

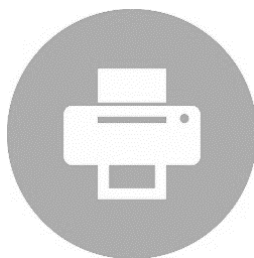
Digital Family Resource List



Caregiver Resources



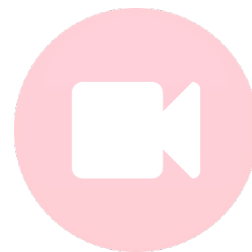
Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



Positive Parenting
[When You Need A Break](#)

How to help your child reach and set goals
<https://www.pbs.org/parents/thrive/how-to-help-your-child-set-and-reach-goals>

Parent Help 123
<https://www.parenthelp123.org/>

Try these APPs



Monster Music Factory
<https://apps.apple.com/us/app/monster-music-factory/id1501387150>

Calm
<https://app.www.calm.com/meditate>

Printable Activities



Math Scavenger Hunt
[Activity- EN](#)
[Activity-SP](#)

Adventure Journal
[Activity-EN](#)
[Activity- SP](#)

Flex your Muscles
[Fitness](#)

Macaroni & Cheese for Measuring
[Recipe](#)

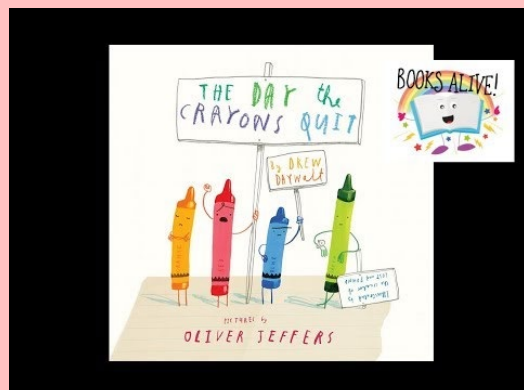
Play & Learn Websites



America's Test Kitchen for Kids
<https://www.americastestkitchen.com/kids/home>

Scratch- Coding
<https://scratch.mit.edu/>

Videos to Watch



The Day the Crayons Quit