



NJSACC's Virtual Afterschool Resource Guide



THE STATEWIDE NETWORK FOR NEW JERSEY'S AFTERSCHOOL COMMUNITIES

Greetings,

During these unprecedented and challenging times, one of the things that give me hope is the way our field has stepped up to share resources and information critical to the kids and families we serve. Though most NJ afterschool programs are closed, afterschool professionals are innovating to support kids in new ways to help keep them engaged and learning, and to stay connected with young people during this difficult time.

The NJSACC Virtual Afterschool Resource Guide is a collection of activities and resources curated by NJSACC staff members. We hope it will be helpful to you!

We know we will get through this crisis together, and when we do, we will be ready. Youth will need critical and expanded support to emerge from this crisis strong, resilient, and hopeful - and we'll be there to help them do so. Jersey Strong!

Be well and stay strong!

Diane Genco

Executive Director

NJSACC

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Lincoln Center Pop Up Classroom

The logo for Lincoln Center Pop-Up Classroom is centered within a blue rectangular border. The text is arranged in three lines: "Lincoln Center" on the top line, "Pop-Up" on the middle line, and "Classroom" on the bottom line. Each letter is filled with a gradient of colors, including shades of blue, yellow, and orange, and has a thin black outline.

Lincoln Center Pop-Up Classroom

Tune in to @LincolnCenterNYC on Facebook Live every weekday at 10am EST for your daily dose of creativity. Led by some of world's best artists and educators, each creative learning activity utilizes simple materials found at home to help families with children explore a variety of art forms.

[Click here to learn more.](#)

40 of the Best Art Projects for Kids



Art is a true passion for me! And it's something I KNOW your kids are going to love. Here are the very best art projects for kids. This list is sure to get those creative juices flowing! Use this set of 28 Days of STEM Activities and STEAM Activities for Kids posts to excite the kids all year long.

[Click here to learn more.](#)

Paper Folding Crafts Step by Step



Easily learn paper folding crafts step by step. These instructions will teach you how to make various models such as birds, flowers, butterflies, animals, and more. Get a piece of paper and start now.

[Click here to learn more.](#)

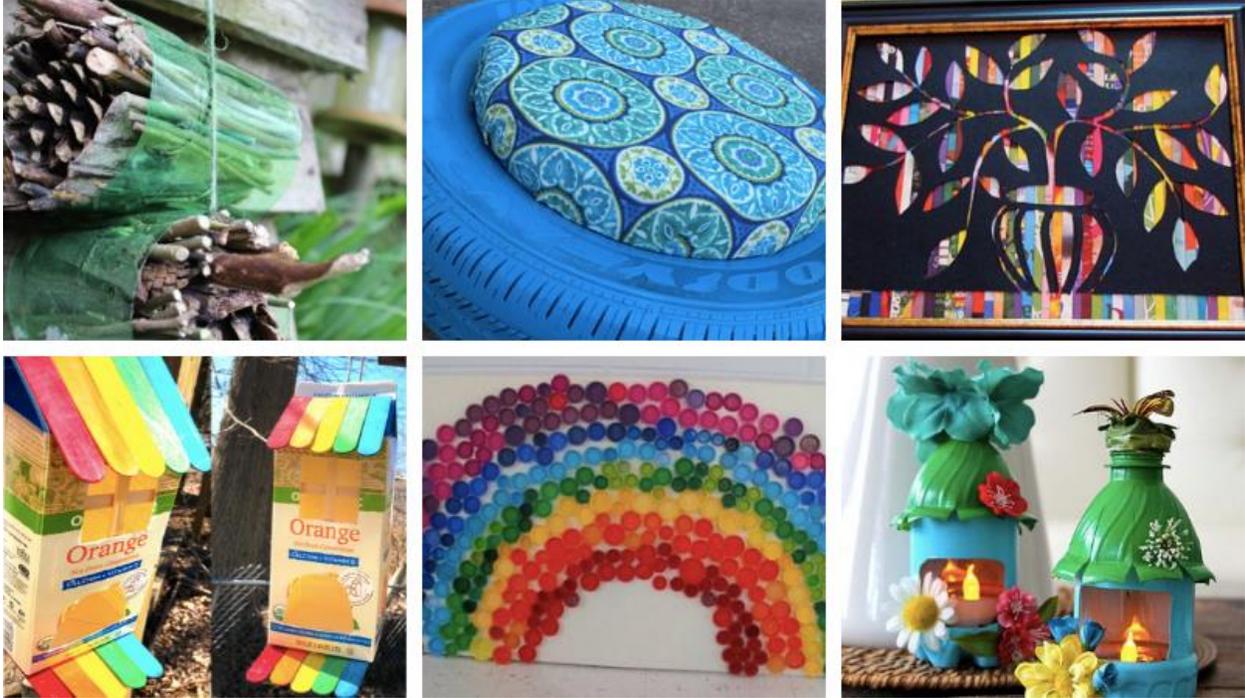
Recycling and Upcycling Art Ideas



Find inspiration in the recycle bin as you learn how to make musical instruments from flower pots, gargoyles from coffee trays and relief carvings from drywall. These lesson plans and ideas will inspire you to reduce, reuse and recycle!

[Click here to learn more.](#)

Arts & Crafts for Earth Day or Any Day



34 Earth Day Crafts and Classroom Activities Using Recycled Materials

Earth Day is coming! How do you plan to celebrate with your class? Buying brand-new craft supplies to celebrate and learn about Earth Day would seem squarely out of sync with the recycle-reuse-renew lessons we are teaching our students, right? So what are your other options? Don't worry. We've got you covered. Let's raid your recycling bins for supplies and then try one of these eco-savvy Earth Day crafts that is sure to excite students.

[Click here to learn more.](#)

NJ 211 Important Resource Information



Get Connected. Get Help.™

Live support when you need it.

For live help on COVID-19, please call 1-800-222-1222 to speak with healthcare professionals. You can also text your zip code to 898-211 or text NJCOVID to 898-211.

*211 is a subsidiary of the United Ways of New Jersey

Important Resources:

The Center for Disease Control

Visit the CDC website to learn more about COVID-19, including prevention and what to do if you think you're sick.

World Health Organization

Visit the WHO website for technical guidance and international information.

The NJ State Department of Health

Visit the State Health Department website for information specific to residents of New Jersey.

You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now

Six things you can do right at this moment, along with some simple exercise equipment to get for your house.



[Click here to read this article and learn more.](#)

Search Institute's Free SEL / COVID-19 Checklist



During this time of confinement due to the COVID-19 virus, building relationships with young people is more important than ever.

Search Institute's research shows that when young people experience developmental relationships with parents, educators, youth program staff, and other adults they are better able to cope with stressful events and adversity.

Although you may not be able to meet in person with young people, there are still ways for teachers and program staff to build valuable developmental relationships.

Download the free checklist, Building Developmental Relationships During the COVID-19 Crisis, for 19 ways to connect with young people during this time.

Talking to Kids About the Coronavirus



CHILD MIND[®]
INSTITUTE
healthy brain network

Kids worry more when they're kept in the dark by Rachel Ehmke

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.

- Don't be afraid to discuss the coronavirus
- Be developmentally appropriate
- Take your cues from your child
- Deal with your own anxiety
- Be reassuring
- Focus on what you're doing to stay safe
- Stick to routine
- Keep talking

[Click here to read more about these helpful tips](#)

CSTA-Compiled Resources to Support Teaching During COVID-19



With the outbreak of COVID-19, at CSTA we know that many of our members will be supporting their students remotely. Teaching CS is already difficult, and moving to a virtual environment can be challenging, so we have compiled a list of resources to help teachers support their students during this trying time. We encourage you to keep visiting this page for the most up-to-date resources.

To be the best for your students, you need to be the best for yourself. Remember to stay safe, take care of yourself, and don't compare yourself to other teachers. It's easy with all of the resources floating around to feel pressured to perform in a certain way, but your district or school might not have access to the same resources as your counterpart located elsewhere. You are doing the best you can for your students with the resources available to you. **YOU'VE GOT THIS!**

[Click here to learn more.](#)

Announcing Playworks Play at Home



Playworks would like to support your efforts. As we seek to find ways to provide resources to you and the larger community amidst the COVID-19 outbreak, we are eager to announce our Play at Home series to support kids' healthy movement and play while students are home. **Starting today, anyone can join Playworks for [Live Virtual Recess Monday - Friday at 12pm, 2pm and 4pm ET](#). Please be aware that the times shown on their website are in CT - not ET.**

Keep reading below for more information on our **Play at Home resources** that are available to you and your communities for free. Playworks has for over 24 years focused on bringing games and activities to schools, while creating a safe and healthy recess for students. We are now, more than ever, committed to responding to the need for continued healthy activities at home through several resources we are offering for free:

- [Play at Home Webpage](#): A library of videos and other resources featuring games and activities families can play at home. Each meeting the CDC requirements of social distancing and limited equipment. All available free on the [Play at Home Webpage](#)
- [Play at Home Playbook](#): This game guide has a variety of games and activities families can do in their own home, with little to no equipment necessary.
- [Live Virtual Recess](#): A Playworks Coach leading a morning warm-up, a midday game, and an afternoon cooldown each day. Anyone can tune into [Facebook Live](#) Monday- Friday at 12pm, 2pm, and 4pm EST and play along. [See](#) a sample on [YouTube](#).

Monday - Friday Daily schedule	
Time (ET)	Activity
12PM	Morning Stretches & Warm Up
2PM	Recess Game
4PM	Afternoon Cooldown & Cheer

Facebook @makerecesscount / Twitter @playworks / Instagram @playworksrecess

Harry Potter at Home Hub

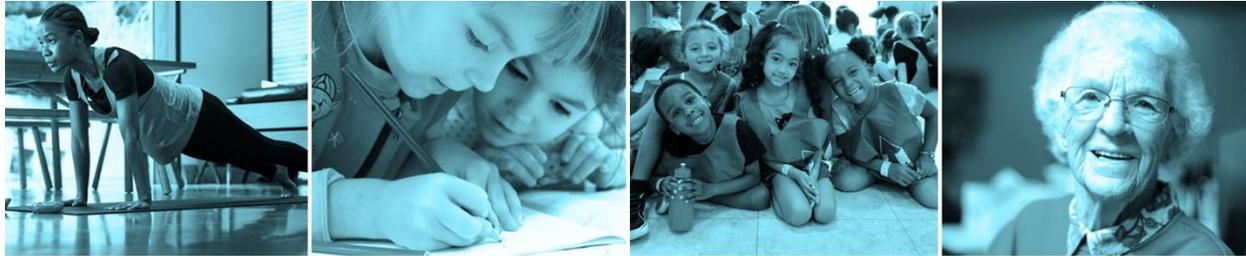


We are proud to announce our new Harry Potter At Home hub, a free online collection of child-friendly activities, videos, puzzles, illustrations, quizzes, creative ideas, articles and much more, that will help you bring the magic of the wizarding world into your home at this difficult time – as well as keep you all occupied for hours on end!

The whole Wizarding World family is working together to make the hub a truly inspiring place that celebrates reading for pleasure, especially when introducing children to Harry and his friends for the first time. You'll find all the latest fun and games to keep everyone occupied – from special activity kits from Bloomsbury and Scholastic, to nifty magical craft videos. We'll be updating the activities, quizzes, articles and everything else regularly to create an ever-evolving collection of new resources that are easy for parents, teachers and caregivers of children to find and access. And the hub will also point you to our ultimate Harry Potter experience – being sorted into your Hogwarts house.

[Click here to learn more.](#)

Try our new Y At-home services



the Y [®] **@ HOME**
YMCA

Click to get started!

- Virtual Workouts
- Youth & Family Activities
- Senior Outreach
- Emergency Childcare Info
- Latest COVID-19 Updates

Welcome to the Y. We're an inclusive organization of men, women and children joined by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility in Southern Nevada.

Lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

During these times of uncertainty, it is important now, more than ever, that we come together as a Y to remain connected and foster a sense of community. Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness. The Y fully supports your decision to stay active while at home – kudos to you! We have a variety of at-home exercise options for you to try, at no extra charge to you! Please see below for a few different formats for all skill and ability levels. Any additional information or documents on accessing each one is also included below. We hope you'll find a new class you love!

- Fitness On-Demand: <https://www.metroymcas.org/myyvideos/>
- Kids Activities: <https://www.metroymcas.org/kidactivities/>

Ultimate Camp Resource



Ultimate Camp Resource is a free resource for Camp Games, Camp Songs, Camp Skits and more made for camp people, by camp people, including thousands of activities, including games, crafts, theme-days, campfire stories, ice-breakers and more that make summer camp special! We have the largest database of camp activities on the internet.

[Click here to learn more.](#)

Celebrate Afterschool! Outdoors in the Garden State



NJSACC has created this Activities Guide for providers that list easy, inexpensive activities that can connect children with nature in categories like Trees and Leaves and Nature Art. There are lists of field trips and enrichment program resources for providers as well as nature fun facts and nature experiments that can be done in only a few minutes.

[Click here to learn more.](#)

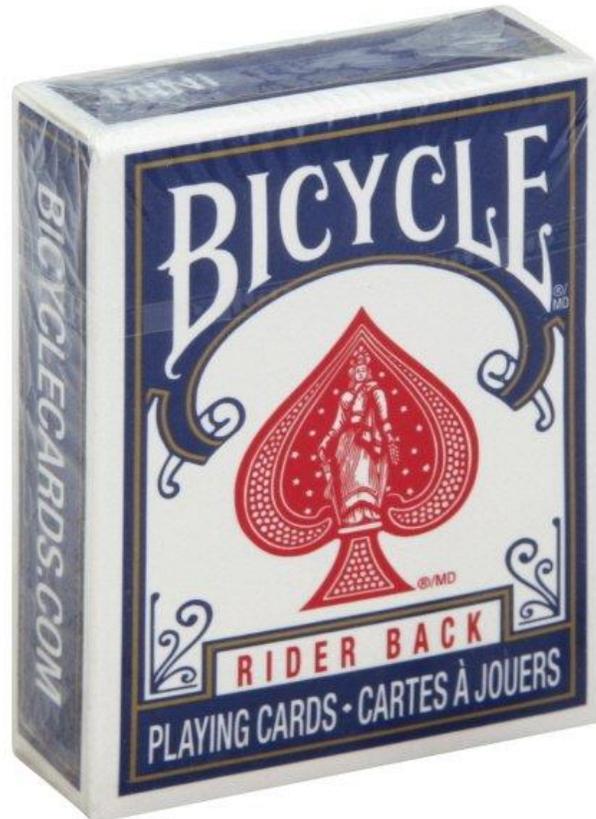
Fairview Lake YMCA: Fairview At Home



Welcome to Fairview at Home, your digital camp experience. We've been working hard to put together resources for your family - from our Y, our sister branches, Y's from around the country and from trusted resources. Do you have suggestions for videos, resources or information? Please [email](#) us! We'll be updating this page frequently, so bookmark it and check back!

[Click here to learn more.](#)

Bicycle Card Games



Ready to learn a new card game? Forget the rules to an old favorite? We have comprehensive rules for some of the world's most popular card games, and the list continues to grow. Whether you're a seasoned veteran or the next rookie on deck, you can find the rules and tips you need to master any game.

[Click here to learn more.](#)

Great resource for finding age appropriate game reviews and advice



We started doing video reviews of family board games, card games, and dice games as well as writing articles about the importance of family time in the fall of 2009.

As of November 2019, we've posted reviews of more than 460 fun family games! We've also written over 360 family and gaming related articles to help you enjoy bonding time with your family.

[Click here to learn more.](#)

Over 30 Virtual Field Trips with Links

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

<p>San Diego Zoo</p>		<p>The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!</p>
<p>Yellowstone National Park Virtual Field Trip</p>		<p>Mud Volcano, Mammoth Hot Springs, and so much more. Tour Yellowstone National Park!</p>
<p>MARS!!!</p>		<p>Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!</p>
<p>Animal Cameras</p>		<p>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, & more</p>
<p>Virtual Farm Tour</p>		<p>This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.</p>

<p>U.S. Space and Rocket Museum in Huntsville, AL</p>		<p>See the Saturn 5 Rocket on YouTube and more on this tour thanks to a real father/son outing.</p>
<p>Discovery Education Virtual Field Trips</p>		<p>A few of the field trip topics include Polar Bears and the Tundra Social Emotional Skills STEM manufacturing</p>
<p>The Louvre</p>		<p>Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.</p>
<p>The Great Wall of China</p>		<p>This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.</p>
<p>Boston Children's Museum</p>		<p>Walk through the Boston Children's Museum thanks to Google Maps! This virtual tour allows kids to explore 3 floors of fun.</p>

Have fun learning at home!

Disney Imagineering (PBL)



Imagineering in a Box is designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.

Great for students in grades 3 and up.

[Click here to learn more.](#)

Home With Your Kids? Writers Want to Help

Mo Willems, Gene Luen Yang, Amie Kaufman and other authors for young readers are reading their work online and offering drawing tutorials, to help fill our strange new hours.



[Click here to read this article and learn more.](#)

SightWords: Literacy Related Activities

SIGHTWORDS

Sightwords.com is a comprehensive sequence of teaching activities, techniques, and materials for one of the building blocks of early child literacy (Pre-K-3). This collection of resources is designed to help teachers, parents, and caregivers teach a child how to read. We combine the latest literacy research with decades of teaching experience to bring you the best methods of instruction to make teaching easier, more effective, and more fun.

1. Overview

Sight words instruction is an excellent supplement to phonics instruction. Phonics is a method for learning to read in general, while sight words instruction increases a child's familiarity with the high frequency words he will encounter most often.

The best way to learn sight words is through lots and lots of repetition, in the form of flashcard exercises and word-focused games.

2. What Are Sight Words?

Sight words are words that should be memorized to help a child learn to read and write. Learning sight words allows a child to recognize these words at a glance — on sight — without needing to break the words down into their individual letters and is the way strong readers recognize most words. Knowing common, or high frequency, words by sight makes reading easier and faster, because the reader does not need to stop to try and sound out each individual word, letter by letter.

[Click here to learn more.](#)

First Book Marketplace



First Book is a non-profit social enterprise committed to elevating educational opportunities for children in need. We believe that educators should have access to all the resources they need to help these children succeed, including books, school supplies and other essentials. When you buy from the First Book Marketplace, your purchase helps others who are also making a difference in the lives of children.

[Click here to learn more.](#)

Storyline Online



Storyline Online receives over 100 million views annually from children all over the world.

Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Teachers use Storyline Online in their classrooms, and doctors and nurses play Storyline Online in children's hospitals.

Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners.

Storyline Online is a program of the SAG-AFTRA Foundation. The Foundation is a nonprofit organization that relies entirely on gifts, grants and donations to fund Storyline Online and produce all of its videos.

You can help the SAG-AFTRA Foundation create more Storyline Online videos and new content, so that we can read to millions more children every month. By giving a gift to Storyline Online, you can help advance children's literacy, and improve children's lives. Your support makes a world of difference.

[Click here to learn more.](#)

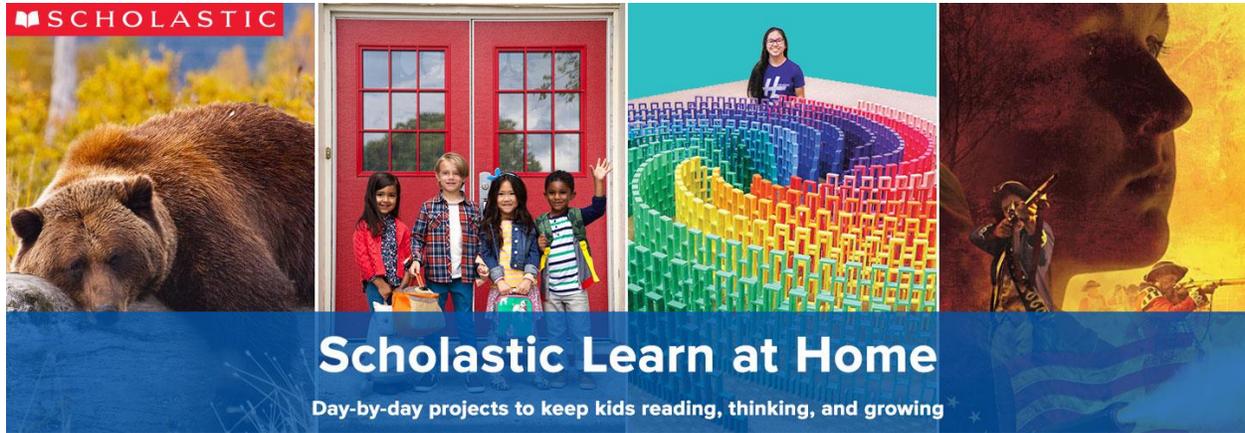
ReadWriteThink

readwrite**think**

Looking for engaging ways to introduce your child to reading or to encourage your teen to write? Need some age-appropriate book suggestions or rainy day activities? The materials here are your answer—all of them created by experts to be fun, educational, and easy to use outside of school.

[Click here to learn more.](#)

The Scholastic Learn at Home Bookstore



A curated collection of books and activities to keep your child learning from home

Scholastic Learn at Home provides 20 days' worth of active learning journeys designed to reinforce and sustain educational opportunities for those students who are unable to attend school. Get started now to keep your child learning and growing!

[Click here to learn more.](#)

5 Mindful Ways to Shift the Climate of Your Program



kid-grit is a holistic approach to developing the next generation of mindful leaders.

kid-grit is where social-emotional learning, youth development, and character-education meet.

Resources worth checking out:

- [Join their mailing list and receive a FREE copy of The kid-grit Pandemic Crisis Guide!](#)
- [5 Mindful Ways to Shift the Climate of Your Program \(via Google Drive\)](#)

Self-care resources you can take advantage of online



Here are some fantastic resources related to self-care:

- Here's a thorough [guide](#) to yoga for people of all experience levels, with links to a variety of apps and classes.
- If you're looking to relax, this [guide](#) to yoga can help walk you through it.
- A [series](#) of six-minute workout videos that exercise four main muscle groups: cardio, the lower body, the upper body and the core.
- A [guide](#) to a nine-minute strength workout that should be used two to three times a week for maximum benefits.

Parents & Educators: Announcing KIDSBRIDGE@Home



KIDSBRIDGE
Programs for Bullying Prevention, Social-Emotional Skills,
and Diversity Education.
Either at the Center or mobile to your school!



Schools are closed. Parents are working from home. Teachers seek to recommend lessons or projects that students can complete remotely. During this unique time in our history, the Covid-19 Virus quarantine creates an unusual opportunity to spend more quality time with your children.

Kidsbridge wishes to help, and to that end, is launching ... **KIDSBRIDGE@Home**

Kidsbridge is excited to help parents quarantined at home with children, and teachers who are learning how to educate remotely. As an antidote for what many consider unproductive screen-time, Kidsbridge is offering meaningful, one-on-one family-oriented activities that develop social-emotional skills.

On Friday, Kidsbridge will launch **KIDSBRIDGE@Home** on Twitter and Facebook — just in time for International SEL (Social Emotional Learning) Day, Friday, March 27th. This NEW **FREE** resource will present parent/caregiver activities to do at home with their children.

Or, teachers may be inspired to assign lessons for students to complete with their families. With a new activity/lesson being offered five days a week, Kidsbridge will present face-to-face original activities. In addition, we will recommend links to other resources that we have vetted because they offer excellent learning opportunities. Parents may also work with their kids, and older siblings might be able to provide guidance to their younger brothers and sisters.

[Click here to learn more.](#)

GoNoodle: Good Energy at Home



Teachers trust GoNoodle to help their students stay active, focused, and calm while infusing good energy into their classrooms. Now, with so many kids home from school, we want to keep that good energy going with GoNoodle: Good Energy at Home, a free online resource. GoNoodle: Good Energy at Home provides ways for kids and families to move and learn together. GoNoodle: Good Energy at Home offers free:

- Movement, yoga, and mindfulness videos
- Downloadable curricular activities
- Recommended off-screen home activities

[Click here to learn more.](#)

NAA2020 "Let's Raise the Room," virtual workshop



You've included parents on your board, created systems for youth-led advocacy, and empowered staff to lead their own professional growth because you know it's time to step back and become the incredible Transformational Leader you've always wanted to be. This session will dive into the critical skills needed to make our public engagements (professional learning events, conferences, classes, meetings) truly participant-driven by focusing on facilitation strategies. If you regularly lead events or meetings, you will walk away inspired to try out new ideas that increase inclusion, equity, and participation from all stakeholders - and will be excited to give yourself the upgraded title of Transformational Facilitator.

Eva Meyers, Raise the Room

- [Journal Reflection Page](#)
- [Tips Document](#)
- [Coaching Template](#)
- [Coaching Questions](#)

If you'd like to check out [Spark Decks](#) and what we offer, you can use the code **NAA2020** to get a 20% discount plus free shipping on anything in the store!

Y4Y (You for Youth) Resources



The focus of Y4Y is on learning and professional development for every staff member at every level of 21st CCLC programs.

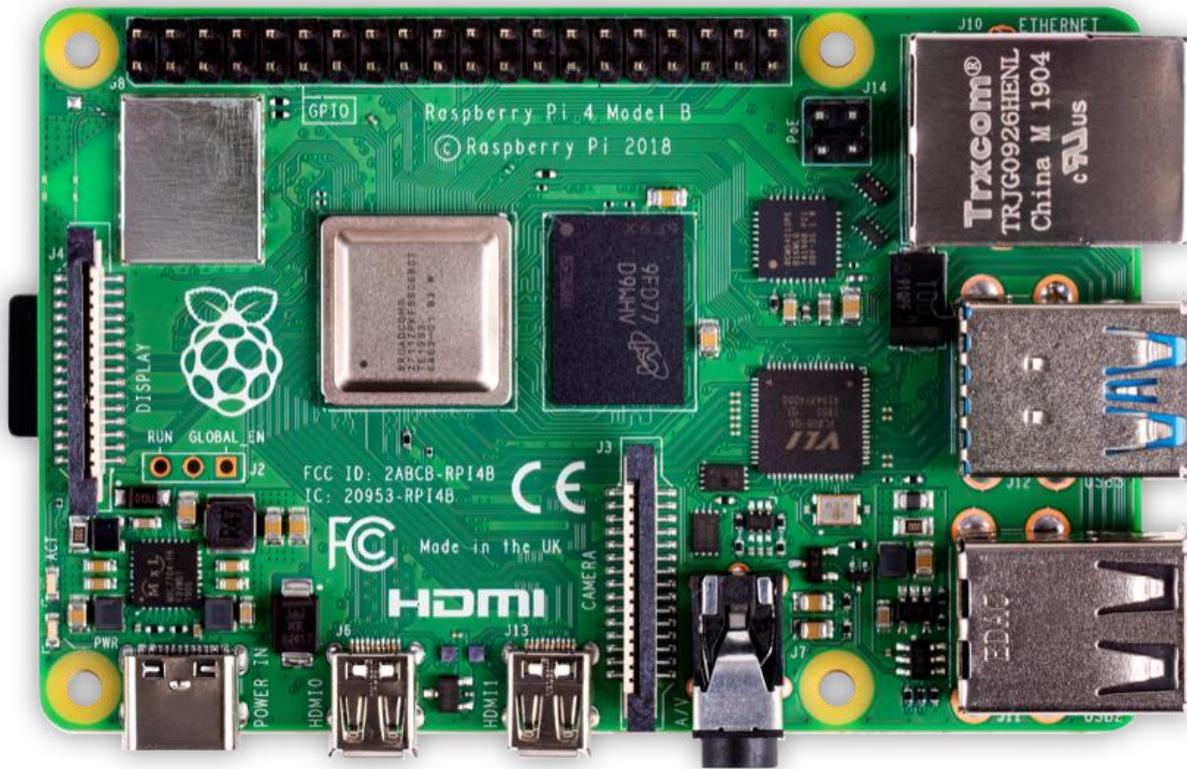
The Y4Y portal is filled with free resources for all of your 21st CCLC program needs. From checklists for supervisors and principals to STEM activity guides, it's all there at your fingertips to help you reach your program and site goals. You will find resources that are featured in each course, as well as external links to lesson plans and research-based resources.

Click on the links below to access each recommended resource:

- <https://y4y.ed.gov/webinars>
- <https://y4y.ed.gov/computer-science>
- <https://y4y.ed.gov/learn/citizen-science>
- <https://y4y.ed.gov/learn/citizen-science/introduction/learn-more-library/>

IMPORTANT NOTE: *When visiting the Y4Y website, you will notice that a disclaimer pops up, authorizing access for people from the Department of Education only. Please be aware that these resources are available to everyone and you can safely click **Accept** to proceed.*

Raspberry Pi 4



Our mission is to put the power of computing and digital making into the hands of people all over the world. We do this so that more people are able to harness the power of computing and digital technologies for work, to solve problems that matter to them, and to express themselves creatively.

[Click here to learn more.](#)

Kids Included Together (KIT) Resources Galore



Kids Included Together is a center of excellence on disability inclusion. We specialize in providing leadership, best practices, training and support to people and organizations who serve children. Over the past twenty years, KIT has partnered with hundreds of child and youth-serving programs to implement inclusive policies and practices including:

- Boys & Girls Clubs
- Parks and Recreation Departments
- US Military Child & Youth Programs
- Child Development Centers
- School Districts

KIT also partners with many additional organizations: child development centers; preschools; museums; theater and dance companies; aquariums and zoos; police activity leagues; child development centers; and many more. In addition to our best-in-class training and support programs, we also develop materials and resources to support inclusion.

[Click here to learn more.](#)

Beyond the Bell



Beyond the Bell® is a suite of professional development services, products, and practical tools designed to help afterschool program leaders and staff members create and sustain high-quality, effective afterschool and expanded learning programs. AIR takes the guesswork out of designing, implementing, evaluating, and improving your program by staying abreast of the research on what works in afterschool and expanded learning programs and turning that information into accessible improvement tools.

[Click here to learn more.](#)

The National Aquarium: See the World From Below the Surface



At the National Aquarium, our core values form the basis for our beliefs about our organization, our colleagues, and ourselves, and serve as the framework to guide our behavior and actions to achieve our mission: to inspire conservation of the world's aquatic treasures.



Blacktip Reef Cam

Enjoy an underwater view of sharks, rays and fishes in Blacktip Reef



At-Home Activities

Dive deep into a word search, color the ocean from A to Z



Jellies Invasion Cam

Tune in and become mesmerized by the relaxing pulse of jellies

[Click here to learn more.](#)

The STEM Effect: Understanding the long-term impacts of STEM programs on girls



The STEM Effect project is a collaborative effort led by the Intrepid Sea, Air & Space Museum, the Education Development Center (EDC), and the National Girls Collaborative Project (NGCP), to engage cultural organizations around the United States in developing a Collaborative Action Agenda for better understanding the mid- and long-term impacts of informal STEM programs for girls.

The project team engaged cultural organizations and other stakeholders to synthesize their experiences and approaches with the existing research literature on girls in STEM, identify and refine a set of research and questions and best practices, examine the roadblocks to research, and find opportunities and capacities for gathering and analyzing data needed to understand mid- and long-term impact.

Join The STEM Effect team to discuss creative approaches to better understand the mid- and long-term impacts of informal STEM programs for girls, and methods for measuring them.

This material is based upon work supported by the National Science Foundation under Grant No. #1811155 (Division of Research on Learning). Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.

Access the link below to watch/listen to the recording:

https://connectpro35337274.adobeconnect.com/_a826711601/pn9vpk1pa6vm/?launcher=false&html-view=false&proto=true

* You will need to install Adobe Connection Application to watch.

Click2Science Self-Directed Web Lessons



Well-facilitated science, technology, engineering, and mathematics (STEM) activities encourage youth to be curious, ask questions, and make connections with the world around them. These are essential skills for success in life and increasingly important in the global economy. Out-of-school time (OST) STEM programs, or STEM learning opportunities that occur outside of the typical school day, can help ensure that young people have these skills. However, many frontline staff and volunteers, who work directly with the youth in these programs, lack the capacity they need to effectively plan and deliver positive STEM learning experiences.

Click2SciencePD addresses the need for low-cost, high-quality professional development by providing OST professionals the resources and skills they need to create positive STEM learning experiences with youth.

Click2Science Web Lessons are self-directed, on-demand professional development for frontline staff and volunteers. Web Lessons are hosted on Penn State Extension's Better Kid Care learning management system. For more information, visit the About Web Lessons page.

[Click here to learn more.](#)

For Teachers: Energy Kids - Lesson Plans



Energy comes in different forms:

- Heat (thermal)
- Light (radiant)
- Motion (kinetic)
- Electrical
- Chemical
- Nuclear energy
- Gravitational

People use energy for everything from walking to sending astronauts into space. There are two types of energy:

- Stored (potential) energy
- Working (kinetic) energy

For example, the food a person eats contains chemical energy, and a person's body stores this energy until he or she uses it as kinetic energy during work or play.

Find energy related stories, hands-on activities, and research articles for your classroom! These curriculum-based lessons are separated by age-grade.

- Primary
- Elementary
- Intermediate
- Secondary

[Click here to learn more.](#)

Ask a Biologist: Activities

ask a **BIOLOGIST**

One of the best ways to learn is to play. We have a collection of activities that let you learn biology by [playing](#). You can try a biology [experiment](#) or test your knowledge with one of the biology [puzzles](#) based on our stories. There are printable and online [coloring pages](#) and worksheets that you can use to practice your coloring skills.

Wait, there's more. The [Bird Finder tool](#) can help you identify that mystery bird in your backyard. You can also venture into [Body Depot](#) where you can learn about your body and the biology that keeps it going. With so many activities you might find it hard to choose, so don't. You can try them all.

[Click here to learn more.](#)

Science Buddies Lesson Plan: Aluminum Foil Boat Design - Surviving the Stormy Seas



Overview

People have used boats to transport things around the world for thousands of years. Unfortunately, those boats can be vulnerable to stormy seas and they can capsize. This lesson expands on the classic "aluminum foil boat" project. Normally, students would build a boat from a sheet of aluminum foil and see how much weight it can hold—in *still* water—before sinking. In this project, they will find out how well their boats hold up to waves!

NGSS Alignment

This lesson helps students prepare for these Next Generation Science Standards Performance Expectations:

- **MS-ETS1-1.** Define the criteria and constraints of a design problem with sufficient precision to ensure a successful solution, taking into account relevant scientific principles and potential impacts on people and the natural environment that may limit possible solutions.
- **MS-ETS1-2.** Evaluate competing design solutions using a systematic process to determine how well they meet the criteria and constraints of the problem.
- **MS-ETS1-3.** Analyze data from tests to determine similarities and differences among several design solutions to identify the best characteristics of each that can be combined into a new solution to better meet the criteria for success.
- **MS-ETS1-4.** Develop a model to generate data for iterative testing and modification of a proposed object, tool, or process such that an optimal design can be achieved.

[Click here to learn more.](#)

Education in the Zooniverse



As a volunteer on these websites, both you and your students can become citizen scientists and citizen researchers, participating in real science and other research. If you or your students think you have made a mistake, don't worry; even the researchers make mistakes. These projects are set up to have more than one volunteer analyzing each piece of data, thereby eliminating the vast majority of human error. Mistakes are a part of the process, and can even help us evaluate the difficulty of the data. As long as everyone does their best, they are helping!

Resources for educators using Zooniverse:

- Instructors and volunteers alike can access a variety of educational resources on the [Zooniverse Classrooms](#) platform. The ASTRO 101 materials are currently targeted towards introductory college-level students, while WildCam Labs are aimed at a broader audience of students. We are currently working to expand our curricular materials to additional projects on the Zooniverse platform.
- Many Zooniverse projects have their own education pages with additional resources for teachers. Resources may include a video tutorial of how to use the project, other helpful documents and videos about the classification process, and education resources related to the research behind the project.

Take part in the conversation:

Keep up with the latest Zooniverse educational efforts on the [Zooniverse Blog](#). You can also talk with other Zooniverse educators and peers interested in using people-powered research in all sorts of learning environments on the [Zooniverse Education Talk board](#).

[Click here to learn more.](#)

Afterschool Snacks: Science



These Snacks are a healthy, filling way to satisfy your late-afternoon hunger for science. Try building them with friends!

- **Bird in a Cage**
Stare at one color—but see another.
- **Disappearing Act**
If you want to stay hidden, you'd better stay still.
- **Groovy Sounds**
Make a record player with a pencil, pin, and paper.
- **Remote-Control Roller**
Wield electrons and protons to roll cans.
- **Secret Bells**
Create a sound system for music only you can hear.
- **Stripped-Down Motor**
Make a simple mini-motor.
- **Water-Bottle Membranophone**
This surprising instrument is fun to make—and even more fun to play.
- **Whirling Watcher**
Short bursts of moving images produce some interesting effects.

[Click here to learn more.](#)

National Science Digital Library



THE NATIONAL SCIENCE DIGITAL LIBRARY

The National Science Digital Library provides high quality online educational resources for teaching and learning, with current emphasis on the sciences, technology, engineering, and mathematics (STEM) disciplines—both formal and informal, institutional and individual, in local, state, national, and international educational settings. The NSDL collection contains structured descriptive information (metadata) about web-based educational resources held on other sites by their providers. These providers have contribute this metadata to NSDL for organized search and open access to educational resources via this website and its services.

Most resources in the library adhere to principles of Open Educational Resource (OER) access, although some resources are restricted to provider site membership, or may have a cost associated with them (indicated in the full record of the resource).

[Click here to access this resource.](#)

ScienceNetLinks: Afterschool Resources



Afterschool resources offer informal, often hands-on, science activities. Each one includes a facilitator page, as well as online and printable pages for kids.

Science Netlinks offers dozens of lesson plans and online learning activities. The lessons and activities are cover a wide variety of science topics. All of the lesson plans are sorted by grade level, but you can also sort the lesson plans by science benchmark standards. A series of icons also indicates if each lesson plan has a printable worksheet, e-worksheet, or is an interactive experience.

[Click here to learn more.](#)

MIT App Inventor: Youth Mobile Power Series



MIT App Inventor and YR Media (formerly Youth Radio) have teamed up to present the Youth Mobile Power series. YR teens produce stories highlighting how young people use their phones in surprising and powerful ways. Meanwhile, the team at MIT is continually enhancing App Inventor to make it possible for users like you to create apps like the ones featured in YRs reporting.

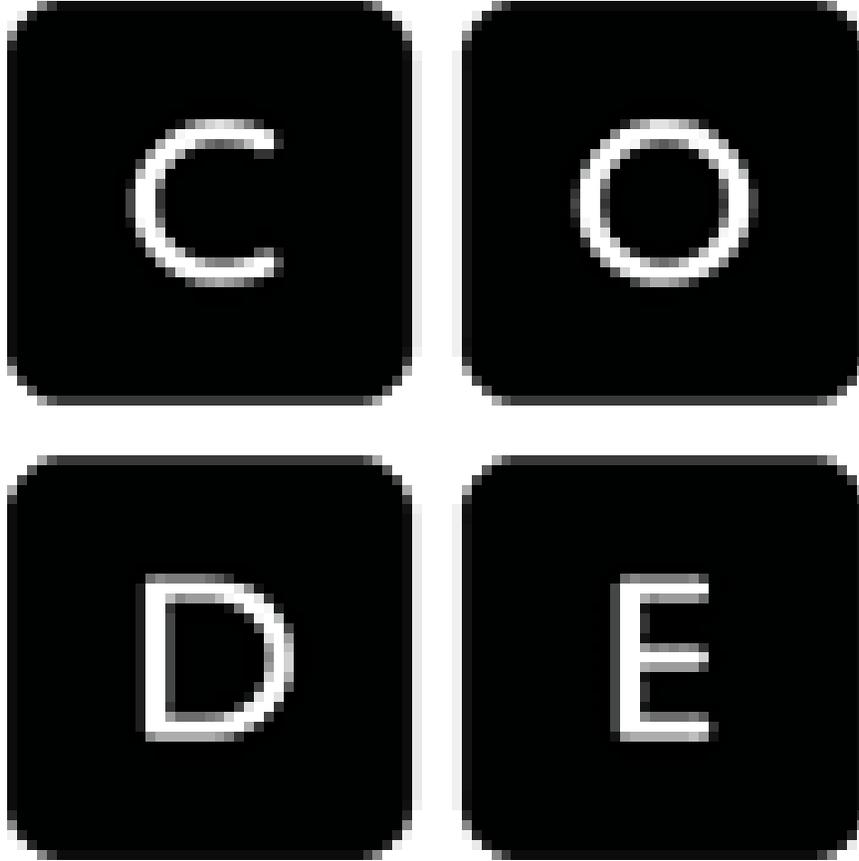
Essentially: get inspired by the story, get busy making your own app! (Learn about the winners of the 2019 Youth Mobile Power App Challenge who were inspired by the YR Media stories to create their own apps.)

As part of the Youth Mobile Power series, MIT App Inventor has developed a series of App Building Guides to help you get busy. Here is our list of guides and corresponding experience levels. Note that the instructions will appear in the left sidebar of the App Inventor environment.

Click on the links below to learn more:

- [App Building Guides for the Youth Mobile Power Series](#)
- [Artificial Intelligence with MIT App Inventor](#)

CS Fundamentals Unplugged



We've compiled a list of all of our unplugged lessons for you to use in your classroom. Now you can teach the fundamentals of computer science, whether you have computers in your classroom or not! Try using these lessons as a stand-alone course or as complementary lessons for any computer science course.

Ages 4+, English only

Each of their activities can either be used alone or with other computer science lessons on related concepts.

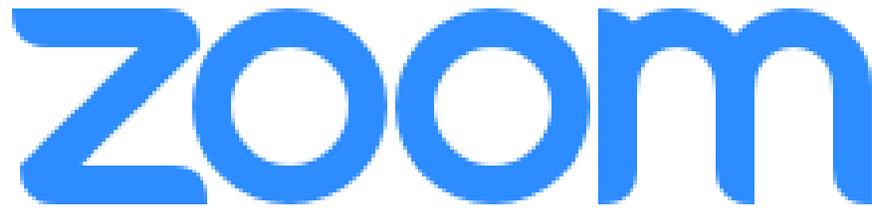
[Click here to learn more.](#)

Tips & Considerations for Creating Virtual Trainings



- Develop a detailed outline and research core content beforehand.
- Know your audience and their primary objectives.
- Focus on user-friendly content delivery.
- Ask engaging and thought-provoking questions to drive the discussion.
- Highlight important content and offer periodic recaps.
- Encourage group collaboration and activity throughout the training.
- Keep it short and simple to avoid information overload.
- How old is the content?
- Is the content consistent with the training outcomes you identified?
- Are there ways of assessing whether or not the audience met the objectives of the course or lesson?
- Allow breaks for long training sessions.
- Use interactive measures to maintain viewer attention and enhance concept retention, such as videos; using the chat feature, polls, Vimeo, web links to resources and examples. There is a card sort activity via [teacher.desmos.com](https://www.desmos.com/teacher)
- When conducting individual or group activities, use the Chat function to give everyone written instructions as well.
- Have participants do hands-on activities, e.g. building a paper tower and sharing with larger group or in smaller chat rooms.
- Zoom Specific: When sharing your screen and using any media that has sound, eg. video, after you click 'Share Screen' (before you choose what you are sharing), in the lower left corner there is a box that asks if you want to also Share Sound, make sure to click that so viewers hear the sound through Zoom and not just your laptop. It will make the sound clearer for viewers.

A Helpful Guide to Zoom: How to Rock Your Next Virtual Meeting!



Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, collaboration, chat, and webinars across mobile devices, desktops, telephones, and room systems. There are plenty of great Zoom tutorials out there, so it can be confusing and time consuming to find the ones that are the most relevant to our own situation. We've looked at these through the eyes of school age out of school time educators and found them to be particularly useful. We hope you find them useful too:

- [Joining a Zoom Call for the First Time \(about 8 minutes\)](#)
- [How to Host a Zoom Call \(12.5 minutes\)](#)
- [Zoom Meeting Controls \(about 10 minutes\)](#)
- [How to Keep the Party Crashers from Crashing Your Zoom Event - Zoom Blog](#)
- [Manage Zoom Participants \(about 6 minutes\)](#)
- [Zoom Screen Share & Annotation \(about 5 Minutes\)](#)
- [Tips & Tricks: Teachers Educating on Zoom \(2 pages\)](#)

More Advanced Skills and Tools

- [Video Breakout Rooms in Zoom \(about 3 minutes\)](#)
- [Polling in Zoom \(about 2 minutes\)](#)
- [Using Waiting Rooms to Manage Office Hours & Drop in Visitor Times \(4.5 minutes\)](#)
- [Scheduling a Zoom Webinar \(about 1 minute\)](#)
- [Even more Zoom Resources](#)

[Click here to learn more.](#)