



Keeping Kids Engaged During the Day

Working at home & getting stuff done

With school closures, parents face the task of keeping their children healthy, happy and learning at home. The best way to keep them engaged is to create a structure and routine of some kind. Routines give children a sense of security and stability, so they can continue to learn and grow.

This Care Kit is filled with ideas and resources to help you and your children build fun and engaging daily schedules that will keep them engaged, learning, and help you get stuff done.

These resources are primarily for preK-9th grade, but some are fun to do at any age!



Education and programs for kids

- [Educational companies offering free subscriptions](#)
- [Free online programs and resources](#)
- [Resources and advice for online learning](#)
- [Free daily online learning courses from Scholastic](#)
- [Resources to keep kids busy](#)
- [Celebrity Online Reading](#)
- [PBS Kids Daily Newsletter](#)



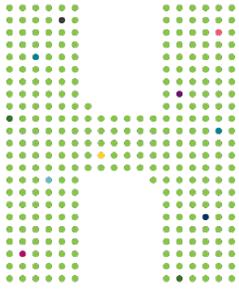
Tour the world without leaving home

- [Virtual field trips you can take from your couch](#)
- [More virtual field trips!](#)
- [Museum Tours around the World](#)
- [Google Arts and Culture](#)
- [Shedd Aquarium](#)
- [Children's Museum of Indianapolis](#)



Activity and movement

- [30 Days of LEGO Play Calendar](#)
- [KIDZ BOP Dance Along Videos](#)
- [Brain Break](#) - Movement-encouraging videos for kids
- [Freerice game](#) – learn, have fun, help end hunger by playing games and earning grains of rice
- [Cosmic Kids Yoga](#)



CARE KIT

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Try this resource to help make your day run more smoothly

- Spend a few minutes with Bea Harris – [“Building your personal skills for resilience”](#) (introduction to the *Well-Being In Sync* podcast series)

Tips for working with kids at home

- [21 Tips for working at home with kids](#)
- [How to engage your children while working from home](#)
- [How to work from home with kids](#)



You, your family and friends have access to free and confidential Employee Assistance Program (EAP) counseling and Work-Life support, 24 hours a day, 7 days a week. Visit www.humana.com/eap (Username: Columbia password: eap) or call 888-673-1153.

For the latest information, resources and updates about COVID-19, visit the your EAP website and click on Coronavirus Resources.

All information that Humana publishes on these sites has been vetted from the [CDC](#) and [WHO](#).

Your well-being is important

Well-being is all the things we think, feel and experience in our lives. Taking care of yourself during this time of change requires thinking in new and unexpected ways to ensure you are living what matters to you each and every day. Humana created this Care Kit to connect you to the resources that can help in the midst of our changing environment to help you keep your well-being at the forefront.