

**RESOURCES FOR PARENTS DURING COVID-19** Rev. 5/21/20

**NOTE: A second table, "Resources for Teaching our Young People at Home"** is available from St. Emmelia Ministries, Orthodox Christian Homeschooling at <https://www.saintemmelia.com/info-sheets>. The listing, from the Antiochian Archdiocese Department of Homeschooling, is extensive and contains both lessons and resources. It was compiled by Dn. Mark O'Dell, Dn. David Hyatt, Sh. Ina O'Dell, Kh. Elizabeth Bushelli, and Kh. Nicole Damick.

[Age Abbreviations: Family, Preschool, Elementary, Intermediate, Middle School, High School, Young Adult, Adult]

Posted	Ages	Resource Name, Link, Feature	Linked	Description
		<b>VIRTUAL SUNDAY SCHOOL</b>		
4/10	F P E	Tending the Garden of our Hearts has concluded Virtual Sunday School; however, Elissa and Kristina have created <b>Virtual Vacation Church Camp Kit</b> available June 30th. Website: <a href="https://tending-the-garden.com">https://tending-the-garden.com</a> .	<a href="#">Tending</a>	The camp's theme is Prayer, and the kit is recommended for use with the beautiful book, <i>A Child's Guide to Prayer</i> from Ancient Faith Publishing (sold separately). Camp is presented in five days, each of which includes the following: Opening Prayer & Daily Lesson, * Discussion Time (with Parents or Priest), Arts and Crafts, Cooking Class & Snack Time, Printables, Saint of the Day, * Fun Music Class with Celia Yentzen, * The Day's Game, Closing Prayer*
4/10	F E I MS HS	"Let Us Attend" by Timm and Kristina Wenger, Antiochian Orthodox Department of Christian Education. <a href="https://ww1.antiochian.org/christianeducation/letusattend">https://ww1.antiochian.org/christianeducation/letusattend</a> Features: Readers Theatre, simple format, discussion questions.	<a href="#">Gospel Program</a>	Illustrated handouts of the Sunday's Gospel are offered at five levels with discussion questions. The Gospel is paraphrased for the younger grades, with a coloring page; and presented as it will be heard for the older students. A Reader's Theater page is included.
4/10	F E	"The Children's Word" by Presvytera Alexandra Houck, on the Orthodox Christian Network, <a href="https://www.myocn.org/orthodox-christian-childrens-newsletter/">https://www.myocn.org/orthodox-christian-childrens-newsletter/</a> Features: Simple format, stories.	<a href="#">Children's Bulletin</a>	A weekly newsletter for young parishioners with age-appropriate articles, stories, and activities, including a message on the Sunday Gospel lesson and on one of the saints for the week.
		<b>FAMILY WORSHIP AND PRAYER RESOURCES</b> The single-page scriptures and prayers are formatted for families to post in their icon corner to pray together.		Some ideas: Make your prayer space a "retreat" even for the short time you are there. Light candles (or turn on electric ones) before hand, saving one to light as you begin. Have soft or church music on before hand, invite each child to come in. Have maybe a minute of quiet before you begin. Involve the children.
4/10	F	Guides to Praying as a Family from the Orthodox Mama <a href="http://www.orthodoxmotherhood.com/?s=Family+prayer">http://www.orthodoxmotherhood.com/?s=Family+prayer</a>	<a href="#">Several guides</a>	The Orthodox Motherhood blog contains much advice, and even programs to follow, to make our families stronger in the faith.
4/10	F	How to Teach Prayer and Lord's Prayer Printables <a href="https://www.drawneardesigns.com/blog">https://www.drawneardesigns.com/blog</a> . Scroll to 10/23/18.	<a href="#">Teaching Prayer</a>	The artists of Draw Near Designs offer many resources, printables and items to purchase as well.
4/12	F	Scripture Cards for Family Prayer Set 1	PDF	24 scripture verses to cut apart and put in a container. A child can pick one out to read (or have you read) to add some inspirational words in your quiet minute before Family Prayer Time. You can also hide one for the child to find.
4/12	F	"Love one another"	PDF	Might be useful these days.
4/12	F	Trisagion Prayers	PDF	These prayers are also called, "The beginning prayers," as they begin our prayers and services.
4/12	F	Nicene Creed	PDF	Have older children share in leading.
4/12	F	Prayer of St. Ephraim	PDF	Say together or have children take parts.
5/21	F	(A Little) Prayer Before You Sleep from the OSB Evening Prayers.	PDF	Children can memorize it. It is printed two per page to place in two children's rooms. It helps us keep in mind that our lives here, and hereafter are in God's hands.

5/21	F	Morning Prayers from the Antiochian Pocket Prayer Book	PDF	Personal intentions can be added at the end; children can participate.
5/21	F	Evening Prayers from the Antiochian Pocket Prayer Book	PDF	Personal intentions can be added at the end; children can participate.
5/29	F	Scripture Cards for Family Prayer Set 2	PDF	24 scripture verses to cut apart and put in a container. A child can pick one out to read (or have you read) to add some inspirational words in your quiet minute before Family Prayer Time. See above.
5/21	F	Blank Scripture Cards for Family Prayer	PDF	24 blank cards for Family Prayer Times (see Scripture Cards for Family Prayer above) Consider verses from the three epistles of St. John. Also, look at these sections from the Gospel of John, 14:1-7, 14:18-21, 14:23-28; 15:1-17; 17:6-10, 17:15-24.
5/29	F	<b>SKY DAY PROJECT!</b>	PDF	<b>A NEW PROJECT FOR THE SUMMER!!!</b> Church School Children can share a photo of the sky where they live with their friends in the Archdiocese! We have our own special gallery on the Sky Day website, and the directions are simple. Download this and get started now--how many views can we upload by June 14?
5/29	F	Psalms 23 The Lord is My Shepherd	PDF	Probably the best-known of all the Psalms as its words are very comforting and hopeful. It's numbered lightly to help when sharing the reading. A coloring page is included.
5/29	F	St. Patrick's Breastplate Prayer	PDF	The repetition and quick pace appeals to children. It's numbered lightly for your family's convenience as you pass the page around and take turns saying a phrase. Border is for coloring.
6/1	F	Let Us Commend Ourselves ...	PDF	From the Divine Liturgy, the phrase reminds us that Christ is our Lord and we live to serve Him.
5/29	F	St. Paul in Romans. "Could we ever be separated from the love of God in Christ Jesus? I am persuaded that neither death nor life ... can separate us from the love of God in Christ Jesus, our Lord." Romans 8:38-39	PDF	One of my favorite passages, it is a reassuring scripture for times of repentance, anxiety or depression. In my opinion, it could only be written by one who has been through rough waters, and been saved. Paul's strong relationship with Christ, and his unwavering faith are evidenced in in these passage.
<b>ORTHODOX EDUCATIONAL WEBSITES</b>				
6/1	A	Orthodox Christian Church School Teachers is <b>not active</b> at this time; however, the archives can be accessed.	<a href="#">O Christian Teachers</a>	Ideas, Inspiration, and Instruction for Teachers
6/1	A	Orthodox Christian Parenting is <b>not active</b> at this time; however, the archives can be accessed.	<a href="#">O Christian Parenting</a>	Ideas, book reviews, topical segments
4/12	HS YA	"When You're Stuck at Home" by the Youth and Young Adult Ministry of the Greek Orthodox Archdiocese, with pan-Orthodox collaboration. <a href="https://www.y2am.org/athome">https://www.y2am.org/athome</a> Feature: A daily schedule to follow. Opportunities for teens to interact.	<a href="#">Stuck at Home</a>	The Y2AM Ministry Plan provides a daily schedule for a complete youth, young adult, and family curriculum, featuring (updated-daily) "Funtivities for you and your family." The associated "Faith, Hope, and Love Home Edition" provides youth with opportunities to gather on-line to learn about and discuss their faith while meeting other youth from across the country. Download the calendar.
4/12	MS/HS YA	"Don't Stop Believing: A Journey Through the Divine Liturgy," On the Antiochian Missions and Evangelism (Quarantined Edition) Facebook page, by Greg Abdalah. D.Min <a href="https://www.facebook.com/antiochianmissions/">https://www.facebook.com/antiochianmissions/</a> Feature: Relating Divine Liturgy to life. Guest spots. Illustrations via slides. Wednesdays, 2:00 p.m. EST	<a href="#">Don't Stop Believing</a>	Greg presents the Divine Liturgy for teens addressing questions commonly raised, and providing slides with illustrations and main points. The Facebook page has many interesting posts, and includes videos from "Ask Abouna" sessions, which are not regularly scheduled. (The next 3 pm EST for children; ask to be on email notification for these.)
4/12	E, I	Orthodox ABC <a href="https://orthodoxabc.com/">https://orthodoxabc.com/</a> Feature: Several lesson plans.	<a href="#">O abc</a>	Orthodox abc offers a variety of lessons with worksheets and activities, in four categories, on the basics of Orthodox worship and life. Some audio included.

4/12	P, E	Orthodox Pebbles: Crafts, Activities, Teaching Resources <a href="https://orthodoxpebbles.com/Videos">https://orthodoxpebbles.com/Videos</a> <a href="https://www.youtube.com/playlist?list=PL7SaKFFdY-O88dXr6a5Zl6n-ukD2uOy___">https://www.youtube.com/playlist?list=PL7SaKFFdY-O88dXr6a5Zl6n-ukD2uOy___</a> Feature: Lessons with crafts and printables, videos.	<a href="#">O Pebbles</a>	Orthodox Pebbles is the product of two women trained in art and in crafting. They now produce animated videos, consider Great Lent, Icons, Pascha
4/12	College	OCF At Home - <a href="https://www.ocf.net/ocf-at-home/">https://www.ocf.net/ocf-at-home/</a>	<a href="#">OCF</a>	The OCF (Orthodox Christian Fellowship) is an outreach program and social group for college students. While colleges are closed and have moved classrooms and gatherings to online, the OCF has also moved online and uses Zoom meetings, articles, recipes and activities, etc. to stay connected.
		<b>FAITH-BASED IDEAS</b> from the archives of the blogs: Orthodox Christian Parenting and Orthodox Christian Church School Teachers		By Kristina Wenger, Staff Assistant for Social Networking, Antiochian Orthodox Department of Christian Education
4/12	F	Random Acts of Kindness, <a href="https://orthodoxchristianparenting.wordpress.com/2014/02/12/try-a-little-kindness/">https://orthodoxchristianparenting.wordpress.com/2014/02/12/try-a-little-kindness/</a>	<a href="#">Acts of Kindness</a>	This is the perfect time to practice random acts of kindness. What a gloriously fun way for us to be thinking of others more than ourselves, and to bring joy in this tense time!
4/12	F	Help Others in Time of Need <a href="https://orthodoxchristianparenting.wordpress.com/2017/07/05/on-finding-a-way-to-help-even-on-a-limited-budget/">https://orthodoxchristianparenting.wordpress.com/2017/07/05/on-finding-a-way-to-help-even-on-a-limited-budget/</a>	<a href="#">Help Others</a>	There are so many needy people around us, and now we “see” them more easily. How can we help, as a family, even if we have limited resources?
4/12	F	The Godfulness Jar <a href="https://orthodoxchristianparenting.wordpress.com/2019/07/17/on-creating-and-using-a-godfulness-jar/">https://orthodoxchristianparenting.wordpress.com/2019/07/17/on-creating-and-using-a-godfulness-jar/</a>	<a href="#">Godfulness Jar</a>	It’s a jar that contains arrow prayers, scriptures, and quotes from Church fathers all aimed at calming and soothing your thoughts by pointing them to God.
4/12	F	Learn and meditate on Scripture <a href="https://orthodoxchristianparenting.wordpress.com/2016/02/03/on-learning-the-scriptures-by-creating-a-scripture-journal/">https://orthodoxchristianparenting.wordpress.com/2016/02/03/on-learning-the-scriptures-by-creating-a-scripture-journal/</a>	<a href="#">Scripture Journal</a>	Work on learning the scriptures together by scripture journaling. Here are a few ideas.
4/12	P E I MS	Orthodox Arts and Crafts <a href="https://orthodoxchurchschoolteachers.wordpress.com/2017/07/28/back-pocket-ideas-for-creative-expression-in-lessons/">https://orthodoxchurchschoolteachers.wordpress.com/2017/07/28/back-pocket-ideas-for-creative-expression-in-lessons/</a>	<a href="#">O Arts and Crafts</a>	A good variety of crafts for creative expression.
4/12	F P E I MS	Arts and Crafts <a href="https://orthodoxchristianparenting.wordpress.com/2017/07/26/back-pocket-ideas-for-creative-children/">https://orthodoxchristianparenting.wordpress.com/2017/07/26/back-pocket-ideas-for-creative-children/</a>	<a href="#">Arts and Crafts</a>	Explore a variety of art styles together (yes, you too, mom or dad!) during this time at home.
4/12	F	Art Tutorials featuring the Cross <a href="https://orthodoxchurchschoolteachers.wordpress.com/2014/12/13/art-projects-for-sunday-church-school-paper/">https://orthodoxchurchschoolteachers.wordpress.com/2014/12/13/art-projects-for-sunday-church-school-paper/</a>	<a href="#">Art tutorial: Cross</a>	Here is a whole series of art tutorials, each featuring a cross (but could be used for anything). The first focuses on using paper as the main medium. At the end of the blog post there’s a link to the second; follow that link and then the next to find all of the tutorials.
4/12	F	Spring Activities <a href="https://orthodoxchristianparenting.wordpress.com/2019/05/22/a-handful-of-spring-memory-makers-for-families/">https://orthodoxchristianparenting.wordpress.com/2019/05/22/a-handful-of-spring-memory-makers-for-families/</a>	<a href="#">Spring Memory-makers</a>	Yay Spring!

4/12	F	Celebrate new life with these activities: <a href="https://orthodoxchristianparenting.wordpress.com/2015/04/23/on-celebrating-new-life-in-springtime/">https://orthodoxchristianparenting.wordpress.com/2015/04/23/on-celebrating-new-life-in-springtime/</a>	<a href="#">Celebrate New Life</a>	Yay Spring!
4/12	I	Books: <a href="https://orthodoxchristianparenting.wordpress.com/2016/10/19/bedtime-and-other-rituals-reading-books-together-part-3-books-to-read-with-older-children/">https://orthodoxchristianparenting.wordpress.com/2016/10/19/bedtime-and-other-rituals-reading-books-together-part-3-books-to-read-with-older-children/</a>	<a href="#">Bedtime rituals</a>	This is a wonderful season for reading. Here are some suggestions for great chapter books:
4/12	E I	Books We've Shared: Anthony the Great	<a href="#">Anthony the Great</a>	Here are a few of the Orthodox books that we've shared, as well as some learning ideas that could be used at home (even though the ideas were originally written for Sunday Church school classes):
4/12	E I	Books we've shared: Spyridon's Shoes. <a href="https://orthodoxchurchschoolteachers.wordpress.com/2019/05/10/gleanings-from-a-book-spyridon-s-shoes-by-christine-rogers/">https://orthodoxchurchschoolteachers.wordpress.com/2019/05/10/gleanings-from-a-book-spyridon-s-shoes-by-christine-rogers/</a>	<a href="#">Spyridon's Shoes</a>	
4/12	P E I	Books we've shared: "H is for Holy" <a href="https://orthodoxchurchschoolteachers.wordpress.com/2015/05/101/260/">https://orthodoxchurchschoolteachers.wordpress.com/2015/05/101/260/</a>	<a href="#">H is for Holy</a>	
4/12	F	Summer Activities <a href="https://orthodoxchristianparenting.wordpress.com/">https://orthodoxchristianparenting.wordpress.com/</a> Search also from postings on 2015/05/27, and 2017/06/28	<a href="#">Summer Fun</a>	
4/12	F	Learn about our Saints. Search "saints" at <a href="https://orthodoxchurchschoolteachers.wordpress.com">https://orthodoxchurchschoolteachers.wordpress.com</a>	<a href="#">Saints Search</a>	Learn more about the saints during this time! They have all been through great struggles and show us how to be faithful to God. Although these were written for teachers many of the ideas will work in a home setting, as well.
		<b>FAITH-BASED IDEAS</b>		
4/12	I, MS, HS+	"Be the Bee" videos <a href="https://www.ancientfaith.com/podcasts/bethebee">https://www.ancientfaith.com/podcasts/bethebee</a>	<a href="#">Be the Bee</a>	This is a great time for "Be the Bee" videos! Talk about them together as a family.
4/12	E, I, MS	Raising Orthodox Christians Blog <a href="https://raisingorthodoxchristians.com/">https://raisingorthodoxchristians.com/</a>	<a href="#">Raising Orthodox Christians</a>	Crafts, Ideas, and even some recipes here
4/12	F	AODCE Pinterest - <a href="https://www.pinterest.com/aodce/">https://www.pinterest.com/aodce/</a>	<a href="#">AO Pinterest</a>	Links to Christian and Faith-based crafts are shared regularly
4/12	F, P, E, I	Ancient Faith Publishing: Storytime with Zuko & Jane - <a href="https://www.facebook.com/ancientfaithpublishing">https://www.facebook.com/ancientfaithpublishing</a>	<a href="#">Zuko and Jane</a>	Every on Mon/Wed/Fri./Sun. author and editor, Jane G. Meyer sits down with her dog, Zuko, to read an Orthodox Faith-based children's book on Facebook LIVE
		<b>EBOOKS</b>		
4/12	F	Ancient Faith Publishing Ebooks - <a href="https://orthodoxchristianebooks.com/children-and-youth/">https://orthodoxchristianebooks.com/children-and-youth/</a>	<a href="#">Ebooks for Youth</a>	A number of ebooks covering a multitude of topics are available for purchase
		<b>PODCASTS AND VIDEOCASTS</b>		
4/12	F	Listen to Dr. Chrissi Hart read from Orthodox Children's books. <a href="https://www.ancientfaith.com/podcasts/grapevine">https://www.ancientfaith.com/podcasts/grapevine</a>	<a href="#">Dr. Chrissi Hart</a>	Many books are available.
4/12	HS YA A	Encouragement During the Corona Virus - <a href="https://www.ancientfaith.com/specials/encouragement_during_the_coronavirus_pandemic">https://www.ancientfaith.com/specials/encouragement_during_the_coronavirus_pandemic</a>	<a href="#">Specials on Covid-19</a>	A collection of podcasts addressing the religious and personal struggles we're all facing during the COVID-19 crisis.

5/21	F	"Comfort Food for Families" from the GOA Center for Family Care -	<a href="#">Comfort Food</a>	A daily posting during the pandemic. Five-minute reflections on various aspects of our faith.
		<b>FACEBOOK PAGES</b>		
4/12		AODCE - <a href="https://www.facebook.com/AODCE/">https://www.facebook.com/AODCE/</a>	<a href="#">AO Christian Ed</a>	The official Facebook for the Department of Christian Education. We share information, inspiration, and educational resources.
4/12		Orthodox Christian Church School Directors - <a href="https://www.facebook.com/OrthodoxChristianChurchSchoolDirectors/">https://www.facebook.com/OrthodoxChristianChurchSchoolDirectors/</a>	<a href="#">AO FB for CSDs</a>	The official page for Sunday Church School Directors. Educational resources, advice, and information specific to running the Church School programs are shared on this page.
4/12		Orthodox Christian Parenting - <a href="https://www.facebook.com/orthodoxchristianparenting/">https://www.facebook.com/orthodoxchristianparenting/</a> . Although the Facebook page is <i>not active at present</i> , archives can be accessed on the WordPress blog. See Orthodox Educational Websites, above.	<a href="#">Orthodox Parenting</a>	Games, activities, crafts, advice, resources and more!
4/12		Orthodox Christian Church School Teachers - <a href="https://www.facebook.com/orthodoxchristiansundaychurchschoolteachers/">https://www.facebook.com/orthodoxchristiansundaychurchschoolteachers/</a> Although the Facebook page is not active at present, archives can be accessed on the WordPress blog. See Orthodox Educational	<a href="#">Orthodox Teachers</a>	Ideas, Inspiration, and Instruction for Teachers
4/12		Orthodox COVID19 Response Network - <a href="https://www.facebook.com/groups/OrthodoxChristianCOVID19ResponseNetwork/">https://www.facebook.com/groups/OrthodoxChristianCOVID19ResponseNetwork/</a>	<a href="#">Orthodox Response</a>	
4/12		Orthodox Christian Religious Educators - <a href="https://www.facebook.com/groups/108487055285/">https://www.facebook.com/groups/108487055285/</a>	<a href="#">Orthodox Educators</a>	The page is maintained by the Greek Orthodox Department of Religious Education
4/12		GOA Center for Family Care - <a href="https://www.facebook.com/centerforfamilycare/">https://www.facebook.com/centerforfamilycare/</a>	<a href="#">GO Family FB page</a>	The Center for Family Care offers resources and guidance to strengthen families.
4/12		GOA Department of Religious Education - <a href="https://www.facebook.com/GOADRE/">https://www.facebook.com/GOADRE/</a>	<a href="#">GOA DRE</a>	
4/12		GOA Orthodox Christian Youth and Young Adult Ministry - <a href="https://www.facebook.com/Y2AM.official/">https://www.facebook.com/Y2AM.official/</a>	<a href="#">Y2AM</a>	
		<b>MISCELLANEOUS RESOURCES</b>		
4/12	F, P, E, I	Ancient Faith Publishing: Storytime with Zuko & Jane - <a href="https://www.facebook.com/ancientfaithpublishing">https://www.facebook.com/ancientfaithpublishing</a>	<a href="#">Zuko and Jane</a>	Every on Mon/Wed/Fri./Sun. author and editor, Jane G. Meyer sits down with her dog, Zuko, to read an Orthodox Faith-based children's book on Facebook LIVE
4/12	F	OCA Resources on Coronavirus - <a href="https://www.oca.org/resources-coronavirus">https://www.oca.org/resources-coronavirus</a>	<a href="#">OCA Resources</a>	A collection of statements and resources from the Holy Synod and the Diocese
4/12	F	Kristina Tartara: Homeschooling During the COVID Crisis. Resource for Parents - <a href="https://www.kristinatartara.com/post/homeschooling-during-the-covid-quarantine">https://www.kristinatartara.com/post/homeschooling-during-the-covid-quarantine</a>	<a href="#">How to do School at Home</a>	Kristina Tartara is a children's book illustrator and blogger with great tips on setting up a homeschool schedule while your children transition from the classroom to the dining room for the rest of the school year.
4/12	MS	8 Keys of Excellence Definitions - <a href="https://www.8keys.org/8keys_defined.aspx">https://www.8keys.org/8keys_defined.aspx</a>	<a href="#">8 Keys</a>	A short learning opportunity for kids to explore the 8 Keys of Excellence: Integrity, Failure Leads to Success, Speak with Good Purpose, Make the Most of Every Moment, Commitment, Ownership, Flexibility, and Balance.

4/12	P, E, I, MS	Kennedy Center: Lunch Doodles with Mo Willems - <a href="https://www.kennedy-center.org/education/mo-willems">https://www.kennedy-center.org/education/mo-willems</a>	<a href="#">Lunch Doodles</a>	A video series in which Kennedy Center Artist-in-Residence, Mo Willems leads a doodle class!
4/12	F	Virtual Safari at the Cincinnati Zoo - <a href="https://www.facebook.com/cincinnati-zoo/">https://www.facebook.com/cincinnati-zoo/</a>	<a href="#">God's Amazing Animals</a>	Roadtrip! Go see the animals at the Cincinnati Zoo with this virtual tour!
4/12	P, E, I, MS	50 Fun Things to Do at Home with Kids <a href="https://www.kcedventures.com/blog/50-fun-things-to-do-at-home-with-kids">https://www.kcedventures.com/blog/50-fun-things-to-do-at-home-with-kids</a>	<a href="#">Enjoy God's Creation</a>	A collection of fun, indoor and outdoor activities for kids.