



Information for Parents:

- [How to Talk to Kids About Coronavirus](#) - Child Mind Institute – Information on how parents can speak to their children about the Coronavirus
- [Moms Share Their Tips](#) - Homeschooling moms share their tips on how to keep learning fun and interactive while schools remain closed

Art:

- [Art Institute of Chicago Virtual Tour](#) - Art Institute of Chicago's most iconic and beloved works of art from around the world with audio commentary about the works themselves.
- [Met Museum 360 Project](#) - NYC Met 360 Project – Award-winning series of six short videos inviting viewers around the world to virtually visit The Met's art and architecture in a fresh, immersive way.
- [LUNCH DOODLES with Mo Willems!](#) - Artist Mo Willems invites you into his studio every day for his LUNCH DOODLE. Drawing, doodling, and writing for kids.

Animals:

- [San Diego Zoo Live Cams](#) - San Diego Zoo's live cam footage of some of your favorite animals from around the world.
- [Monterey Bay Aquarium Live Cams](#) - Monterey Bay Aquarium's live cam footage of some of your favorite friends from the sea.

Exploration:

- [Google Earth National Parks Tour](#) – Google Earth – Tour the majestic National Parks of the United States.

Exercise:

- [Yoga for Kids](#) – Kids Yoga Class – Join Susan G. for a relaxing and fun yoga class designed for kids
- [Great Ideas for Indoor Exercise](#) - 15 ways to keep the kids off the couch, even if you don't have much space. Hula hoop, balloon volleyball, and more... Great ideas for indoor exercise.
- [Meditation for Kids](#) – Peace Out: Guided Relaxation for Kids.

Learning:

- [Simple STEM Challenges](#) – Easy STEM activities that are fun for the whole family!
- [Washington State University Learning Links](#) - Wide range of learning links provided by Washington State University while schools are closed.

Health information:

- [Department of Health](#) set up an emergency call line to answer your questions about COVID-19. If you have questions about how the virus spreads, what is being done in Washington state, and what you can do if you or your family have symptoms, call 1-800-525-0127 and press #.
- Due to the COVID-19 outbreak, Washington Health Plan Finder is opening enrollment to qualified individuals until April 8, 2020. See if you qualify [here](#).

Resources available on where get food, shelter, emergency and financial assistance:

- [King County 2-1-1](#)
- [Washington Connection](#)
- [DSHS](#)
- [Northwest Harvest](#)
- [Safeway Emergency Food Vouchers for Seattle Families](#)

Utility bills support and assistance for renters:

- Governor Inslee signed a [statewide moratorium](#) preventing evictions for the next 30 days.
- Seattle Public Utilities (SPU), Seattle City Light (SCL), and Puget Sound Energy (PSE) will keep utility services on during the COVID-19 Civil Emergency in Seattle. Check their individual websites for more details or [email](#) your questions to Seattle Public Utilities.
- [Comcast](#) offers two months of free service.

For employees with kids:

- Your kids may qualify for the free meals during the school closure provided by [United Way](#).
- Various companies across the country are offering free subscriptions to certain online learning platforms, which are compiled in a [Google document](#).
- [The Office of the Superintendent](#) has lots of resources for the families.

Miscellaneous information:

- [IRS](#) providing special payment relief to individuals and businesses in response to the COVID-19 Outbreak. Income tax payment deadlines for individual returns, with a due date of April 15, 2020, are being automatically extended until July 15, 2020, for up to \$1 million of their 2019 tax due.
- [Orca LIFT](#) travel assistance for qualified residents.
- King County Metro Suspends Fare. For more information, read the King County press release [here](#).
- [PCC Markets](#) reserve one hour in the morning 7:00-8:00am for shoppers who are age 60 or older, pregnant or otherwise at high risk for infection. For a full list of other grocery outlets provide special hours click [here](#). of markets are offering these hours. ntal help support through [WA Recovery Helpline](#).
- Mayor Durkan has posted a [comprehensive list](#) of City-wide resources (some are repeats from above) that can answer more questions.