/preschool/nutrition-fitness/paginas/motor-activity-and-self-play.aspx)
* The YMCA offer [Yoga 360](https://ymca360.org/#/) videos
* [The Spanish Experiment](https://www.thespanishexperiment.com/stories) – Stories read aloud in English or Spanish
* [Animals are amazing](https://switchzoo.com/default.htm): Learn all about animals from the Switcheroo Zoo.
* [Dr. Seuss to the rescue:](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.seussville.com_&d=DwMFaQ&c=QvQrCjPtO9cKGOfGYlNgXQ&r=49qKNfNuzZl6mwr5E6U_bjlTXLm7ieqthrVEIZuADy0&m=Y-P4jKUT0AyjL3PQ_m_Ztz8ZINsAtFJW2SWB9CeFYXI&s=AoUlL4VL7XXLgdbdkwp1B1LiPibymC7ZIbEiLPlcHA8&e=) Who doesn’t want to read and play games with Dr. Seuss?
* [DuckDuckMoose](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.duckduckmoose.com_&d=DwMFaQ&c=QvQrCjPtO9cKGOfGYlNgXQ&r=49qKNfNuzZl6mwr5E6U_bjlTXLm7ieqthrVEIZuADy0&m=Y-P4jKUT0AyjL3PQ_m_Ztz8ZINsAtFJW2SWB9CeFYXI&s=ZLnWvShjyZSFVbMLvdSZK25Sknjv9VzjLJqZHP8j8yE&e=): An app for tablets for preschool to kindergarten students.
* [Watch performances](https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/?fbclid=IwAR0T8xYCebleUXTpKLLofWgsX-MgpNvZA_XluvZxyWgNdbkp41rFES2vpv4) by one of the world's best ensembles, completely free.
* [*Virtual marine biology camp* | Oceans Initiative](http://oceansinitiative.org/virtual-marine-biology-camp/) During the school shutdowns, we’ve decided to launch a (very) informal, impromptu, virtual marine biology camp. Follow us on Facebook or Instagram, and you should see us in your news feed when we go live, Mondays and Thursdays at 11 am Pacific time.For Paddington Bear fans, you’ll note that this is conveniently timed to coincide with elevenses. oceansinitiative.org
* *Live nightly streams of the Metropolitan Opera* – <https://www.metopera.org/>

**Where to go for financial resources:**

* **Cal Fresh Online Shopping**: Starting April 28, you can visit these special links to shop online at [Amazon](http://r20.rs6.net/tn.jsp?f=001iVmjot0-35CqxbE0OTDqEvPpgSNdk8569d0y8dbkDdf0zkItYBD4w27T79ew398ElJS6gWiD90PvnHppyy3Jymokht-9yxxh37uPnPt3ui_RaFU1fAiAHDw8iQ3Ow0Pte_CRf7mmmYjfl1V8ypQ08WenbXc8TJkdE-EhHIoGDCQziwt6I51mkJPs-A79ROcGu8tUFuQ6AWx_2AkQJ3_G6YlQoq8xdYl5&c=MjUwCAklxG5CUKxNAWmpCtEOAc1BEwPytF4rG252eXAi76mRDt6www==&ch=kB6Z9Q7JmvYM6FCXj1vzeV6kpgTYarEU_-y8rjR5mkHYkGhlwd3rSQ==) and [Walmart](http://r20.rs6.net/tn.jsp?f=001iVmjot0-35CqxbE0OTDqEvPpgSNdk8569d0y8dbkDdf0zkItYBD4w27T79ew398EzP7HNDqa6yu6FWBa9q7_aTuaB9j_3hW4M1MnHPoA8fGB2kQqH9cRrI9qvyWJv6C3oCOlNKWx7jYjaLk1qvIYlZJUA-cV9wmcM-8DJiPHpxn9lmZZtDByIS0RDapfojXNNpr3PGnKtYTHpiacJBLjB119ZG5HBQsdGXodSGHTugpqWs5lPVsADEm9_fY2lQHAImIKPM3F74IfehMl1ruCRg==&c=MjUwCAklxG5CUKxNAWmpCtEOAc1BEwPytF4rG252eXAi76mRDt6www==&ch=kB6Z9Q7JmvYM6FCXj1vzeV6kpgTYarEU_-y8rjR5mkHYkGhlwd3rSQ==) using your CalFresh EBT card. You can order food that you would normally buy with your EBT card in person and select “home delivery.” For information about CalFresh and how to apply for it: [https://tinyurl.com/yavvhcbd](http://r20.rs6.net/tn.jsp?f=001iVmjot0-35CqxbE0OTDqEvPpgSNdk8569d0y8dbkDdf0zkItYBD4w27T79ew398EU8f9DoHZOsb3B3b_-_1hQhPhg-JUoDSBd7Tppg0CDsNdmg11toq2UPjkqlJ45rp6L5If9u44o7DyNEOBvV3A-TbBIhJl9QjXPqGS5My6fAq_9VJM6KmAqNRHjO0m10qLXvakl7MnydtvqBtk-fqEFHLT_S2DlpVQ&c=MjUwCAklxG5CUKxNAWmpCtEOAc1BEwPytF4rG252eXAi76mRDt6www==&ch=kB6Z9Q7JmvYM6FCXj1vzeV6kpgTYarEU_-y8rjR5mkHYkGhlwd3rSQ==) For EBT Online frequently asked questions: [https://tinyurl.com/y9fncten](http://r20.rs6.net/tn.jsp?f=001iVmjot0-35CqxbE0OTDqEvPpgSNdk8569d0y8dbkDdf0zkItYBD4w27T79ew398Ev04aKRiavbFkwa5QBm09AdqPyDkSTXNaXR8RBaNrWZVznNt5AK5461TXffsMcoQFvpXUYT3VOFetVYdzD86J7yjiBFd3_L_76Fa3mXC60exwj1TRUZDuMpMaZQQkTFr3hli1rih0J-9yW1If2UPz0LTCvPdyZHL7HLyXizi4MQ4q-f3M56RBMw==&c=MjUwCAklxG5CUKxNAWmpCtEOAc1BEwPytF4rG252eXAi76mRDt6www==&ch=kB6Z9Q7JmvYM6FCXj1vzeV6kpgTYarEU_-y8rjR5mkHYkGhlwd3rSQ==) You can visit [GetCalFresh.org](http://r20.rs6.net/tn.jsp?f=001iVmjot0-35CqxbE0OTDqEvPpgSNdk8569d0y8dbkDdf0zkItYBD4w27T79ew398EBE2UEBH5GQdEroFfgkiIHQhE5U82wEd9rBvQpooaTN_CkrDlaWbbRfRLkoM5UbwOduv3W-JXpAxQLfFN8s8L8g==&c=MjUwCAklxG5CUKxNAWmpCtEOAc1BEwPytF4rG252eXAi76mRDt6www==&ch=kB6Z9Q7JmvYM6FCXj1vzeV6kpgTYarEU_-y8rjR5mkHYkGhlwd3rSQ==) to apply or call 1-877-847-3663 to be connected to your local county social service office.
* [Fact Sheets](https://thearcca.org/covid/) about unemployment insurance, stimulus payments and other Covid-19 resources from The Arc California.
* The California Association of Food Banks offers a [searchable foodbank data base](http://www.cafoodbanks.org/).
* [Guide for Grandfamily Caregivers on COVID-19 Stimulus Payments](https://www.grandfamilies.org/Portals/0/Documents/COVID/DavisIL_GrandfamilyCaregiver_Guide_Rebates20200418%20%281%29.pdf) (This was developed by a legislator from Illinois so please consider double-checking any state specific information)
* [COVID-19 Update](https://thearcca.org/supplemental-security-income-recipients-will-receive-automatic-covid-19-economic-impact-payments/) for people with intellectual and developmental disabilities from The Arc Californian. Includes information on stipend checks for non-filers.
* [COVID-19 Emergency Allotment for CalFresh Recipients](https://www.disabilityrightsca.org/system/files/file-attachments/CalFreshEmergencyAllotment_WCLP_CAFB_CFPA_CWDA_FinalFactsheet_4.2.2020.pdf)
* [PG&E COVID-19 Resources](https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19-protections.page?utm_source=CQEL+EdNews&utm_campaign=51e6e3dca1-EMAIL_CAMPAIGN_2019_10_29_05_13_COPY_01&utm_medium=email&utm_term=0_3ab28ecaa8-51e6e3dca1-205066905)
* Covered California: If you've lost a job and no longer have health insurance, [Covered California](https://caqualityearlylearning.us3.list-manage.com/track/click?u=0dc422f6e3939099c5aed7e7a&id=5c5378f8c9&e=19c788db68) has opened [a special enrollment period](https://caqualityearlylearning.us3.list-manage.com/track/click?u=0dc422f6e3939099c5aed7e7a&id=4e2d938755&e=19c788db68), which means you can still get health insurance.
* Amazon has opened Audible’s collection of stories in six languages for as long as schools are closed. Stories may be streamed free on desktop, laptop, phone or tablet using this [link](https://stories.audible.com/start-listen).

**Where to go for resources for your families:**

* COVID-19 Disability Form from The Arc California. In the event someone needs to go to the ER/Hospital, this form will help to alert ER/Hospital physicians and medical staff to the best ways to communicate with the person according to their needs and wishes. [English](https://cpb-us-e1.wpmucdn.com/you.stonybrook.edu/dist/a/4436/files/2020/04/COVID-19-Form_CA_Fill-1.pdf) [Spanish](https://files.constantcontact.com/eb101a2f101/d4100814-a61a-405f-9416-8b981817cd32.pdf)
* *Top Parenting Tips for Parents and Caregivers during COVID-19 - Ten* tips from the Positive Parenting Program to help parents and caregivers continue positive parenting during COVID-19 from Triple P. [English](https://preventionboard.wi.gov/Documents/tpi-top-tips-covid19-letter-us-en.pdf) [Spanish](https://preventionboard.wi.gov/Documents/tpi-top-tips-covid19-letter-us-es.pdf)
* **Common Sense offers free text message tips about how to practice healthy media habits at home with your family. (Requires completing a 6 question survey)** [English](https://www.commonsensemedia.org/techbalance)[Spanish](https://www.commonsensemedia.org/techbalance/es)
* [*Seeing Other People Wearing Masks*](https://www.teacherspayteachers.com/Product/Seeing-Other-People-Wearing-Masks-Story-5489351) Story – free download from Teachers Pay Teachers
* [COVID-19 Resources for Undocumented Californians](https://ciyja.org/covid19/?fbclid=IwAR2vDJQaFE2MzK6PhbeiAHlfLJ5eRvwczPc_BffZba1zLAOU6bqU_pJ5Xjg) from California Immigrant Youth Justice Alliance. Also available in Spanish.
* [*Helping Your Child During a Pandemic*](https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_family_infographic.pdf) Infographic from national Center for Pyramid Model Interventions
* [*Tips for Playing with your Child*](https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/13182539/Playing-with-Your-Child.pdf?fbclid=IwAR0rZk3BQ-EcIfjVUZLlK6OrPmuFAK5Awu4BbNVL0OFEA1nyCgACgKs4s0c) from Vanderbilt University
* Tips for Families: Receiving Remote EI Services: [*Consejos para Familias.PDF*](https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/TipsforFamiliesFlyerSPApg1.pdf)*: What is Remote EI? (Spanish);* [*Tips for Families Flyer.PDF*](https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Tips-for-Families-Flyer-pg1-1.pdf)*: What is Remote EI?*
* Tips for Families: How to prepare for a Remote EI Visit: [Tips for Families:.PDF](https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Tips-for-Families-Remote-Home-Visit-Flyer-pg2.pdf) Preparing for the Visit; [TConsejos para Familias:.PDF](https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Spanish-TipsforFamiliesFlyerSPApg2.pdf) Preparing for the Visit (Spanish)
* [ASL COVID-19 Video Series](https://www.youtube.com/playlist?list=PL82Z-swK0-4njl9qWjAoNY1HKbWndlq4i) – a library of short videos in ASL on COVID-19 related topics
* PBS KIDS’ new [weekday newsletter](https://www.pbs.org/parents/pbskidsdaily) offers activities and tips you can use to help kids play and learn at home.
* [**Hable con sus hijos sobre el COVID-1. »**](https://health.ucdavis.edu/mindinstitute/resources/resources_spanish_pdf/aod-covid-19.pdf)  contine informacion acerca de como hablar y explicarle a los hijos la situacion actual.
* [**Addicionales con informacion basica acerca del Covid-19, »**](https://www.understood.org/es-mx/learning-thinking-differences/understanding-childs-challenges/talking-with-your-child/coronavirus-latest-updates?_ul=1*13riuzs*domain_userid*YW1wLW50RnktZXYxUjBPalFjelY3WE9PU0EE)  actividades para entretener los ninos en casa
* Sesame Street Stay-at-Home Toolkit. Included in [the toolkit](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=2129c3042c&e=b65f91c7f7) are free ebooks, online and offline activities, tips for engaging kids about a variety of topics and emotions, and educational videos to watch as a family.
* ***Easy-to-Read Information about Corona Virus in Many Languages***has been made available by [Inclusion Europe](http://www.inclusion-europe.eu/easy-to-read-information-about-coronavirus/?fbclid=IwAR2Vvh4boEFDkPZ4t8smyN9dIud4f-qI7fwLKGkgiaBwQOoGaTho_WiZjAc).
* [*Temple Grandin’s Tips to Help Autistic Kids During the Coronavirus Quarantine*](https://parade.com/1019088/debrawallace/temple-grandin-tips-children-with-autism-coronavirus-quarantine/) from Parade.com
* *[4 reasons why special needs parents are better equipped than everyone else to handle Coronavirus stress](https://reifpsychservices.com/4-reasons-why-special-needs-parents-are-better-equipped-than-everyone-else-to-handle-coronavirus-stress/)*

**Where to go for resources for your ESFRC:**

* Virtual trainings are available from Strategies 2.0. Click [here](https://strategiesca.asentialms.com/catalog/) to explore their Virtual Learning, E-learning Courses and webinars.
* [The reason Zoom calls drain your energy](https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting) from BBC.
* Atlassasian offers [“5 Tips for ramping up on remote work in a hurry”](https://www.atlassian.com/remote) (you will need to scroll down the page to the “How to embrace a remote reality” header
* [TechSoup](https://www.techsoup.org/) – If you haven’t visited TechSoup lately, this might be the time. Discounted offers on software, hardware and services.
* Network for Good shares [eight articles related to fundraising](https://covid.networkforgood.com/small-nonprofit-resources/) during the pandemic
* “[How to Facilitate Effective Virtual Meetings](http://www.bethkanter.org/facilitate-virtual-meetings/)” This blog includes both written and slide presentations of tips to plan your online meetings.
* [*“How Nonprofits Can Utilize the New Federal Laws Dealing with COVID-19*”](https://nonprofitquarterly.org/how-nonprofits-can-utilize-the-new-federal-laws-dealing-with-covid-19/) from Nonprofit Quarterly.
* Manage and lead a remote team <https://www.gotomeeting.com/work-remote/resources?%2Fcid=dspcorona19#leadership>
* Bob Pike Groups offers [“Get Help Bringing Your Classroom Online with E-Learning and Virtual Training”](https://www.bobpikegroup.com/virtual-training-and-e-learning?utm_campaign=Interested%20in%20Virtual%20Trainer%20Workshop&utm_source=hs_email&utm_medium=email&utm_content=85191696&_hsenc=p2ANqtz-8lAQzK3_os_AkTYJRXd2_Q0t0WBeH3F_ySPX5BwVyp_oLD_2tM2w5l_Ee9zPywBNY22VftLnFKfmPgYsCDeE3G3wWpCg&_hsmi=85191696)
* “Nonprofit Resources for Remote Work during the COVID-19 Outbreak” Office 365 and G Suite are two collaboration programs that were made with remote work in mind, but they aren't the only solutions for Nonprofits.  [TechSoup has more](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=46412ccdc7&e=b65f91c7f7), as well as general tips for working from home.
* 3 Fun and Easy Virtual Team Building Activities. The Couch Manager has [three virtual activities](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=546f4eb20e&e=b65f91c7f7) to promote team-building and avoid loneliness in a virtual working environment.
* Loans Available for Nonprofits in the CARES Act: The CARES Act gives eligible nonprofits choices for securing cash needed to maintain staff and operations.  Use [this chart](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=29f613f99d&e=b65f91c7f7) from the National Council of Nonprofits to decide which loan is the right one for your organization.
* How To Use Zoom To Hold Your Support Group Or Course Online  
  PivotGround has [a video tutorial](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=9e2506571a&e=b65f91c7f7) on using the teleconference software Zoom for gatherings, support groups, and education.

**Where to go for social emotional support:**

* [*Angelina the Cat Stays Home*](file:///C:\Users\Debbie\Desktop\FRCNCA%20Novermber%202019\COVID\AngelinatheCatStaysHome_eB.pdf) – an online booklet

# [*How to Avoid Passing Anxiety on to Your Kids*](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/) from Child Mind Institute

* *First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic*is a free workbook from the [Yale Child Study Center–Scholastic Collaborative](http://teacher.scholastic.com/education/coronavirusworkbook/), written by child development expert Denise Daniels. This comforting resource is designed to help children alleviate stress and anxiety and to provide a sense of control during changing times. This workbook will encourage children to express their thoughts and feelings while providing families with simple strategies to help kids handle emotions. [English](http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf) [Spanish](http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Spa.pdf)
* *Helping Children Feel Safe in Stressful Times* from Nationwide Children’s. Includes charts that delineate “*What Children Think And Fear At Different Ages”* and “*Signs of Stress”* by age.

#### The [Peer-Run Warm Line](https://www.mentalhealthsf.org/peer-run-warmline/) **(1-855-845-7415)**is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use.

#### Why Is My School Closed? – Easy Answers to Hard Questions - talk with Children About COVID-19 Using Social Stories. [Read the story here.](https://www.dropbox.com/s/ljdgsg5mghcdh99/Why%20is%20my%20school%20Closed%20scripted%20story.pptx?dl=0&fbclid=IwAR2HFDlgcwdTTe52wq2P3Bcvkb5ZdUuqdy2vEAW5c9NwiiDHJYUqEJ4XPjI)

* [Time to Come In, Bear: A Children’s Story About Social Distancing](https://youtu.be/DA_SsZFYw0w) – a video that runs less than two minutes
* “[*Captain Corona and the 19 COVID Warriors*](https://www.savannahnow.com/news/20200304/savannah-authorrsquos-new-book-helps-children-cope-with-coronavirus-pandemic)*”* free downloadable book for children in grades 1-6.
* *“Keep Calm and Structure On: How to manage emotions and build structure at home during COVID-19”* includes offering a FREE 3-video series with free PDF tools on this [page](https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/). From Making Social and Emotional Learning Stick.
* [Ways to Hold our Children through Collective Crisis and Grief](https://medium.com/@Mariah510/ways-to-hold-our-children-through-collective-crisis-and-grief-bb2c712930f3) by Medium
* [*Talking to Children about COVID-19*](http://d31hzlhk6di2h5.cloudfront.net/20200323/ac/7f/33/fc/eff9279f0e70670742cc7cd7/Talking_to_Children_About_COVID-19_FINAL.pdf) from Bright Horizons
* *Movement & mindfulness for kids* – [GoNoodle](https://www.gonoodle.com/)
* [*Calm for kids*](https://www.calm.com/blog/take-a-deep-breath#calmkids) from Calm. Resources available in [**German**](https://www.calm.com/atme-tief-ein)**,  Spanish ,** French, Korean & Portuguese

**On the lighter side** – mostly from Twitter (we know this is a serious situation and wanted to share some things that might brighten your day):

* Due to quarantine we will only be telling inside jokes from now on
* How to end phone conversations now that we have nowhere to go: I gotta go to the living room. I’ll talk to you soon / OK, gotta go. My zoom meeting / yoga class starts in 10 minutes
* Stepped on my scale this morning and it said: Please use social distancing, one person at a time
* Holiday weight gain ain’t got nothing on pandemic quarantine weight gain.
* Did a load of pajamas so I could have clean work clothes for the week
* Our 4-year-old in insisting I help him build a 100 piece jigsaw puzzle before breakfast, so yes, we are definitely going to starve to death.
* The mask I wear to protect you recognizes the mask you wear to protect me. NAMASKE
* I’ve gotten in the habit of calling self-care “Self-compassion” instead because it’s not like caring for a plant – it’s not a list of to-dos...It’s an attitude.
* “This is my year!!!” – yeast
* If my future kids ever tell me they’re bored…I’m going to hit them with “Back in 2020….”
* When it’s bedtime and you go to put your kids in pajamas and realize you never got them dressed in the first place.
* My daughter just asked me where we keep the crow bar ad I’m pretty sure that’s my cue to end the unsupervised play portion of our day.
* I wonder if pigeons think we are extinct.
* Did we ever think that all of our meetings would one day look like the Brady Bunch opening?
* Does anyone else feel like they’re living in an episode of the Twilight Zone?
* The trash cans are out tonight…jealous isn’t even the word

**2020: The Struggle is Real**

**Lori Luzader, Executive Director, Special Kids Connect**

Life is not a dress rehearsal but, if it was, I feel like each of us got to opening night, barely three weeks ago, stepped out on stage and were presented with a brand new script. As the curtain rose, we found ourselves starring in a play for which we had no experience and no direction. Yet the spotlight was on us and we were asked to perform.

I cannot possibly fully comprehend the unique challenges each of you are facing at this moment. Even as SKC’s staff reaches out to families asking “What can we do?,” we know that the help you need most is beyond what we can deliver. We cannot come into your homes and calm your children, prepare your meals, make sure your student’s IEP goals are being met, supplement lost income, calm your own anxieties and fears about this virus, or even give you a comforting hug.

In theatre, when actors are called out on stage to perform without a script, it’s called Improv, short for improvisation. In Improv, groups of actors make everything up as they go along. As one source puts it, “Improv requires a great deal of creativity, teamwork, and practice,” but acknowledges that, when done well, it can become one of the most satisfying forms of theatre.

The struggle *is* real, but together, we’ve got this.