

Resources for Working Remotely

Working from Home

- [How to get the most out of your webinars \(@SenecaMedia\)](#)
- [Setting up a home office? Try these expert-recommended smart solutions \(Architectural Digest\)](#)
- [How to Actually Work...When You're Working from Home \(Harvard Business Review\)](#)
- [I've Worked from Home for 5 Years—Here's How I Stay Productive and Curb Anxiety \(Shape.com\)](#)
- [The Art Of Working Remotely: How To Ensure Productivity \(Forbes\)](#)
- [5 Tips for Staying Productive and Mentally Healthy While You're Working From Home \(Time\)](#)
- [Tips on how to work from home for newbies \(Toronto Star\)](#)
- [OK, Zoomer! How to Become a Videoconferencing Power User \(Wired\)](#)
- [ProErgonomics](#) – FREE digital resources to support remote workers

Health and Wellness

Self-care

- [10 Unusual Isolation Tips to Combat Quarantine \(@SenecaMedia\)](#)
- [What Is Self-Care—And How Does Anyone Have Time For It? \(Chatelaine\)](#)
- [13 ways to practice self-care when you work from home \(Business Insider\)](#)
- [Your Work-From-Home Survival Guide for Self-Care \(Everyday Health\)](#)

Fitness

- [Coronavirus disrupting your workout routine? Here's how to take up jogging – safely \(Globe and Mail\)](#)
- [How your dog can keep you sane in the coronavirus crisis \(Globe and Mail\)](#)
- [Free Live Virtual Fitness Classes \(Toronto Pan Am Sports Centre\)](#)
- [Les Mills on Demand](#)
 - 14-day free trial available for new customers
- [7 Yoga Poses You Can Do at Your Work Desk to Relieve Stress \(Do You Yoga\)](#)
- [Performance-Building Yoga Stretches You Can Do at Your Desk \(Verywellfit.com\)](#)

Resources for Parents

Well-being

- [How to give your kid a special birthday while stuck at home \(Today's Parent\)](#)
- [Working from home with kids feels unsustainable. Here's how to ease the burden. \(Vox.com\)](#)
- [Mental Health and Well-Being Resources \(TDSB\)](#)
- [Helping Kids in Changing Times \(TDSB\)](#)
- [How to support student mental health during the COVID-19 pandemic \(School Mental Health Ontario\)](#)
- [Kids Help Phone](#) — 24/7 e-mental health service
- [Talking to children about COVID-19 and its impact \(CAMH: The Centre for Addiction and Mental Health\)](#)
- [Talking to your anxious child about COVID-19 \(CMHO: Children's Mental Health Ontario\)](#)
- [Coping with stress during the COVID-19 outbreak \(WHO: World Health Organization\)](#)
- [Helping children cope with stress during the COVID-19 outbreak \(WHO: World Health Organization\)](#)
- [The Learning Partnership \(@TLPCanada\)](#) – daily posts such as kindness quotes, to easy recipes for parents and kids, tips for introducing learning while at home

Online Learning & Educational Tools

- [Khan Academy](#) — offers free courses for all educational levels
- [Raz-Kids.com](#) — provides hundreds of interactive eBooks for kids from kindergarten to Grade 5 and has a 14-day free trial
- [Scholastics](#) — provides day-by-day projects and free games, quizzes and videos to keep kids reading, thinking and growing
- [Kidsactivitiesblog.com](#) — has compiled a collection of educational YouTube channels for kids
- [Audible](#) — on Amazon is offering free streaming of their collection for kids
- [Toronto Public Library](#) — 38 ways to use the library from home
- [Brainfuse](#) – Toronto Public Library has introduced online homework help for students in Grades K-12 daily from 2 p.m. to 11 p.m. It includes practice tests, support for adult learners, writing assistance, skills building and more.
- [Ontario.ca](#) — Learn at Home Resources
- [Duolingo](#) offers an engaging way to learn the basics of more than 20 languages
- [Online Videos and Activities for Kids](#)
- [Rosetta Stone](#) is offering 3 months of language learning FREE (Disclaimer: Offer is available to parents and guardians of K-12 students who either attend a school that is closed in response to COVID-10 or are homeschooled.)
- [Pearson Canada](#) is offering FREE supplementary resources for students in grades K-3
- LinkedIn Learning has opened up a FREE 1-month trial suitable for high school or college students
- [123 Home School 4 Me](#) provides a vast collection of free worksheets for kids
- [Get excited about engineering](#) - Dyson engineers have designed challenges specifically for children
- [Foster + Parents](#) - Activities for children whilst at home, away from school. Includes drawing, making, playing, thinking, reading, watching and other activities to keep them entertained.

Literacy/Numeracy Apps & Websites

- [ABCYA](#) — Literacy and Numeracy tools for Pre-K to 6+
- [Starfall](#) — Literacy and Numeracy tools for Kindergarten, Pre-K, Grades 1, 2, 3
- [TvO mPower](#) is a creative online game that teaches fundamental K-6 math skills
- [Teach Your Monster to Read](#)
- [Bookful](#)
- [Epic!](#)

Entertainment Resources

- [RebelGirls](#) – FREE journaling activities and practical guides for kids 6-12 on topics such as writing a business plan, planting a garden and more
- [Cirque du Soleil](#) – FREE live and pre-recorded virtual shows through their Cirque Connect platform
- [Google Arts & Culture](#) – shares art collections from famous museums around the world
- [Tiny Desk Concerts](#) give intimate video performances from various recording artists

YouTube

- [Storybots](#)
- [Blippi](#)
- [Kids Academy](#)
- [Have Fun Teaching](#)
- [ABCmouse](#)
- [The Learning Station](#)
- [National Geographic Kids](#)
- [Cosmic Kids Yoga](#)
- [GoNoodle](#)

- [Just Dance](#)

Virtual Tours

- [Calendar of Virtual Field Trips for Families](#)
- Aga Khan Museum - [#MUSEUMWITHOUTWALLS](#) – visit the museum without having to leave your front door
- [ROM](#) — view over 45,000 of the ROM's objects online
- Toronto Zoo
 - [Virtual learning live sessions](#) — every Tuesday and Thursday at 11 a.m.
 - [Parent resources for all ages](#) — fun home activities, lesson plans and worksheets
- History View VR — visit landmarks and other historical sites around the world

Fun Exploration

- [Google Earth](#) — Discover places from all around the world - no passport needed
- [Google Arts & Culture](#) — Visit some of the world's best museums and artwork