

## Stay at Home Resources

Type of resource	Organization	Link for more information
Daily Activity Challenge	Jay's Care foundation	<a href="https://www.mlb.com/bluejays/community/jays-care/unstoppable-kids/challenges">https://www.mlb.com/bluejays/community/jays-care/unstoppable-kids/challenges</a>
Weekly Activity Challenge	Brock Niagara Penguins	<a href="https://www.instagram.com/p/B-XD-WWp8m/">https://www.instagram.com/p/B-XD-WWp8m/</a>
Workout of the Day	YMCA Niagara	<a href="https://ymcaofniagara.org/workout-a-day/">https://ymcaofniagara.org/workout-a-day/</a>
Activities for Kids	YMCA Niagara	<a href="https://www.instagram.com/ymcaniagara/?hl=en">https://www.instagram.com/ymcaniagara/?hl=en</a>
Play From Home	Canadian Tire Jumpstart	<a href="https://jumpstart.canadiantire.ca/pages/play-from-home">https://jumpstart.canadiantire.ca/pages/play-from-home</a>
Virtual Tours of Cool Places	Good Housekeeping	<a href="https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/">https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</a>
Virtual Roller-coaster Ride	Canada's Wonderland	<a href="https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home">https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home</a>
Meditation for Adults and Kids	Headspace	<a href="https://www.headspace.com">https://www.headspace.com</a>
Guided Meditation	Pathstone Mental Health	<a href="https://www.instagram.com/p/B-cQ_EaDJ3i/">https://www.instagram.com/p/B-cQ_EaDJ3i/</a>
Siblings Resources	Young Caregivers Association	<a href="https://youngcaregivers.ca/resources/">https://youngcaregivers.ca/resources/</a>
Stay at Home Tool Kit	Young Caregivers Association	<a href="https://www.instagram.com/yngcaregiversassociation/">https://www.instagram.com/yngcaregiversassociation/</a>
Fun Stuff	Ability Online	<a href="http://abilityonline.org/">http://abilityonline.org/</a>
Art and Crafts for Kids	Michael's Craft Store	<a href="https://www.michaelskids.com/">https://www.michaelskids.com/</a>
Games, songs and activities for Children	Ultimate Camp Resource	<a href="https://www.ultimatecampresource.com/">https://www.ultimatecampresource.com/</a>
Sensory Bin	Your Kids Table	<a href="https://yourkidstable.com/ultimate-list-of-sensory-bin-ideas/">https://yourkidstable.com/ultimate-list-of-sensory-bin-ideas/</a>
Lego Challenge	Free Home School Deals	<a href="https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/">https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/</a>
Lego Fun	Lego Life	<a href="https://www.lego.com/en-us/life">https://www.lego.com/en-us/life</a>
Nature Resources	Kids National Geographic	<a href="https://kids.nationalgeographic.com/explore/pet-central/">https://kids.nationalgeographic.com/explore/pet-central/</a>

Astronomy for Kids	Science Kids	<a href="https://www.sciencekids.co.nz/astronomy.html">https://www.sciencekids.co.nz/astronomy.html</a>
Apps for Kids	Common Sense Media	<a href="https://www.commonsensemedia.org/lists/best-apps-for-kids-age-5-8">https://www.commonsensemedia.org/lists/best-apps-for-kids-age-5-8</a>
Building a Daily Routine	Star Institute	<a href="https://www.spdstar.org/node/1485">https://www.spdstar.org/node/1485</a>
Ideas for a Weekly Routine	Raising Children	<a href="https://raisingchildren.net.au/babies/family-life/routines-rituals/family-routines">https://raisingchildren.net.au/babies/family-life/routines-rituals/family-routines</a>
Learning at Home	Scholastic	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
Learning at Home	Ontario Gov.	<a href="https://www.ontario.ca/page/learn-at-home">https://www.ontario.ca/page/learn-at-home</a>
Learning at Home	Khan Academy	<a href="https://learn.khanacademy.org/khan-academy-kids/">https://learn.khanacademy.org/khan-academy-kids/</a>
Reading at Home	US Public Library	<a href="https://www.indypl.org/blog/for-parents/free-video-read-alouds">https://www.indypl.org/blog/for-parents/free-video-read-alouds</a>
Reading at Home	Storyline Online	<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>