

A Caregiver Resource Toolkit

Here are some excellent resources and links to free activities and virtual tours, to engage and help everyone during this very difficult time.

The following link explains Covid-19 and when and why it may be necessary to self-isolate/change our schedules. While this was created for people with autism (plain language handouts, visual schedule for hand washing etc.), it is also helpful for many people having a difficult time understanding why we need to stay home – [Supporting Individuals with Autism Through Uncertain Times.](#)

You will also find useful resources through the following links:

[Autism Research Institute](#) - A multitude of valuable webinars and recordings.

[Coronavirus & Anxiety](#) – YouTube video from Dr. Jud Brewer, Director of Research and Innovation at the Mindfulness Center and associate professor in psychiatry at the School of Medicine at Brown University.

Virtual Tours:

Canadian sites:

Canada's Wonderland is offering free "virtual rollercoaster rides" [Click here](#)

The Government of Canada offers an aerial view of the Peace Tower, which is the dominant feature on Parliament Hill. Soar over the peace tower! [Click here](#)

Visit the House of Commons, the Prime Minister's office, and the Library of Parliament. Click on [Parliament 360](#).

Canadian Museum of History virtual tour. [Click here](#)

The Royal Tyrrell Museum virtual tour. If you love dinosaurs ... [Click here](#)

FarmFood 360 – take virtual tours around various Canadian fruit, dairy and animal farms! [Click here](#)

US sites:

Disneyworld virtual tour <https://ohmy.disney.com/news/2018/03/13/google-street-view-disney-parks-tour/>

San Diego Zoo live cams <https://zoo.sandiegozoo.org/live-cams>

Yellowstone National Park live cams <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm>

MARS with the Curiosity Rover live <https://www.space.com/watch-nasa-build-mars-2020-rover-livestream.html>

Discovery Education Virtual Field Trips- <https://www.discoveryeducation.com/community/virtual-field-trips/>

Other international sites:

Tour NASA, Vatican museum, National Art Gallery, Toyota, etc. <https://www.simplemost.com/museums-visit-online-virtual-tours/>

The Louvre in Paris <https://www.youvisit.com/tour/louvre-museum>

Check out these fun and educational activity websites:

- www.switchzoo.com to learn about animals
- <https://mycoloring-pages.com/adult-coloring-pages/stress-coloring-pages> these are gorgeous and free!
- <https://dltk-kids.com/> super website for printable crafts, coloring pages, worksheets and activities
- www.funbrain.com work on math/reading skills at different grad levels
- www.reading.ecb.org practice reading skills/play games
- www.abcya.com reading fun
- www.highlightskids.com lots of fun stuff to do and free printables
- www.timeforkids.com up to grade 6
- <https://familyfriendlywork.org/> awesome graphics for colouring and dot-to-dot printables all ages
- www.sciencedaily.com current and quirky science news to learn about
- www.educationworld.com different activities available
- www.tweentribune.com by Smithsonian: experiments, activities, fun facts to explore, etc. (all ages)
- <https://www.insider.com/best-broadway-shows-you-can-stream-for-free-online-coronavirus-2020-3> stream a free Broadway musical
- https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform - Harry Potter online escape room
- <https://www.tvomathify.com/students> provides school-to-home math learning experience for all students.
- www.duolingo.com “the world’s best way to learn a language”
- www.khanacademy.org non-profit free online math, reading all levels
- www.squigglepark.com reading skill building for all ages and levels
- www.mysterydoug.com cool weekly science videos from “Mystery Doug” make you think& ask questions!
- www.historyforkids.net history website for kids
- www.typingclub.com – writing stuff