

# Stuck at home? Here are some resources to help

We've gathered some resources from around the internet to help you out. Check them out for general news, ideas on homeschooling, activities to keep kids occupied, or just some encouraging words for your sanity!

[Curriculum resources from OSV](#)

[30-day free trial from Catholic Brain](#)

[Free downloads from Teaching Catholic Kids](#)

[A comprehensive list of changes to Mass Schedules or Obligation in U.S. dioceses](#)

[Spiritual Communion](#)

[Dealing with anxiety](#)

The Messy Family Project

- [Special podcast](#)
- [Sunday download](#)
- [Keep Sunday a holy day](#)

[A list of free educational opportunities during coronavirus](#)

[Catholic All Year](#): Kendra Tierney offers some advice based on years of experience homeschooling her kids.

[In Honor of Design](#): Some stress relieving activities to do with your kids.

Catholic Icing: [Homeschooling tips](#) and [Activities and crafts](#).

Holy Heroes: [Sunday Mass prep kit](#)

[Catholic Commons](#): A new podcast from Lauren Montgomery. Check

it out and follow her on [Instagram](#).

[CatholicMom.com](#): Hope not fear from Mary Lou Rosien.

[101 things to do](#)

[Some really neat Catholic activities!](#)

[Magnificat is offering free access.](#)

[Shower of Roses](#): A prayer for epidemics

Also this printable prayer card [here](#).

Have a resource to share? Let me know by emailing [teachingcatholickids@osv.com](mailto:teachingcatholickids@osv.com) and I'll add them to this list.