A Guide for Chemo Pal Families // Staying Connected

Activities you can enjoy at home:

Get Moving:

- Tune-in, dance along, and request your favorite songs during CCA’s Facebook Live Concerts! Join our MyMusicRx Specialists on CCA’s MyMusicRx Facebook channel every Tuesday at 10 am and Thursday at 3 pm. First session is this Thursday, March 26, at 3 pm!
- Practice yoga, mindfulness, and relaxation in a fun way with Cosmic Kids Yoga.
- Learn how to do magic through magic lesson tutorials at Magic Tricks for Kids and have your child perform what they learned.
- Start a 30-Day Lego challenge with this printable calendar.
- Get up and start dancing with GoNoodle’s educational and interactive dance videos for kids.
- Check out these kid friendly recipes and cook meals at home together!
- Here is an article with 20 great ways to keep kids busy without screen time.

Learn:

- Learn a new instrument or watch an online music lesson at MyMusicRx.org.
- Receive a free one-year subscription to Vooks, an online streaming library of ad-free, kid-safe, animated read-aloud storybooks by going to www.vooks.com/cca and entering code cca2019
- Listen to free audible storybooks directed specifically for kids.
- Find media and educational content streaming through Multnomah County Libraries.
- Listen and watch celebrated actors read children’s books at Story Line.
- Do Lunchtime Doodles with children’s author, Mo Willems. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making art together.
- Learn what it takes to run a farm and meet farm animals in these virtual video tours for kids of various age ranges.
- Listen to But Why: A Podcast For Curious Kids. They answer questions asked by kids and explain why things are the way they are.
- Check out this NPR Story/Comic to help children understand the Coronavirus.

Explore:

- Tune in to ROCO Houston’s full orchestra concerts each week during their livestream, starting 3/26 and every Sunday at 2pm CST.
• Watch the animals at the San Diego Zoo with live cam options of koalas, polar bears, tigers, and more!
• Go behind the scenes at the Oregon Zoo as animal-care staff visit different animals each week.
• Watch sea otters, sharks, and jellies of the Monterey Bay Aquarium. With 10 live cams to choose from, you can experience the wonder of the ocean no matter where you are.
• Access Mars from home!
• Follow Rangers as they explore and take you to see some of the world’s most hidden National Parks.
• You don’t have to book a ticket to Paris to check out some of the famous pieces in the world’s largest art museum. The Louvre has free online tours of three famous exhibits, including Egyptian Antiquities.
• Take a 3D tour of the Smithsonian National Museum of Natural History’s current and permanent exhibits.

Family Resources:
• Please check out CCA’s resource pages at Kids’ Cancer Pages and local Family Support Pages for hundreds of resources and information that might be helpful to you.
• For any further resource questions check out 211 Info. If you have specific resource needs you can call, text, chat, or search on their website.
• Here is a list of Public Schools offering free breakfast and lunch.
• Lyft is offering free rides to medical appointments through LyftUp. They plan to donate tens of thousands of rides to those with essential transportation needs — especially for families and children, low-income seniors, doctors, and nurses.
• Please remember that you can always reach out to your medical social worker for any questions regarding resources for your family.