



RESOURCES

Afterschool Providers and Families

2020

September 2, 2020

Alliance for a Healthier Generation

[Supplemental Grant Resources, Tools, & Blogs](#)

[Children's Hospital and Medical Center](#)

Website has links to videos to teach children about physical distancing, masks, and virtual visits.

[Healthy Lincoln](#)

Lincoln fathers from several cultures unite to urge everyone in their community to protect themselves by [wearing a face mask](#), frequent handwashing, and physical distancing.

[Launch Nebraska](#)

Nebraska Department of Education

[Teaching and Learning in the 2020-2021 School Year](#): Student, Family, and Community Engagement

[National Afterschool Association](#)

[Reimagining Staff Development in the World of COVID-19](#)

[A Blueprint for Afterschool Programs to Assist Schools with Reopening](#)

[Nebraska Healthy Schools Program](#)

Back to School Resources including print resources for schools and families and videos in multiple languages

StayConnected 2020 Webinar Series

StayConnected webinars will resume on October 8th. Until then, please plan to attend this year's virtual [GetConnected Afterschool Conference](#). [Registration](#) is now open.

August 12, 2020

[21st Annual Lights On Afterschool](#)



October 22, 2020

Afterschool Alliance

Lights On Afterschool is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. Register for this year's event and access resources [here](#).

[My American Farm](#)

Updated website

Games and resources now available on their updated website.

[National Center for Families Learning](#)

Free resources for out-of-school time



National Afterschool Association

[Reimagining Staff Development in the World of COVID-19](#)

[A Blueprint for Afterschool Programs to Assist Schools with Reopening](#)

If you have a resource or professional development opportunity you'd like to share with other Nebraska program leaders and staff, email Kim Larson, kim.larson@nebraska.gov. In order to be included, resources should be available to program leaders and staff across the state for little or no cost.



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Afterschool Providers and Families

2020

[Recognizing the Role of Afterschool and Summer Programs and Systems in Reopening and Rebuilding](#)

This new resource from American Institutes for Research includes strategies for afterschool and summer programs and school leaders to work together in support of youth, families, and the community.

July 1, 2020

An Effective Practices Summer Webinar Series:

[Trauma-Informed Family and Community Engagement](#)

NAFSCE and MAEC

In this webinar series, presenters explore trauma and the protective factors that help build resilience and counteract the adverse effects of trauma.

Part 2: July 1, 2:00 PM CT

Part 3: July 22, 2:00 PM CT

[Coping with Corona: Applying Emotional Intelligence at Work and Home](#)

Yale Center for Emotional Intelligence

This e-book provides practical tools that will allow you to apply the skills of emotional intelligence to better navigate these chaotic days. Right now, more than ever, these are areas of life where we want to succeed.

[Fresh Chefs: Delicious, Simple Meals from the 4-H Family](#)

What's better than cooking from home? Making meals that are both inspired and easy to make. This collection of recipes from the 4-H community hits those marks on every page.

[Out of School Nutrition and Physical Activity: Promoting Children's Health in Afterschool Programs](#)

National Afterschool Association, June 2020

As programs are planning and beginning to reopen, it's important to think of ways to help young people stay healthy through social distancing and other best practices related to prevention of the spread of coronavirus. Now, more than ever, it's critical to encourage youth to get outdoors to be active and creative in ways to help them continue to include physical activity and other practices supporting good health.

June 24, 2020

[Exploratorium](#)

Make sense of timely topics and find general science support for your virtual classroom or learning together at home.

NAFSC and MAEC Present

An Effective Practices Summer Webinar Series:

Trauma-Informed Family and Community Engagement

In this webinar series, presenters will explore trauma and the protective factors that help build resilience and counteract the adverse effects of trauma. They will also show how communities, schools, organizations and individuals around the country are using a trauma-informed lens to guide their work.

[Dates for the webinars, registration, and other information](#)

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[PBS LearningMedia](#)

NET and PBS have curated free, standards-aligned videos, interactives, lesson plans, and more.

[ReadWriteThink](#)

Users K-12 can access activities and projects, games, printouts and more that focus on reading and writing.

June 17, 2020

[Recognizing the Role of Afterschool and Summer Programs and Systems in Reopening and Rebuilding](#)

American Institutes for Research

May 22, 2020

This new resource from American Institutes for Research (AIR) describes the role of afterschool and summer programs and systems can play and offers strategies for afterschool and summer programs and school leaders to work together in support of youth, families, and the community. Related articles are also linked from this webpage.

Beyond School Bells Summer Activity Guide

[Unit 2: Healthy Life](#)

The activities and challenges are adaptable for in-person and virtual instruction, or a hybrid of both, as well as sent as take-home packets.

[Quick Guides for Providers and Families](#)

National Girls Collaborative Project

[STEM Resources for Online Learning](#)

The National Girls Collaborative Project has compiled this list to assist you as you serve your programs and communities. Resources include children's museums with online programs, Citizen Science projects, computer science resources and more.

June 10, 2020

Nebraska Tourism

[10 Virtual Experiences in Nebraska](#)

Check out these 10 virtual experiences for the whole family!

Omaha's Henry Doorly Zoo and Aquarium

[Zoo from Home](#)

Check back each day for an interactive video and activity you can do with your family, so you can enjoy the zoo from your living room.

[University of Nebraska State Museum](#)

Resources include virtual investigations and field trips.

June 3, 2020

NASA Nebraska Space Grant

[NASA Education Resources](#)

Visit this website to discover available NASA resources including the #NASAAtHome page, NASA Commercial Crew Program curriculum, NASA STEM @Home, and other resources! The webpage will be periodically updated as more resources are shared so check in frequently.

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- [Join the educator listserv](#) for additional resources
- Follow on Facebook at “NASA Nebraska Space Grant”

Beyond School Bells Summer Activity Guide

Beyond School Bells is providing this free [Summer Activity Guide](#), developed in partnership with the 50 State Afterschool Network and the Georgia Statewide Afterschool Network, to engage and support children and youth in summer learning. This new guide provides 150 activities and challenges and can be used virtually, in-person and as take home kits.

University of Nebraska State Museum-Morrill Hall

Free Virtual Field Trips each Tuesday through June

During these programs, participants will explore a different part of the Museum with an educator and an expert.

June 9- Painting Paleo Life

June 16- Traditions Shaped by Land and Sky

June 23- Found in the Zone

May 27, 2020

NASA SpaceX Demo-2 Test Flight

Wednesday, May 27, 2020

3:33 PM CT

NASA is inviting the public to help celebrate a historic milestone in human spaceflight - the first flight into orbit of American astronauts on American rockets from American soil since the end of the space shuttle era in 2011. This mission will send NASA astronauts Robert Behnken and Douglas Hurley to the [International Space Station](#) as part of [the agency’s Commercial Crew Program](#). Members of the public can attend the launch virtually, receiving mission updates and opportunities normally received by on-site guests. [Sign-up to be a virtual guest](#).

Kahoot! Online Game night- test your AG knowledge and have some fun!

Thursday, May 28, 7:00 PM CT

Nutrients for Life Foundation’s Facebook Page

Join event via Facebook: <https://www.facebook.com/events/1102387026808805/>

UNL Extension [Family Fun Night](#)

Tuesday, June 2, 2020 7:00 PM CT

Germs, Germs, Everywhere!

These weekly sessions will guide the family through an activity that is perfect for youth and adults of all ages. Visit the website to find the list of materials needed to participate in the activity, as well as the link to registration.

Wonderopolis [Wonder Wednesdays](#)

Learn how to cultivate wonder and curiosity at all times through a Wonder Jar, Wonder Journal, and Wonder Wall.

Beyond School Bells Virtual Backpack #10

The 10th (and final) Virtual Backpack focuses on activities you can safely do in your own backyard, neighborhood or community park.

Access all virtual backpacks here:

https://beyondschoolbells.org/virtual-backpack/virtual-backpacks/backpack-10.html?blm_aid=28185

May 20, 2020

Mizzen by Mott

View the StayConnected webinar hosted by Jeff Cole, Beyond Schools Bells, to learn more about this state of the art app designed to meet the needs of afterschool and summer providers, parents and caregivers.

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[Introduction to Mizzen](#)

[Mizzen: How it Works](#)

NPR Music

[Live Virtual Concerts to Watch During the Coronavirus Shutdown](#)

(list updated daily)

UNL Extension

[Virtual Field Trip](#)

Bighorn Sheep in Nebraska?

Tuesday, May 26th, 11:00 AM CT

May 13, 2020

American Farm Bureau Foundation for Agriculture

[Fun and Educational At Home Activities: Week 7](#)

We all know that plants like fruits and veggies are a big part of nutritious diet, but did you know we eat stems, leaves and roots of plants, too? Explore these activities for K-12 students that support science, math, and language arts learning objectives.

4-H Healthy Living Guide

UNL 4-H Extension

30 fun, skill-building activities to help children live a healthy life.

Nebraska Visitor's Bureau

[Virtual Roadtrip-10 Virtual Experiences in Nebraska](#)

Rising New York Road Runners

[Stay Active at Home Family Resources](#)

May 6, 2020

University of Nebraska Lincoln (UNL) Honors Club Repository

Students in the Honors Program at UNL have been creating afterschool curriculum and it is now available through the [Honors Club Repository](#).

National Geographic

Free access! Curated collections of K-12 learning activities to implement at home for educators, parents, and caregivers. Examples of resources in the collection include Citizen Science, Natural Wonders, Celebrate Earth Day, and a virtual tour of their current exhibition "Becoming Jane: The Evolution of Dr. Jane Goodall."

Nebraska Game and Parks

[How to Watch Wildlife](#)

Observing wildlife in nature is a rewarding experience that requires little more than patience.

Museum of Nebraska Art

Download the free MONA App to learn about the art and artists of Nebraska. Find highlights from MONA's collection, audio commentary, and art viewing guide.



Usable Knowledge: Relevant research for today's educators

[Banishing Boredom](#): A new Series of Activities, prompts, and thinking routines to help create a learning-rich environment at home

By Emily Boudreau, Harvard Graduate School of Education

[Project Zero](#) at HGSE has always provided educators with [research](#) and resources that nurture a child's creativity, agency, and connection to their surrounding communities. To support the development of rich learning environments and experiences today — at home and in remote classrooms — experts at Project Zero have [compiled a series of resources for learners in preschool through high school](#).

You for Youth

[Project-Based Learning](#) (4-part webinar series)

May 11-14, 2020

Daily, 12:00 PM to 1:30 PM CT

Project-based learning is the perfect way to tap into students' interests, develop their independent and cooperative learning skills, and make learning relevant and fun for students of all ages. Join Y4Y to explore the three phases of project-based learning and see how they can provide support.



April 29, 2020

GoNoodle: Good Energy at Home

This website offers free movement, yoga, and mindfulness videos, downloadable curricular activities, and recommended off-screen home activities.

Wellness Resources provided by Jessie Coffey, Nebraska Healthy Schools Program, Nebraska Department of Education

Building Positive Conditions for Learning at Home: Strategies and Resources for Families and Caregivers

American Institutes for Research (AIR)

As we all adjust to the current situation brought on by the COVID-19 pandemic, it is important to create safe, supportive, and engaging spaces for learning at home. Families should think about these four elements – family members' readiness and the child's experience of safety, support, and engagement.

Lincoln Children's Zoo

Learn about the animals at the Lincoln Children's Zoo. Zookeepers introduce viewers to animals that live in the zoo through the Keeper Corner video series. Downloadable activities reinforce information learned.

April 22, 2020

GOPARKS

[Celebrate National Park Week](#), Park Activities at Home, Virtual Visits and more

Afterschool Alliance Webinar: [Safely Engaging Youth in a Virtual World](#)

Thursday, April 23, 2020

1:00 PM CT

Learn ways to effectively transition to online platforms and understand the safety and privacy issues to engaging with your students online.

April 15, 2020

Distance Learning During COVID-19: [7 Equity Considerations for Schools and Districts](#) Southern Education Foundation School closures are impacting all families, but students from underserved communities feel this impact even greater. The Southern Education Foundation reviewed publicly available digital learning plans for the seventeen states they serve to see how schools and districts are meeting the needs of their most vulnerable students and families, and provide seven equity considerations based on this review.

Flamboyant Foundation Family Wellness: [Keep RELATIONSHIPS Strong As Students #StayHome](#) Check In Tips
This guidance from the Flamboyant Foundation provides school staff with a framework to connect with families during this difficult time and to let families know that you are thinking of them, concerned about them, and are available as a resource.

Making & Tinkering Virtual Workshops

Click2Science

Join Click2SciencePD for a training series designed to increase your ability to deliver top-notch making and tinkering activities. Workshops will be delivered via Zoom, 1:00 PM CT

April 15: Think, Make, Create and Learn

April 22: Select, Prepare and Plan Making Activities

April 29: Turning Failures into Learning

To help support our home state in this time of need, we are offering these workshops FREE for you and your team. All you need to do register and use the code **Click2All** to sign up for all three sessions or the code **Click2NE** if you are signing up for a single session. [Register here.](#)

Smithsonian's National Zoo & Conservation Biology Institute [Webcams and Educational Activities](#) You Can Do at Home with the Animal Cams Welcome to the wild side of learning! Activities are designed to engage students (grades K-5) in looking closely and thinking deeply about animal behavior and habitats.

April 8, 2020

Extending Social and Emotional Learning at Home

Centers for Disease Control and Prevention

Visit this website for information, resources, and tools on [social and emotional climate in schools](#), including resources to support [nutrition education](#), [physical education](#), and [out-of-school time](#). Below are a few resources listed on the website to help you assist families with extending social and emotional learning at home during this time.

[SEL in Homes and Communities](#)

[Schools, Families, and Social and Emotional Learning: Ideas and Tools for Working with Parents and Families](#)

[Boosting Social and Emotional Development In and Out of School](#)

Nebraska State Capital

Explore the Nebraska Virtual Capital

Curriculum and Virtual Tour

<http://nebraskavirtualcapitol.org/>

Stay Home, Stay Connected

Maintaining Relationships in a Time of Social Distancing

Parent Teacher Home Visits

<http://www.pthvp.org/toolbox/stay-home-stay-connected/>

Teach for Forests: Forest Education for Teachers and Youth Leaders

Learn about trees, wildlife, water, and ecology. Free if you register by April 30.

PennState Extension

<https://extension.psu.edu/teach-for-forests-forest-education-for-teachers-and-youth-leaders>

University of Nebraska State Museum-Morrill Hall

Free At-Home Activities including virtual planetarium tours and hands-on science and learning activities.

<http://www.pthvp.org/toolbox/stay-home-stay-connected/>

April 1, 2020

2020 Statewide Tree-A-Thon

Beyond School Bells

Join Beyond School Bells' statewide challenge to plant more than 20,000 trees to celebrate Arbor Day. Partners include the Arbor Day Foundation, Natural Resource Districts (NRD), Audubon Nebraska, Nebraska Forest Service, and the University of Nebraska. Sign up and information [here](#). Curriculum available [here](#).

Beyond School Bells Virtual Backpack

These [virtual backpacks](#) will help families and caregivers make the most of their child's out-of-school learning time by providing curriculum that is age-appropriate, hands-on, and engaging.

Girls Who Code At Home Activities

[Girls Who Code](#) is making educational activities available for download free of charge. Students will release activities weekly, some online, some offline, of varying degrees of difficulty.

Living Room Learning

[Nebraska 4-H](#)

Tune in every Tuesday and Thursday afternoon at 2:00 PM CT to participate in a hands-on virtually guided activity where they will learn about healthy living, science, technology, and more!

StayConnected Weekly Webinar

Virtual Programming, Thursday, April 2, 2020

Presenter: Sandra Frerichs, 4-H Science Education Specialist, University of Nebraska Lincoln

This webinar will highlight new virtual programming options from Nebraska 4-H and ideas for supporting learning at home. We will also discuss strategies for engaging with families remotely. You can see the virtual programming at <https://4h.unl.edu/virtual-home-learning>

The Whole Child Weekly Update

[Nebraska Healthy Schools Program](#), Nebraska Department of Education

Learn and teach at-home resources to support the whole child and educators.

Wonderopolis: Where the Wonders of Learning Never Cease

[Welcome to Wonderopolis](#), a place where natural curiosity and imagination lead to exploration and discovery in learners of all ages. Each day they pose an intriguing question, the Wonder of the Day, and explore it in a variety of ways.