

# Parent Resources

## EDS Recommendations for Families During Distance Learning

While we are learning at home, there is an abundance of information and resources for parents and students to experience and learn from online and outdoors. To make it easier for our community, a group of EDS employees has been researching many educational offerings online, as well as local activities for families to enjoy together. Even while away, we always want to encourage our message of balancing “screen time” with “green time”! We hope you find these resources to be helpful, and we will work to keep this list up to date, as more exciting offerings become available. If you discover a great resource and would like to have it posted on this page, please email Elise Folk [efolk@edsaugusta.com](mailto:efolk@edsaugusta.com) or Amanda Chambers [achambers@edsaugusta.com](mailto:achambers@edsaugusta.com).

*Parental guidance is always encouraged when exploring a new website or trying a new activity, especially outdoors.*

## UNPLUGGED

**Places to get outside and go on family walks:** Augusta University, Phinizy Swamp, Augusta Riverwalk, North Augusta Greenway, Augusta Canal Trail / Savannah Rapids, Euchee Creek Walking Trails, Mistletoe State Park, Savannah River Bluffs Trail

- Try with the Walking Classroom podcast! [Free podcasts available here.](#)
- Looking for more Podcasts to walk to? [Here is a great list from the New York Times of podcasts specifically created for children ages 2+.](#)
- Have a virtual party when the sun goes down. [Click here for this STAR MAP](#) based your exact location, then go outside and view the stars, or try our the Sky View Lite App.

## [Cooks Illustrated and America's Test Kitchen Kids](#)

Cooking tips, activities, and recipes for kids.

## **Delish.com (Instagram [@delish](#))**

Every day they are hosting a live video (that will stay on their IG page for 24 hours) showcasing a cooking activity to do with your kids. The menu can be found [here](#) which includes a supply list.

## Neighborhood Walk and Backyard Bingo



### [Disney Personalized Phone Call](#)

Get a bedtime call from your favorite Disney character.

## SUPPORT LOCAL

*Click on organization name for link.*

### **Phinizy Swamp Nature Park**

(Facebook and Instagram @phinizyswamp)

Live stream and recorded educational lessons taught at Phinizy Swamp Nature Park! Daily topics explored such as conservation, animal habitats, and more.

- Phinizy is open daily for family walking and exploration.

### [Morris Museum of Art Education Blog](#)

Activity prompts, links, and resources to highlight ways you can engage with art education for all ages from the Morris Museum of Art.

**Riverbanks Zoo** (Facebook and Instagram @riverbankszoo)

Get ready to explore Z-Learning with Riverbanks Zoo in Columbia, SC! Each weekday at 10:00 am EST, join us as we discover new ways to Zoo and Garden. Live features, behind the scenes peeks, and activities for all ages.

**PLAY with a Purpose** (Instagram @purpose\_play)

Sensory, STEAM, and process-based learning activities for young children and caregivers created by Elise Folk.

**Oxygen Fitness Studio** (Facebook and Instagram @oxygenfitstudio)

Daily fitness classes streaming through IGTV and Facebook Live. Schedule for the following day is posted each evening. Best for middle school students and parents.

**SPACE Yoga Studio** (Instagram IG TV @spaceyogastudio)

Free yoga classes each evening at 5 pm. Best for middle school students and parents.

**Studio on Central** (Facebook and Instagram @studio.on.central)

Visual art activity ideas for children of all ages created by Kristen Heinlein.

**Tara Scheyer and the Mudpuppy Band** (Public Group on Facebook)

In addition to hosting her music classes on Facebook Live Mrs. Scheyer is holding regular concerts and is inviting friends from near and far to attend her virtual classes.

**The Farmer's Bread** (Facebook @thefarmersbread)

EDS 5th and 6th grade math teacher, Kimberly Kirstein, has started a bread business! Not only is she safely delivered homemade loaves weekly to subscribers, she is now posting videos online and live streaming bread baking events. Baking is said to be a way to soothe and relax, so why not give it a try?

## **ARTS**

*Click on organization name for link.*

[Art for Kids Hub](#)

Hundreds of step-by-step art lessons for students of all ages.

### [Center for Puppetry Arts, Atlanta, GA](#)

Have you visited the Center for Puppetry Arts in Atlanta? Now you can visit from home! Check out their schedule and connect via Zoom or Facebook to watch live puppet shows. Additional activity ideas are provided on the website.

### [Frist Museum of Art, Nashville, TN](#)

Great videos and activities for all ages.

### [The Kennedy Center Digital Stage](#)

The Digital Stage provides clips and performances from The Kennedy Center's archive. Recommended for middle school students and parents.

### [Metropolitan Museum of Art #metkids](#)

Explore the Metropolitan Museum of Art with #metkids. Videos, museum tours, and activities. Best for lower school and middle school students.

### [Metropolitan Opera](#)

Tune in nightly to watch one of the Metropolitan Opera's wonderful shows. Shows are pre-recorded. Great for middle school students and parents.

### [Seattle Symphony](#)

Enjoy the Seattle Symphony pre-recorded streaming on Youtube or Facebook. Performances are every Thursday and Saturday.

### [Union Square Play](#)

Daily updates, movement videos, and easy art activities for parents with younger children.

### [Virtual Concerts List Provided by NPR](#)

Daily live and pre-recorded concert listings by various artists. Best for middle school students and parents.

## **CULTURE**

*Click on organization name for link.*

### **2019-20 EDS Middle School Musical Suggestions and Field Trips**

[Click here for curated travel guide.](#)

#### **[Google Arts and Culture](#)**

Explore art, culture, and history through Google Arts and Culture. Best suited for middle school students and parents.

- Some of our favorite museums include: Van Gogh Museum, Modern Museum of Art, Smithsonian National Museum of Natural History, National Gallery

## **LITERACY**

*Click on organization name for link.*

#### **[Free books on Audible](#)**

Hundreds of free books available for students of all ages and parents.

#### **[New York Times Article: Writers Helping Kids While at Home](#)**

Mo Willems, Gene Luen Yang, Amie Kaufman and other authors for young readers are reading their work online, offering drawing tutorials, and more. Great for all ages.

#### **[Storytime from Space](#)**

Story Time from Space is a project of the Global Space Education Foundation. While in space, astronauts video themselves reading books to the children on Earth. Books suitable for Preschool, Lower School, and Middle School students.

#### **[TumbleBooks](#)**

Lower and middle school students have the app on iPads. Read aloud e-books for Preschool - 2nd grade. Username: edayschool, Password: books

## **SCIENCE & NATURE**

*Click on organization name for link.*

### **[Georgia Aquarium](#)**

Live webcams on many animals and exhibits of Georgia Aquarium.

### **[The Hidden Worlds of the National Parks](#)**

Enjoy this new Google Arts & Culture exhibit and interactive documentary, which allows viewers to take a 360° tour of some of the most remote and beautiful U.S. National Parks. Great for all ages.

### **[San Diego Zoo](#)**

Lots of fun with the San Diego Zoo! Watch animals on live webcams, play games, and enjoy activities.

### **[BBC - Bitesize](#)**

Do you love Planet Earth and the calming voice of Sir Dave Attenborough? He is set to launch a new Geography lesson through the BBC's Bitesize platform. In addition to Attenborough, there are numerous unique and age/grade based lessons provided.

## **WELLNESS**

*Click on organization name for link.*

### **[Beachbody Kids Workouts](#)**

Make family fitness fun and a part of your daily routine with this free selection of Beachbody Kids Workouts from Beachbody celebrity trainers.

### **[Frugal Fun 4 Boys and Girls](#)**

Games, books, crafts, and activities for all ages.

**Karma Kids Yoga** [Click Here for Daily Schedule](#)

(Instagram @karmakidsyoga)

Live videos on Instagram TV daily. Wonderful instructor doing kids yoga. Fun for the whole family.

**[Sesame Street: Caring for Each Other](#)**

One of the world's most trusted resources when it comes to our kids, Sesame Street has compiled content to help deal with the stress and anxiety you may be feeling at this time. Best suited for preschool students.

**SAIS Articles**

[How Teens Are Coping and Connecting](#) Common Sense Media Poll

[Coronavirus and Child Anxiety](#) Psychology Today