



Resources for Families

Learning links for Children

1. All Ages:
 - a. Khan Academy is a free learning resource (all ages): <https://www.khanacademy.org/>
 - b. All subjects/grade levels: <https://www.brainpop.com/>
 - c. Math, Science, Social Studies, Language Arts (Grade K-12): <https://www.ixl.com/>
 - d. Teach Mama has resources for when children are not in school: <https://teachmama.com/>
2. Ages 0-5:
 - a. PBS Kids: <https://pbskids.org/>
 - b. Educational resources (Grade PreK-5): <https://www.education.com/>
 - c. Scholastic learning resource (all ages):
<https://classroommagazines.scholastic.com/support/learnathome.html>
3. Ages 6-12:
 - a. Interactive educational games (Grades 1-6): <https://www.arcademics.com/>
 - b. Reading and Math (Grades K-8): <https://www.funbrain.com/>

Social-Emotional Learning Activities

- Early Childhood: 0-5
 - [Building Social and Emotional Skills at Home \(NAEYC\)](#)
 - [Fun Activities for 3-5-Year-Olds \(I Can Teach My Child\)](#)
 - [Actividades Divertidas para la Familia \(ride.ri.gov\)](#)
 - [Manual para Promover el Desarrollo de Habilidades Sociales en Niños y Niñas Preescolares \(UNAM Psicología\)](#)
- Junior Building Leaders: 5-12
 - [Social Emotional Learning Games \(understood.org\) / Juegos de Aprendizaje Socioemocional para Compartir con su Hijo \(understood.org\)](#)
 - [Social Emotional Learning Activities – Elementary/Middle School \(Centervention\)](#)
 - [Actividades de Apoyo Socioemocional con Estudiantes, Madres y Padres de Familia \(eird.org\)](#)
- Building Leaders: 13-18
 - [Emotional Intelligence Activities for Teens \(ong.ohio.gov\)](#)
 - [Actividades para Trabajar las Emociones en Secundaria \(Educa y Aprende\)](#)
 - [Parent Resources for Connecting with Teens \(Parent Teen Connect\) / Recursos para Padres Acerca de Comunicación con Adolescentes \(Parent Teen Connect\)](#)
- How to Talk to Your Children about COVID-19
 - [Talking to Kids about the Coronavirus \(Child Mind Institute\) / Cómo Hablar con los Niños sobre el Coronavirus \(Child Mind Institute\)](#)
 - [Coronavirus \(COVID-19\): How to Talk to Your Child \(KidsHealth\) / Coronavirus \(COVID-19\): ¿Cómo Hablar con su Hijo sobre este Virus? \(KidsHealth\)](#)

- [Coronavirus and Parenting: What You Need To Know Now \(NPR\)](#)

Coping with Stress and Mental Health Issues (Anxiety, Depression, Hypochondriasis, etc.)

- [Helping Children Cope with Emergencies \(CDC\) / Cómo ayudar a los niños a sobrellevar las emergencias \(CDC\)](#)
- [Manage Anxiety and Stress: Coronavirus Disease 2019 \(CDC\)](#)
- [Coping Strategies \(AADA\) / Las Estrategias de Afrontamiento \(AADA\)](#)

Unemployment Information

1. You must be unemployed through no fault of your own, as defined by Illinois law. Special considerations for being denied work through COVID-19 are being included, but voluntarily leaving your place of work does not count
2. To file for unemployment, go to: <https://www2.illinois.gov/ides/Pages/default.aspx> to create an account and file a claim

Food, Pantries and Other Resources

1. Emergency SNAP Benefits – Ready in 5 days or less from date of application
 - a. You must have valid identification. We prefer photo identification. We will also take other kinds of identification.
 - b. Application must be made at DHS Family Community Resource Center
 - c. Office locator: <https://www.dhs.state.il.us/page.aspx?item=30366>
2. All CPS school sites will serve as food distribution sites for CPS students. Food pick-up will take place outside of the school building and begins at every school on Tuesday, March 17 and is scheduled from 9 a.m.–1 p.m. Monday through Friday. **CPS families can pick-up three days worth of meals at time, each with two meals per child. If you need assistance, please call the CPS Command Center at 773-553-KIDS (5437) or email familyservices@cps.edu.**
3. **Grab-and-Go Food, Pickup and Delivery Organizations**
 - a. Marillac St. Vincent Homebound Elderly Program
 - i. Program that provides assistance to West side seniors on low, fixed incomes
 - ii. Regular phone calls, wellbeing checks and monthly groceries
 - iii. Call 773-584-3265 for more information
 - iv. MSV also has a food pantry at 2859 W. Jackson Blvd.
 2. Harmony Community Church – Grab-And-Go Food pantry
 - a. Located on 1908 S. Millard Ave
 - b. Pantry runs from 11am to 1 pm on Wednesdays
 3. Chicago Food Depository Services:
 - a. Food Pantry, Soup Kitchen or Mobile Food Distributor Locator - <https://www.chicagosfoodbank.org/find-food/>
 - b. Benefits Assistance: 773-843-5416

Utilities

1. Residential Hardship - ComEd Relief Programs
 - a. Can apply twice a year to have relief on **past due bills**
 - b. Call ComEd at 1-888-806-CARE (1-888-806-2273)