## Digital Family Resource List

### Caregiver Resources
- **Positive Parenting**
  - *When You Need A Break*
  - How to help your child reach and set goals
  - Parent Help 123
    - [https://www.parenthelp123.org/](https://www.parenthelp123.org/)

### Try these APPs
- **Monster Music Factory**
- **Calm**

### Printable Activities
- **Math Scavenger Hunt**
  - Activity-EN
  - Activity-SP
- **Flex your Muscles**
  - Fitness
- **Adventure Journal**
  - Activity-EN
  - Activity-SP
- **Macaroni & Cheese for Measuring**
  - Recipe

### Play & Learn Websites
- **America's Test Kitchen for Kids**
  - [https://www.americastestkitchen.com/kids/home](https://www.americastestkitchen.com/kids/home)
- **Scratch- Coding**
  - [https://scratch.mit.edu/](https://scratch.mit.edu/)

### Videos to Watch
- **The Day the Crayons Quit**