

**Resources for families – COVID 19 Woodlake Lutheran Church has not fully vetted these resources and the user assumes all liability for the content or any issues arising from using the links.**

### **Parenting/Home Schooling/On-line Activities:**

**Minnesota Computers for School Lifelong Learner Application:** Apply for a free computer for those who do not currently have devices to use for school or job searches (person has to provide their own internet and software):

[http://mncfs.org/wp-content/uploads/program\\_overview\\_application2019.pdf](http://mncfs.org/wp-content/uploads/program_overview_application2019.pdf)

**Bloomington School District (has links to many resources including meals for children and internet access):** <https://www.bloomington.k12.mn.us/health-services/covid-19-coronavirus>

**Richfield School District (has links to many resources including meals for children and internet access):** <https://www.richfieldschools.org/site/Default.aspx?PageID=3718>

**Scholastic offers free daily learning at home:**

<https://classroommagazines.scholastic.com/support/learnathome.html>

**Action for Healthy Kids:**

<https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/>

**Free Printable Coloring Sheets:** <https://xo-lp.com/printable>

**Home Schooling Suggestions** from the Department of Child and Adolescent Psychiatry and Child Study Center of Hassenfeld Children’s Hospital at NYU Langone Health:

<https://mailchi.mp/nyumc/csc-parental-guide-covid-19-1049030?e=ae44674aab>

[https://www.facebook.com/pg/NYUChildStudyCenter/community/?ref=page\\_internal](https://www.facebook.com/pg/NYUChildStudyCenter/community/?ref=page_internal)

**Fun Brain.com** (games, videos, books): <https://www.funbrain.com/>

**Educational Games for kids:** <https://www.education.com/games/>

**NASA Activities for Kids:** <https://www.nasa.gov/specials/nasaathome/index.html>

**Minnesota Twins:** [www.twinsbaseball.com/kids](http://www.twinsbaseball.com/kids)

### **COVID 19 for children:**

**Stories to explain COVID 19 and handwashing to children:**

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<file:///C:/Users/Cheryl/AppData/Local/Microsoft/Windows/INetCache/IE/RCKVOHAO/My%20Hero%20is%20You,%20Storybook%20for%20Children%20on%20COVID-19.pdf> website offers it in multiple languages

**Parenting with Covid-19 (English, Chinese, Spanish):**

<http://dianachuthery.com/parenting-with-covid-19>

**Relaxation Guided Imagery for Kids on a variety of topics – links you click and can then jointly listen to:**

<https://www.choc.org/programs-services/integrative-health/guided-imagery/>

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**Headspace Free Access Weathering the Storm** - Meditations, sleep and movement things:  
<https://www.headspace.com/covid-19>

**Mindfulness Activities for Children and Teens:**  
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

**Activities for Senior Adults:**  
<https://www.greatseniorliving.com/articles/fun-activities-for-seniors>  
<https://www.webmd.com/healthy-aging/features/low-impact-exercises-for-seniors#1>  
<https://www.onlinegamesforseniors.com/>  
<https://www.memozor.com/memory-games/for-seniors-or-elderly>

**Relaxation for Adults:**  
**Mindfulness:**  
<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>  
<https://mindfulness-exercises.com/free-mindfulness-worksheets/>  
<https://www.thepathway2success.com/5-free-mindfulness-activities/>

**Coloring pages:** <https://mycoloring-pages.com/adult-coloring-pages/mindfulness-coloring-pages>

**Food Supports/Grocery Stores:**  
**APP in both Google Playstore and iTunes:** Free Meals for Kids Minnesota – shows locations of where parents can get free meals for their children

**Each school district has food support program:** Check with local districts

**Cub Foods:** <https://www.cub.com/> Hours at most Cub stores to 6 a.m. - 10 p.m.  
For service outside of these hours, 13 stores will remain open 24 hours. Additionally, 4 pharmacies will extend their hours to 7 a.m. - 10 p.m. beginning Thursday, March 19. Click **here** to find a location near you. We ask for your help in taking care of all of our neighbors. We welcome health care professionals, first responders, the elderly and high risk customers to shop from 6 - 7 a.m. to provide proper social distancing. We ask that all others wait to shop until after 7 a.m. to help keep everyone safe.

**VEAP Food Pantry:** <https://veap.org/get-help/> Prepacked bags of shelf stable items and produce will be available using our drive-up model. The new model will allow each household **TWO** visits per month.  
**Open Hours:** Mondays, Tuesdays, Wednesdays, Fridays: 9:00-4:30; Thursdays: 9:00-6:30 To schedule an appointment, call (952) 888-9616 *All services are by appointment only; no walk-in visitors* **Food Delivery:** Available to seniors, those with a disability or participants that do not have transportation to use our drive-up model and live in our service area. Call (952) 888-9616 to schedule. **Food more than 2 times per month:** If you are in need of food more often than twice per month and reside in our service area, you may be temporarily eligible for additional pantry appointments. Call (952) 888-9616 x 133 to speak to a Social Worker.

**Loaves and Fishes –** <https://www.loavesandfishesmn.org/> still operating; providing take out meals at Woodlake on Saturdays and Sundays starting at 5:30pm; free to anyone

**DHS Website with Emergency Food resources:** <https://mn.gov/dhs/food-emergency/>

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### **City & State Resources & Supports:**

**Richfield:** <https://www.richfieldmn.gov/residents/social-services>

**Bloomington:** <https://www.bloomingtonmn.gov/ph/covid-19-resources>

**Minnesota Department of Health COVID 19 Page:**

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

**Centers for Disease Control COVID 19:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**United Way:** Information and referral service for people in need of food, job resources, health care, childcare and other vital community services. <http://www.211.org/>

**Emergency unemployment application:** website for those temporarily or permanently laid off due to impact of COVID-19.

[https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR0FXx9SJW6e7CHXhs584ERDjl8nB0lDo1u\\_IRVwL90rHBbEa3-B771yYxU](https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR0FXx9SJW6e7CHXhs584ERDjl8nB0lDo1u_IRVwL90rHBbEa3-B771yYxU)

### **Internet Access:**

**Xfinity is opening up their mobile hotspot to everyone regardless of customer status.**

<http://wifi.xfinity.com/>

**CenturyLink:** I'm also proud to share that we've taken the [Keep Americans Connected Pledge](#). This means that for the next 60 days, we've committed to waive late fees and to not terminate a residential or small business customer's service due to financial circumstances associated with COVID-19. We are also suspending data usage limits for consumer customers during this time period due to COVID-19

**Free WIFI internet for MPLS residents:**

<http://www.minneapolismn.gov/wireless/index.htm?fbclid=IwAR0C0-qYZrmk0IsVI5Eo110zjORZGPAIJwWc4czqODH84vG1UaDFBnla4Hg>