



# Resources for Olmsted Families, 1

Below you will find lots of resources for you to share with your children in this time of COVID-19/Coronavirus. We will continue to send these out and post to the [olmstedatkensington.com](http://olmstedatkensington.com) website each week.

## COVID-19 General Resources

Resources around school closures, crisis response strategies, guidelines for talking with children and COVID-19 FAQs.

- [Coronavirus CDC Resources](#)
- [Managing Stress and Anxiety When Navigating a Health Crisis](#) (CDC)
- [Talking to Children about COVID-19](#) (NASP/NSNA Fact Sheet) (National Association of School Psychologists)

## Physical Education and Well Being Resources

- [Down Dog Yoga](#) – Yoga app free to schools through July 1.
- [Yoga Ed YouTube Channel](#) – Yoga for Children

## Literacy and Math Resources

- [Audible will be offering free stories for children throughout the school closings](#)
- Lexia PowerUp – Literacy instruction focusing on Word Study, Grammar, and Reading Comprehension for Grades 6 and up.
- myON- Collection of recommended books based on student interests, reading level, and ratings of books they've already read on the program.
- Moby Max- is a self-paced program that builds math, number, and fluency skills.

## How to access Lexia PowerUp, myON, and Moby Max from home

1. Go to [BPS Student Resources link](#)
2. Click on [Clever](#) and sign in using your 900# and password.
3. Click on the icon for the program you want to enter.