

Whittier PRCS Virtual Recreation Website

City of Whittier Covid-19 Information

<https://www.cityofwhittier.org/Home/Components/News/News/1288/1149>

Welcome to the Parks, Recreation and Community Services virtual recreation resource website! This is your place to find suggestions and resources to keep you and your family entertained, active, and informed.

Visit this page often for updates and new ideas to keep you and your loved ones healthy, entertained, and informed. Please note that we are not affiliated and do not endorse or receive funds to advertise any of the third-party sites or services listed or referenced on this page.

Local School resources

East Whittier School District

https://www.ewcsd.org/apps/pages/index.jsp?uREC_ID=375371&type=d&pREC_ID=1849330

Free meals During Closure

<https://evergreen.ewcsd.org/apps/news/article/1186309>

Whittier City School District

<https://www.whittiercity.net/>

Free meals during closure

<https://4.files.edl.io/559c/03/19/20/214117-afa78a40-c8dd-4f64-9ef5-2d3eb856843c.pdf>

Exercise

Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cool down for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.

<https://app.sworkit.com/collections/kids-workouts>

Music & Movement

<https://www.gonoodle.com/>

Fitness Blender for Kids – Free fitness videos

<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>

Cosmic Kids Yoga - Kid friendly videos

<https://www.cosmickids.com/>

87 Energy-Busting Indoor Games & Activities

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Adults

Do Yoga with me – Free yoga videos <https://www.doyogawithme.com/>

Fitness Blender – Variety of Free videos <https://www.fitnessblender.com/>

Nike Training Club – App filled with free videos <https://www.nike.com/ntc-app>

Outdoor Activities

Did you know that the current Shelter in Place order allows for individuals to "engage in outdoor activity, provided the individuals comply with the [Social Distancing Requirements](#)...such as, by way of example and without limitation, walking, hiking and running." Here's a few ideas (don't forget your Social Distance Rules!).

- Visit a [local park](#) - Our parks are free and still open to the public.
- Visit a nearby [County](#) or [State Park](#) - These are all still open as well.
- Head to the beach. Palm Beach is just a short drive away, with miles of beach to walk.
- Walk/run around your neighborhood and say hi (from a distance) to all of your neighbors who are getting outside too.

Virtual Tours

12 famous museum virtual tours

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>

Tour Yellowstone National Park!

<https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm>

Explore the surface of Mars on the Curiosity Rover.

<https://accessmars.withgoogle.com/>

Working and Teaching your Kids from Home

A better way to homeschool Preschool through 8th grade.

<https://abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one-place.html?fbclid=IwAR21VjCnJVikWkaUCNbt6mFF3UvctoN646uSS1-jF7jo0UQF0sfuGIBVQ18>

Working from home tips <https://www.pcmag.com/news/get-organized-20-tips-for-working-from-home> Advice from PC Magazine for those who are able to work from home.

Exercise your brain

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Visit Whittier's Virtual Library - The library has tons of free cloudLibrary

<https://www.whittierlibrary.org/elibrary> ready for your enjoyment as well as online classes.

Guided Meditation - <https://www.tarabrach.com/guided-meditations/> Meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing meditation involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Watch Broadway shows from home <https://hellogiggles.com/news/watch-broadway-shows-from-home-pbs-coronavirus-outbreak/>

12 Famous Museums with Virtual Tours <https://hellogiggles.com/news/museums-with-virtual-tours/>

For the Kids (or kids at heart)

Connecting with Others

- Hold a virtual play date through Facetime or Zoom (free for 1 hour)
- Teach a young person how to write and send a letter.
- [Over Coming Obstacles](#) - Life skills curriculum for students in grades K-12. Their resources include strategies for teaching social and emotional skills.

Visual and Performing Arts

- [Daily Doodle](#) lessons by Mo Willems.
- [FreeKidsCrafts](#) - Lots of categories of idea, templates and print outs.
- [Crafts by Amanda](#) - Free arts and crafts ideas
- Online digital [coloring pages](#) at www.thecolor.com.
- [The Metropolitan Museum of Art](#) - A wonderful, endlessly detailed way to get kids engaged in the world of art.
- [Artsology](#) - Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.
- [Kids Think Design](#) - Explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.
- Crafts, activities, mazes, dot to dot, etc <https://www.allkidsnetwork.com/>
- Online digital coloring pages <https://www.thecolor.com/>
- Daily free science or cooking experiment to do at home. <http://www.clubscikidzmd.com/blog/>
- Day-by-day projects to keep kids reading, thinking, and growing. <https://classroommagazines.scholastic.com/.../learnathome.html>
- Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customized to any student's needs including creating flashcards for other subjects. <https://dogonologbooks.com/printables/>
- Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science. <https://www.nomsterchef.com/nomster-recipe-library>
- Math Games, Logic Puzzles and Brain Builders <https://www.mathplayground.com/>
- Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art. <https://artsology.com/>
- This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals. <https://climatekids.nasa.gov/>
- Ask Dr. Universe is a science-education project from Washington State University. Kids can send Dr. Universe any question they may have about history, geography, plants, animals, technology, engineering, math, culture, and more. <https://askdruniverse.wsu.edu/>

Nature and Virtual Travel

- [Google Earth](#) - Take a Virtual Vacation or explore the world! Use Street View to see places like you're actually there.
- [Monterey Bay Aquarium](#) - Head to the Aquarium through their [live stream](#).
- [Virtual Museum Tours](#) - Visit museums around the world through their [virtual tours](#).
- [Virtual Field Trips](#) - Take a trip to a number of museums, zoos, aquariums and landmarks around the world.
- [San Diego Zoo](#) - Check out their live animal cams and videos.
- [The Environmental Nature Center](#) - Educational videos geared towards school-aged children.
- [Aquarium of the Pacific](#) - A collection of webinars, live-cam footage and classes for all ages.
- [Nat Geo Kids](#) - Learn about geography and animals from National Geographic.
- [Gardening](#) - Guide to gardening for kids
- [Smithsonian Zoos and Museums](#) - No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to your screen.
- Guide to gardening for kids <https://web.extension.illinois.edu/firstgarden/>

Just for Fun

- [All Kids Network](#) - Crafts, activities, mazes, dot to dot, etc.
- [Highlights Kids](#) - Fun games, recipes, crafts, activities.
- [Maker Stations](#) - 3 Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet.
- [Nomster Chef](#) - Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.

STEM and Educational Resources

- [Scholastic Learn at Home](#)
- [PVUSD's Library Resources](#)
- [Bed Time Math](#) - Math as a fun part of your daily family routine
- [ECB](#) - Games to get "into the book"
- [Conjuguemos](#) - Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin.
- [Instructables](#) - 3D printing projects and Coding projects, involving math and other K-12 subjects
- [Science Spot](#) - Science projects that can be completed with or without Internet access
- [The Happy Scientist](#) - Just explore, have fun, and learn some science along the way.
- [Climate Kids](#) - This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals.
- [PBS Learning](#) - PreK-12 digital media service with more than 30,000 learning materials
- [Quizlet](#) - For students to practice and master whatever they are learning.
- [Brainscape](#) - Offers over a million flashcard decks for every subject, entrance exam, and certification imaginable.
- [Banzai](#) - Exposes students to real-world financial dilemmas to teach them the importance of smart money management.
- [30 Educational Netflix Shows](#) - List of educational shows on Netflix for all ages.

By Grade level
Ages 0-5

- Indoor activities for Busy Toddlers <https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR1dWQWcrUoL9bnwYHurxRCWCCnG7CPfWmEbZDHbcp6-674GhXOCPJ5ipbE>
- Phonics skills (Pre-K – 3rd) <https://www.starfall.com/h/>
- Quick & easy at home projects curated for kids 2 and up <https://www.kiwico.com/kids-at-home>
- Toddler and preschool age ideas <https://preschoolinspirations.com/>

Grades K-5

- Phonics skills (Pre-K – 3rd) <https://www.starfall.com/h/>
- Math and reading games <https://www.abcya.com/>
- K-5th Science lessons <https://mysteryscience.com/>
- Critical Thinking resources for K-6 students <https://marketplace.mythinkscape.com/store/redtkids>

Grades 6-12

- Math practice from counting to algebra and geometry: <http://www.mathscore.com/>
- A wide range of math content from middle school through AP Calculus. <https://deltamath.com/overview>
- Resources for AP students including live reviews, live trivia, and study guides! <https://app.fiveable.me/>
- Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems. <https://www.tytoonline.com/>

All levels

- Math and Reading games: Browse by grade level <https://www.funbrain.com/>
- Math and language games <https://www.arcademics.com/>
- ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn. <https://clickschooling.com/>
- Online homeschool platform & curriculum for Pre-K to 12th grade. All main subjects are covered, plus extra curriculum courses. <http://discoveryk12.com/dk12/>
- Classes for older teens or adults <https://www.thegreatcoursesplus.com/lp/t1/freemo...>
- Carmen Sandiego videos, stories, and lessons for all subject areas <https://www.carmensandiego.com/resources/>
- Math Videos with lessons, real life uses of math, famous actors <https://www.hmhco.com/math-at-work>
- Entertaining & educational videos for all levels and subjects <https://www.izzit.org/index.php>
- Adaptive curriculum in Math and ELA for Grades K-8 <https://www.scootpad.com/>