

A COMPREHENSIVE FAMILY GUIDE FOR **STAYING AT HOME**

We hope that our community is staying in good health physically, mentally and emotionally during this season of uncertainty. We know that many families are juggling working-from-home while parenting, teaching and keeping their lives in order. Our managing partner, Sarah Stempky-Kime, has been managing her client work from her home in the suburbs of Detroit with her husband, Dan, and three young children. After many hours of research (mostly during bedtime and naptime!), Sarah put this guide together featuring important resources for Michigan families, including educational activities for kiddos, health & wellness, government assistance and lots more. Please know that we're here if you need us. We hope our community finds these resources useful in navigating this new chapter in life. Stay well!



Sarah Stempky-Kime with her husband, Dan, and their children.

TOPICS

Fun Activities for Kids // Educational Resources for Kids

Fun Activities for Adults // Health & Fitness

Contact-Free Food Options // Community Assistance

Philanthropy & Good Will // Resources from the Working Parents Network

NEW!
Updated Educational
Guide for
Back-to-School
2020

EDUCATIONAL GUIDE FOR BACK-TO-SCHOOL 2020



- [Scholastic](#): Day by day projects for all grades to keep kids learning.
- [All-In-One Homeschool](#): Free homeschool curriculum for all ages from preschool to 12th grade (they have thinking games as well)!
- [Kid's Activity Blog](#): This website has tons of activities, but it also provides a list of education companies offering free subscriptions due to school closings.
- [Read Theory](#): Free and helps kids grades k-12 with reading comprehension.
- [Seterra](#): Free geography quiz games and even in different languages.
- [Purpose Games](#): Free and a little of everything.
- [Education.com](#): Free math games for PK-5th grade.

FUN ACTIVITIES FOR KIDS

- [Born Yoga Studio](#): Birmingham-based children's yoga studio with daily free yoga classes via zoom.
- **Art Classes with Egan**: Tuesdays at 10 a.m. and 3 p.m. Your kiddos can follow along while Grand Rapids/Northern Michigan-based artist Egan Franks Holz guides them through a masterpiece. @EgFranksHolz on Instagram — send her a DM and she will email you the link for the Zoom classes.
- **Children's Craft Tutorials with Birch Affair**: Detroit-based artist Meghan Keck provides a weekly free craft for caregivers to complete with kiddos. Check her out on Instagram @birchaffair where she will post tutorials!
- [Cleveland Inner City Ballet](#): Offering free online ballet classes via Facebook Live.
- [NASA](#): Their entire library of images and video are now publicly searchable, so anyone can explore all of space from their own home.
- [Detroit Zoo](#): Check out the virtual Vitamin Z videos, or the live cams of some of the Detroit zoo favorites. The Zoo is now open!
- [Monterey Bay Aquarium](#): Tune in to live web cams to see exhibits.
- **@savewithstories on Instagram**: From Jeff Goldblum to Kerry Washington, this is an Instagram collection of your favorite celebrities reading children's books.
- Join the [Cincinnati Zoo](#) on Facebook Live each day at 3 p.m. where they will highlight one of the animals and guide kids through an activity they can do at home.
- [Travel](#) the world while staying at home — virtual tours from the Palace of Versailles to The White House.
- [The Kennedy Center](#): The Kennedy Center's YouTube channel has "Lunch Doodles with Mo Willems" each day for the resident artist.
- [Storytime in Space](#): While in space, astronauts have been videotaping themselves reading children's books; check out their videos.

FUN ACTIVITIES FOR ADULTS



- [Sweet Water Floral](#): This Petoskey-based floral designer normally offers in-person workshops across the state. Instead, she's going to offer virtual floral design workshops, where flowers will be sent to your house, and you will then be guided through the design process. Follow her on Instagram for updates (and general entertainment).
- [Coursera](#) offers hundreds of free adult education online classes in a variety of subjects, including science, history, and art.
- Illustrator **Carson Ellis** (Instagram: @carsonellis) is leading daily art classes for adults and kids via her Quarantine Art Club.
- **Wendy MacNaughton**: This San Francisco Illustrator is offering a daily drawing class on Instagram for everyone. Follow her @wendymac.
- Follow @massimobottura for #KitchenQuarantine with Massimo – cooking lessons on Instagram Live.
- Nightly live opera stream from [The Metropolitan Opera](#).
- [Ampersand Lettering Lab](#): This Traverse City-based lettering artist has launched an adult pen pal program, and an online script lettering course. You can find them @ampersandletteringlab on Instagram.

HEALTH AND FITNESS

- [Blue Yoga](#): The Birmingham-based yoga studio has a full lineup of online yoga classes and guided meditations.
- [Nourish Northern Michigan](#): Check out their Facebook events tab and join a live yoga class, or practice along to a video if you miss the live version.
- [Daily Method](#): 21 days of (free) guided meditations.
- [YMCA](#): On Demand fitness videos from the YMCA.
- **@mkik808 on Instagram**: Mark Kanemura, a former backup dancer with Lady Gaga, is hosting daily virtual dance sessions on Instagram.
- A list of [therapy apps](#) to help manage one's mental health during this time.
- Learn how technology can help make [mental health](#) both affordable and available.



COMMUNITY ASSISTANCE

- [Common Grounds](#): Mental Health support available 24 hours a day, 7 days a week. Interactive map of [Kent County](#) emergency food assistance.
- [Focus Hope](#): For seniors and families in need of food, apply for assistance via monthly food packages.
- [Federal Government](#): Federal website for Health and Medical assistance, financial assistance, loans.
- [Michigan Website for Health](#): food assistance, child care, housing and utility assistance.
- [Michigan Housing Authority](#)
- [Community Action Agency](#): Non-profit organization with local offices in each Region or county that provides housing and food assistance.
- [Blue Water Center for Independent Living](#) is a non-profit in the Thumb region of Michigan that provides housing, utility, and veteran services to individuals in Huron, Lapeer, Sanilac, St. Clair, and Tuscola Counties.
- All Michigan food [pantries](#) by location.
- [Database](#) of all faith based, non-profit, and governmental agencies providing rental assistance based upon zip code.
- Find your local [health department](#).
- [City of Detroit](#): Covid-19 housing, food etc. resources for families and businesses.
- [Map](#) where children can receive meals during school closure.
- Mortgage [relief](#) through Freddie Mac.
- Mortgage [relief](#) through Fannie Mae.
- [Michigan Small Business Admin](#): Disaster loan programs.
- Apply for [unemployment insurance](#).
- [Public housing assistance](#).

PHILANTHROPY AND GOOD WILL

- [Home Beams for Health Care Teams](#): You've heard of "Moonbeams for Sweet Dreams" at Beaumont Hospital. Now, we honor the frontline health care workers. Beginning March 31, each night at 8 pm, families are encouraged to step out their front door and shine a flashlight toward their nearest hospital to show support for health care heroes of Michigan. Families are also encouraged to swap out their porch light with a blue light as a sign of support for health care heroes and first responders.
- [Rainbows Over Michigan](#): A mission to spread rainbows across Michigan; paint/draw/craft a rainbow to put in your window and watch them spread across the state.
- [FLAG \(Front Line Appreciation Group\) Metro Detroit](#): Accepting donations to offer support and meals to front line medical staff, while also supporting local restaurants.



RESOURCES FROM THE WORKING PARENTS BUSINESS NETWORK

Online Resources

[BrainPop](#)

[Curiosity Stream](#)

[Tynker](#)

[Outschool](#)

[Udemy](#)

[iReady](#)

[Beast Academy \(Math\)](#)

[Khan Academy](#)

[Creative Bug](#)

[Discovery Education](#)

[Starfall](#)

[ABC-YA](#)

[Splash Learn](#)

[PBS Kids](#)

[Highlights for Kids](#)

[National Geographic for Kids](#)

[Cool Math for Kids](#)

[Math Game Time](#)

[Unite for Literacy](#)

[Literactive](#)

[Science Kids](#)

[Switch Zoo](#)

[Seussville](#)

[Turtle Diary](#)

[E-Learning for Kids](#)

YouTube Channels

[Science Channel](#)

[SciShow Kids](#)

[National Geographic Kids](#)

[Free School](#)

[Geography Focus](#)

[TheBrainScoop](#)

[Learning Tube](#)

[Geek Gurl Diaries](#)

[Mike Likes Science](#)

[Science Max](#)

[SoulPancake](#)



CHRISTENSEN LAW