

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

This resource table primarily contains faith-based ideas and links, with a focus on resources to involve children in family prayer time. **NOTE:** A second table, "Resources for Teaching our Young People at Home" is available from the Antiochian Archdiocese Department of Homeschooling, and St. Emmelia Ministries, Orthodox Christian Homeschooling. The listing is extensive and contains both lessons and resources. <https://www.saintemmelia.com/info-sheets>.

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

Post	Ages	Resource Name, Link, Feature	Link	Description
		VIRTUAL SUNDAY SCHOOL		
4/10	F P E	Tending the Garden of our Hearts has concluded Virtual Sunday School; however, Elissa and Kristina have created Virtual Vacation Church Camp Kit available June 30th. Website: https://tending-the-garden.com .	Tending	The camp's theme is Prayer, and the kit is recommended for use with the beautiful book, A Child's Guide to Prayer 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" The Antiochian Gospel Program by Timm and Kristina Wenger Antiochian Orthodox Department of Christian Education. https://ww1.antiochian.org/christianeducation/letusattend/ . Features: Readers Theatre, simple format, discussion questions.	Gospel Program	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, https://www.myocn.org/orthodox-christian-childrens-newsletter/ Features: Simple format, stories.	Children's Bulletin	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.
		FAMILY WORSHIP AND PRAYER RESOURCES 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 https://www.orthodoxmotherhood.com/?s=Family+prayer	Several guides	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 https://www.drawneardesigns.com/blog . Scroll to 10/23/18.	Teaching Prayer	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	Printable	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" Scripture to post	Printable	Might be useful these days.

4/12	F	Trisagion Prayers	Printable	These prayers are also called, "The beginning prayers," as they begin our prayers and services.
4/12	F	The Nicene Creed	Printable	Have older children share in leading.
4/12	F	Prayer of St. Ephraim	Printable	Say together or have children take parts.
5/21	F	(A Little) Prayer Before You Sleep from the OSB Evening Prayers.	Printable	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	Printable	Personal intentions can be added at the end; children can participate.
5/21	F	Evening Prayers from the Antiochian Pocket Prayer Book	Printable	Personal intentions can be added at the end; children can participate.
5/29	F	Scripture Cards for Family Prayer Set 2	Printable	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	Printable	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	SKY DAY PROJECT!	Printable	A NEW PROJECT FOR THE SUMMER!!! 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	Printable	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	Printable	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 ...	Printable	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. "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	Printable	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.
ORTHODOX EDUCATIONAL WEBSITES				
6/1	A	Orthodox Christian Church School Teachers Fb page is not active at this time; however, the archives can be accessed.	O Christian Teachers	Education, Ideas, Inspiration, and Instruction for Teachers
6/1	A	Orthodox Christian Parenting Fb page is not active at this time; however, the archives can be accessed.	O Christian Parenting	Ideas, book reviews, topical segments

4/12	HS YA	<p>"When You're Stuck at Home" by the Youth and Young Adult Ministry of the Greek Orthodox Archdiocese, with pan-Orthodox collaboration. https://www.y2am.org/athome</p> <p>Feature: A daily schedule to follow. Opportunities for teens to interact.</p>	<u>Stuck at Home</u>	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	<p>"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 https://www.facebook.com/antiochianmissions/</p>	<u>Don't Stop Believing</u>	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. Feature: Relating Divine Liturgy to life. Guest spots. Illustrations via slides. The site no longer offers live sessions but has all ten sessions available .
4/12	E, I	<p>Orthodox ABC https://orthodoxabc.com/</p> <p>Feature: Several lesson plans.</p>	<u>O abc</u>	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	<p>Orthodox Pebbles: Crafts, Activities, Teaching Resources https://orthodoxpebbles.com/. Videos at https://www.youtube.com/playlist?list=PL7SaKFFdY-O88dXr6a5Zl6n-ukD2uOy__</p> <p>Feature: Lessons with crafts and printables, videos.</p>	<u>O Pebbles</u>	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	<p>OCF At Home - https://www.ocf.net/ocf-at-home/</p>	<u>OCF</u>	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.
		<p>FAITH-BASED IDEAS from the archives of the blogs: Orthodox Christian Parenting and Orthodox Christian Church School Teachers</p>		By Kristina Wenger, Staff Assistant for Social Networking, Antiochian Orthodox Department of Christian Education
4/12	F	<p>Random Acts of Kindness, https://orthodoxchristianparenting.wordpress.com/2014/02/12/try-a-little-kindness/</p>	<u>Acts of Kindness</u>	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	<p>Help Others in Time of Need https://orthodoxchristianparenting.wordpress.com/2017/07/05/on-finding-a-way-to-help-even-on-a-limited-budget/</p>	<u>Help Others</u>	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	<p>The Godfulness Jar https://orthodoxchristianparenting.wordpress.com/2019/07/17/on-creating-and-using-a-godfulness-jar/</p>	<u>Godfulness Jar</u>	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	<p>Learn and meditate on Scripture https://orthodoxchristianparenting.wordpress.com/2016/02/03/on-learning-the-scriptures-by-creating-a-scripture-journal/</p>	<u>Scripture Journal</u>	Work on learning the scriptures together by scripture journaling. Here are a few ideas.

4/12	PEIMS	Orthodox Arts and Crafts https://orthodoxchurchschoolteachers.wordpress.com/2017/07/28/back-pocket-ideas-for-creative-expression-in-lessons/	O Arts and Crafts	A good variety of crafts for creative expression.
4/12	FPEIMS	Arts and Crafts https://orthodoxchristianparenting.wordpress.com/2017/07/26/back-pocket-ideas-for-creative-children/	Arts and Crafts	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 https://orthodoxchurchschoolteachers.wordpress.com/2014/12/13/art-projects-for-sunday-church-school-paper/	Art tutorial: Cross	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 https://orthodoxchristianparenting.wordpress.com/2019/05/22/a-handful-of-spring-memory-makers-for-families/	Spring Memory-makers	Yay Spring!
4/12	F	Celebrate new life with these activities: https://orthodoxchristianparenting.wordpress.com/2015/04/23/on-celebrating-new-life-in-springtime/	Celebrate New Life	Yay Spring!
4/12	I	Books for older children: https://orthodoxchristianparenting.wordpress.com/2016/10/19/bedtime-and-other-rituals-reading-books-together-part-3-books-to-read-with-older-children/	Bedtime rituals	This is a wonderful season for reading. Here are some suggestions for great chapter books:
4/12	EI	Books We've Shared: Anthony the Great	Anthony the Great	Here are a few of the Orthodox books that we've shared, as well as some learning ideas that could be used at home
4/12	EI	Books we've shared: Spyridon's Shoes. https://orthodoxchurchschoolteachers.wordpress.com/2019/05/10/gleanings-from-a-book-spyridon-s-shoes-by-christine-rogers/	Spyridon's Shoes	
4/12	PEI	Books we've shared: "H is for Holy" https://orthodoxchurchschoolteachers.wordpress.com/2015/05/101/260/	H is for Holy	
4/12	F	Summer Activities https://orthodoxchristianparenting.wordpress.com/	Summer Fun	Search also for postings on 2015/05/27, and 2017/06/28
4/12	F	Learn about our Saints. Search "saints" at https://orthodoxchurchschoolteachers.wordpress.com	Saints Search	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.
		FAITH-BASED IDEAS		
4/12	I, MS, HS+	"Be the Bee" videos https://www.ancientfaith.com/podcasts/bethebee	Be the Bee	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 https://raisingorthodoxchristians.com/	Raising Orthodox Christians	Crafts, Ideas, and even some recipes here
4/12	F	AODCE Pinterest - https://www.pinterest.com/aodce/	AO Pinterest	Links to Christian and Faith-based crafts are shared regularly
4/12	F, P, E, I	Ancient Faith Publishing: Storytime with Zuko & Jane - https://www.facebook.com/ancientfaithpublishing	Zuko and Jane	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
EBOOKS				
4/12	F	Ancient Faith Publishing Ebooks - https://orthodoxchristianebooks.com/children-and-youth/	Ebooks for Youth	A number of ebooks covering a multitude of topics are available for purchase
PODCASTS AND VIDEOCASTS				
6/10	A	Many great podcasts are available at Ancient Faith Radio. https://www.ancientfaith.com/podcasts/	AFR Podcasts	Also check out podcasts at the GOA site https://www.myocn.org
4/12	F	Listen to Dr. Chrissi Hart read from Orthodox Children's books. https://www.ancientfaith.com/podcasts/grapevine	Dr. Chrissi Hart	Many books are available.
4/12	HS YA A	Encouragement During the Crisis https://www.ancientfaith.com/specials/encouragement_during_the_coronavirus_pandemic	Specials on Covid-19	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 -	Comfort Food	A daily posting during the pandemic. Five-minute reflections on various aspects of our faith.
FACEBOOK PAGES				
4/12		AODCE - https://www.facebook.com/AODCE/	AO Christian Ed	The official Facebook for the Department of Christian Education. We share information, inspiration, and educational resources.
4/12		Orthodox Christian Church School Directors - https://www.facebook.com/OrthodoxChristianChurchSchoolDirectors/	AO FB for CSDs	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 - https://www.facebook.com/orthodoxchristianparenting/ .	Orthodox Parenting	Games, activities, crafts, advice, resources and more! Although the Facebook page is not active at present , archives can be accessed on the WordPress blog. See Orthodox Educational Websites, above.
4/12		Orthodox Christian Church School Teachers - https://www.facebook.com/orthodoxchristiansundaychurchschoolteachers/	Orthodox Teachers	Ideas, Inspiration, and Instruction for Teachers; Although the Facebook page is not active at present, archives can be accessed on the WordPress blog. See Orthodox Educational Websites, above.
4/12		Orthodox COVID19 Response Network - https://www.facebook.com/groups/OrthodoxChristianCOVID19ResponseNetwork/	Orthodox Response	

4/12		Orthodox Christian Religious Educators - https://www.facebook.com/groups/10848705285/	Orthodox Educators	The page is maintained by the Greek Orthodox Department of Religious Education
4/12		GOA Center for Family Care - https://www.facebook.com/centerforfamilycare/	GO Family FB page	The Center for Family Care offers resources and guidance to strengthen families.
4/12		GOA Department of Religious Education - https://www.facebook.com/GOADRE/	GOA DRE	
4/12		GOA Orthodox Christian Youth and Young Adult Ministry - https://www.facebook.com/Y2AM.official/	Y2AM	
MISCELLANEOUS RESOURCES				
4/12	F	OCA Resources on Coronavirus - https://www.oca.org/resources-coronavirus	OCA Resources	A collection of statements and resources from the Holy Synod and the Diocese
4/12	F	Homeschooling During the Crisis https://www.kristinatartara.com/post/homeschooling-during-the-covid-quarantine	How to do School at Home	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 - https://www.8keys.org/8keys_defined.aspx	8 Keys	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 - https://www.kennedy-center.org/education/mo-willems	Lunch Doodles	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 - https://www.facebook.com/cincinnati-zoo/	God's Amazing Animals	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 https://www.kcedventures.com/blog/50-fun-things-to-do-at-home-with-kids	Enjoy God's Creation	A collection of fun, indoor and outdoor activities for kids.