# Digital Family Resource List

## Caregiver Resources
- **Stress Relief for Caregivers and Kids during COVID-19**
  - Stress Buster Caregiver Playbook
- **Positive Parenting**
  - Printable
- **Parent Help 123**
  - [https://www.parenthelp123.org/](https://www.parenthelp123.org/)

## Try these APPs
- **Lego Duplo**
  - [LEGO](https://www.lego.com/en-us)
- **GO NOODLE**
  - Kid Videos and Games

## Printable Activities
- **My Family and Me**
  - Activity Pack
- **Celebrate the Little Things**
  - Activity Sheet
- **Take a Breath**
  - Deep Breathing Activity
- **Vegetable Soup for Measurement and Size**
  - Soup Recipe

## Play & Learn Websites
- **National Geographic Kids**
  - [https://kids.nationalgeographic.com/](https://kids.nationalgeographic.com/)
- **Carmen’s World Orchestra**
  - [https://pbskids.org/luna/games/carmens-world-orchestra](https://pbskids.org/luna/games/carmens-world-orchestra)

## Videos to Watch
- **What’s the Weather Like Today?**