Compilation of many resources from school districts, the government, Teachers Pay Teachers, and messages from our followers.

Contact for Support: school@muhsen.org and volunteer@muhsen.org

**Recorded MUHSEN Webinar**

**Schedules/ Social Stories**
- Child Friendly Explanation of Coronavirus
- Coronavirus Story
- What is Coronavirus?
- COVID-19
- My Morning Routine / Chores Board
- Visual Rewards Chart
- My Task Chart
- First Then Chart
- Activity Logs
- All day at home with kids – how do I structure the day?
- Visual schedules:
  - A schedule gone viral

**Math**
- Xtramath
- PBS Kids
- Fluency and Fitness
- Adapted Mind

**Reading**
- Epic!
- Scholastic
- HearBuilder
- Starfall

**Science**
- National Geographic Kids
- Time for Kids
- Mystery Science
Sensory Activities

Heavy Work/Calming Activities
- Carrying groceries to and from the car
- Carrying garbage cans to and from the curb
- Carrying a bucket of water
- Cleaning table tops and windows
- Vacuuming
- Mopping
- Push-ups
- Pushing and pulling a laundry basket or cardboard box filled with various weighted items
- Moving the laundry from the washer to the dryer
- Wrapping your child snuggly in a blanket and pretending he/she is a burrito!
- Carrying laundry/laundry baskets up and down the stairs
- Wheelbarrow races
- Jumping jacks
- Animal walks

DIY Sensory Bins
- Find a medium sized container or shoebox
- Find items in your house that can be used for a sensory bin (uncooked beans, uncooked rice, uncooked pasta)
- Ask your child to help you fill the box halfway and hide items in the box such as puzzle pieces and toys.

Tactile Play
- Play with playdoh, putty, or clay
- Roll logs, flatten pancakes,
- Make letters or shapes
- Draw letters or shapes in salt or rice on a cookie sheet
- Playing with shaving cream

Fine Motor/Visual Motor
- Q-Tip Painting
  - Use q-tips to paint pictures
- Ball Skills
  - Kicking balls, throwing balls at targets; make homemade basket ball nets using laundry or waste paper basket or boxes; play catch
- Play with puzzles, board games, card games, building blocks, legos, etc
- Stringing beads
- Coloring
- Write the ABCs in upper case letters and lowercase letters
- Dot to dot and mazes from activities books
- Cut pictures from magazines or newspapers
- Copy words / sentences from books
- Use kitchen tongs to pick up small objects
- Practice keyboarding skills on www.typingclub.com
- Paint by number projects

Self Help Skills

- Help prepare a meal or snack. Write a sentence about how it turned out.
- Sort a jar of loose change into pennies, nickels, dimes, quarters. Count the total.
- Play a board game with your family. Write a few sentences about the game.
- Complete a household chore (folding clothes, wash dishes). Write a few sentences about the task you completed.
- Practice tying shoes with pipe-cleaner
- Practice dressing skills.
- Sequencing - follow a recipe and make quick microwave meals/oven meals

Online Resources

Hands On As We Grow: http://handsonaswegrow.com
Typing club: https://www.typingclub.com/sportal/program-3.game
Eye can learn: http://eyecanlearn.com/
Highlight for children: https://www.highlights.com/store/categories/games
Go Noodle: https://www.gonoodle.com
Youtube: Gross motor activities, yoga for children
Pinterest: Fine motor activities, Sensory activities at home for kids
Giant List of Ideas for Being Home with Kids

Leisure Activities

- Go for a walk outside
- Puzzles
- Educational Games ABCya!, Math Playground, Hello Kids
- Craft Ideas from Pinterest
- Exercise Videos: Little Sports
- Video Calls with Peer Buddies, Friends, or Weekend School TAs
- Movement Chart

Islamic Activities

- Noor Kids Online Classes and Activities
- Tj Homeschooling
- Happy Muslim Homeschool
- Supplemental Activities (contact school@muhsen.org)

Additional Resources

FREE Emergency Resources
70 Activities for When Stuck at Home
List of Educational Companies Offering Free Subscriptions
Teachers Pay Teachers
Apps for Special Needs
Autism Educator
ABA Therapy
Speech Therapy
National Association of Downs Syndrome Resources

Government / State Services
CDC
IDEA Coronavirus Questions and Answers
US Department of Education Frequently Asked Questions
Illinois Department of Public Health
Texas Department of Public Health
California Department of Public Health
New Jersey Department of Public Health
Michigan Department of Public Health

Support Services

Contact: volunteer@muhsen.org
to be connected to a volunteer in your area for assistance with grocery, medication pickup, or video calling with a peer buddy!

Contact: school@muhsen.org
to be connected to our school coordinator for any educational or behavioral consulting.

MUHSEN Chapter Leads for local information:
- Dallas Chapter Lead- Rafia Shujaat dallas@muhsen.org
- New Jersey Chapter Lead- Fatin Khairallah NJ@muhsen.org
- Bay Area Chapter Lead- Adil Tobaa bayarea@muhsen.org
- Louisiana Chapter Lead- Rana Otallah louisiana@muhsen.org
- Michigan Chapter Lead- Fatima Othman michigan@muhsen.org
- DMV Chapter DMV@muhsen.org
- Houston Chapter Lead- Nadiya Shafi dushouston@muhsen.org

If you would like more specific resources or worksheets contact school@muhsen.org