

# Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

## Caregiver Resources



**Stress Relief for Caregivers and Kids during COVID-19**  
[Stress Buster Caregiver Playbook](#)

**Positive Parenting**  
[Printable](#)

**Parent Help 123**  
<https://www.parenthelp123.org/>

## Try these APPs



**Lego Duplo**  
[LEGO](#)

**GO NOODLE**  
[Kid Videos and Games](#)

## Printable Activities



**My Family and Me**  
[Activity Pack](#)

**Take a Breath**  
[Deep Breathing Activity](#)

**Celebrate the Little Things**  
[Activity Sheet](#)

**Vegetable Soup for Measurement and Size**  
[Soup Recipe](#)

## Play & Learn Websites



**National Geographic Kids**  
<https://kids.nationalgeographic.com/>

**Carmen's World Orchestra**  
<https://pbskids.org/luna/games/carmens-world-orchestra>

## Videos to Watch



**What's the Weather Like Today?**