

WORKING FROM HOME

- [Staying Productive While Working at Home with Family Members](#)
- [Balancing Elder Care While Working at Home](#)
- [Work from Home Wellness Tips](#)
- [How Coworkers are Staying Connected While They Work from Home](#)

PARENTS

- [Stay In, Stay Sane: 10+ Tips for Parents](#)
- [Balancing Life with Kids and Work in a COVID-19 World](#)
- [Tips to Manage Work and School During Coronavirus](#)
- [Managing Worry – Your Kids’ and Your Own: Anxiety and Coping with the Coronavirus](#)

ACTIVITIES TO EDUCATE AND ENTERTAIN KIDS

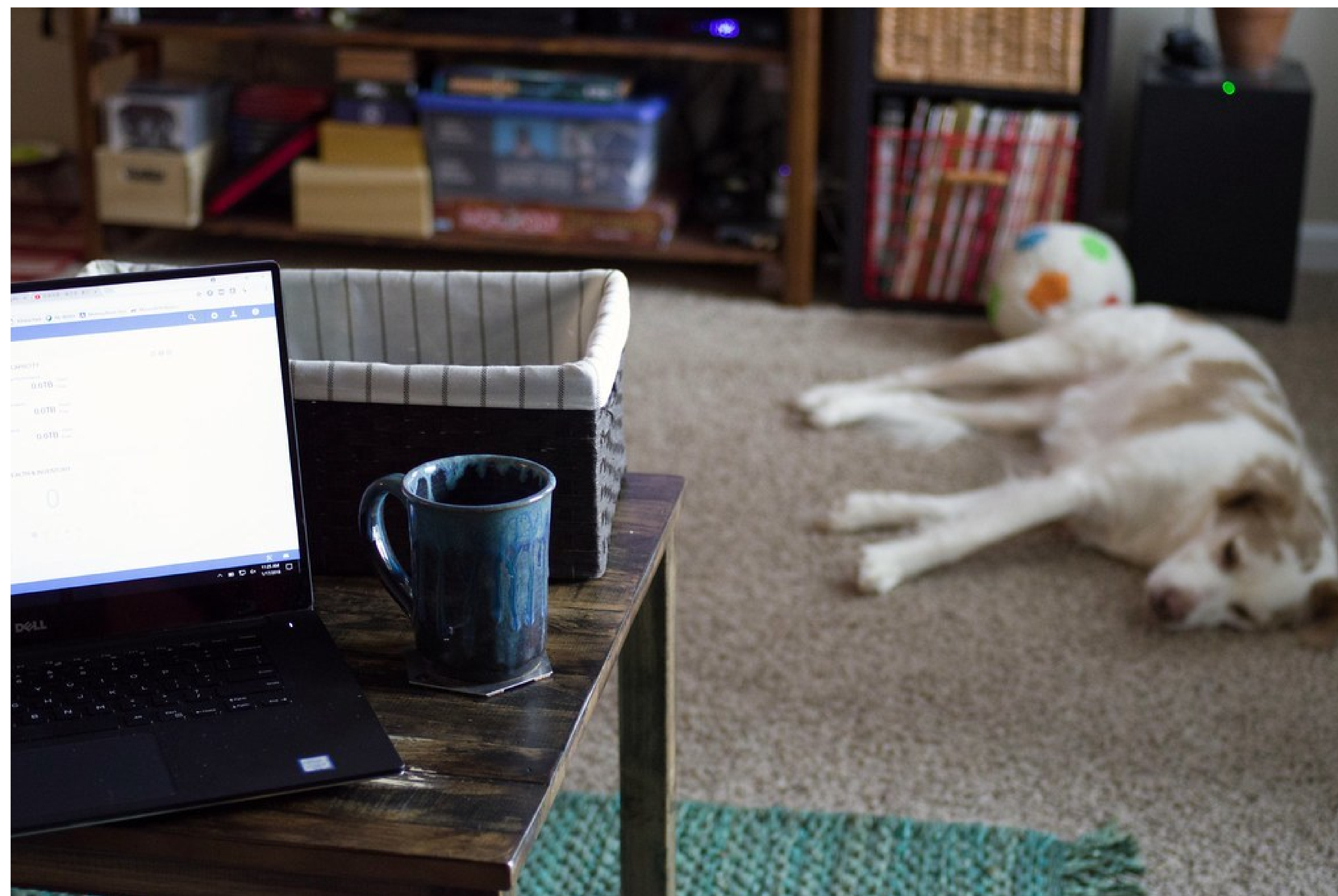
- [What is your dinosaur personality?](#)
- [All Charged Up: Wiggly Water](#)– A simple experiment to see electricity in action
- [Take a Mission to Saturn](#)
- [Wild Animals Taking Selfies](#)
- [Test Your Animal Knowledge](#)
- [Protect the Earth from Plastic with these Crafts](#)

MAKE WORKING FROM HOME WORK FOR YOU

RESOURCES FOR BALANCING LIFE, WORK, & COVID-19

If you are feeling anxious, frustrated, under-productive and over-burdened, you are not alone.

These resources may be helpful.



DAILY LIFE, COPING & RESILIENCY

- [Daily Life and Coping During COVID-19](#)
- [Building Resiliency](#) (video)
- [Victory Stories During COVID-19](#) (Instagram Video)
- [Calm: Take a Deep Breath](#) – Free Resources
- [How to Care for Yourself While Practicing Physical Distancing](#)
- [Staying Safe While Running Essential Errands During the COVID-19 Pandemic](#)
- [The Impact of the CARES Act on Individuals](#)
- [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](#)
- [The Isolation Journals](#) - Souleika Jaouad

WAYS TO GIVE BACK

- [25 Volunteer Jobs to Do from Home](#)
- [9 Places to Volunteer Online](#) (And Make a Real Impact)
- [Give & Take: How to Give Back When Staying Home](#)

AT-HOME TOURS

- [Melbourne Symphony Orchestra](#)- Watch free live-streaming concerts
- [Metropolitan Opera](#)- Watch free streams at 7:30 pm EST each night
- [Museum Virtual Tours](#)- 12 famous museums offer virtual tours
- [Paris Museums](#)- 14 Paris museums in Paris made digital copies of 100,000 artworks available
- [National Parks Tours](#)