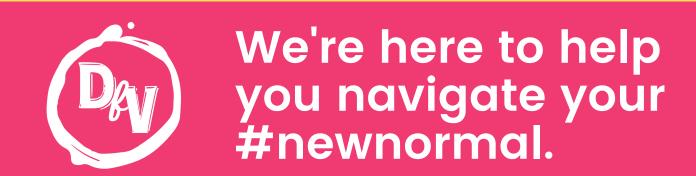
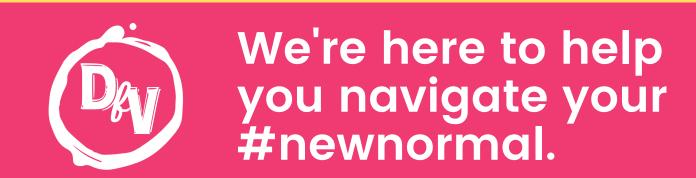
Health & Safety	
How to clean during a Pandemic	1
Wear a mask	2
How to make a mask	3
Mental Health	
How to de-stress during a pandemic	4
Tips for dealing with uncertainty	5
CDC's guide for coping	6
NAMI COVID-19 resource guide	7
Kidscreen COVID-19 mental health guide	8
Ways to soften loneliness	9
Being isolated with a mental illness	10
Protecting yourself from fear	11
Parenting	
How to talk to your kids about COVID-19	12
Talk to, play with, and teach your child from home	13
A comic for explaining COVID-19	14
Parent/Caregiver's guide to COVID-19	15
Working at home with kids	16
Will everyone be okay?	17
Steps to ease kids' fears about COVID-19	18
"Quarantine Pup" a story to read to kids	19
Helping kids learn from home	20
Help kids manage stress	21



Mindfulness	
Cosmic Kids Yoga	22
10-minute meditations through Calm	23
Calm's "Daily Gratidute" journal	24
Ways to help your community	25
Free meditation training from the Healthy Minds Program	26
How to turn your home into a healing space	27
Use music to help you meditate	28
How to start journaling when everything feels uncertain	29
Get Moving - free online workout classes	
Shape's list of free online workout class hosts	30
Les Mills	31
Orange Theory	32
Orange Theory	52
Education	
Explore the galleries of the Museum of Natural History	33
Music Education resources from Classical 100	34
Resources for teachers	35
Dyson's fun challenges for kids	36
Resources for Veterans and Caregivers	
Lift & Shift Foundation	37
Wounded Warrior Project	38
The Elizabeth Dole Foundation Hidden Heroes project	39



Creativity & Culture	
Online music with Laura Benanti	40
Learn to Animate for free with Toon Boom	41
Doodle online with Kennedy Ctr Artist-in-Residence Mo Willems	42
30 virtual field trips your kids can take while sheltering in place	43
#ColorourCollections is offering free coloring sheets and books	44
Visit the Society of Illustrators online	45
Check out the Mattel Playroom	46
See live streams and virtual concerts from home	47
Take online classes at Hogwarts!	48
Explore LEGO's Architecture Sets	49
Cope with change by playing	50
Disney animators are offering free illustration lessons online	51
Connecting	
Use the NetflixParty/TeleParty Chrome extension	52
Have Oprah, Betty White, and more read to your kids on YouTube	53
Host an online karaoke party	54
How to host a virtual game night	55
How to connect with your friends and family while staying home	56
More game night ideas	57
How to have deeper more intimate conversations	58



Health & Safety

https://www.marthastewart.com/7752552/how-clean-kitchen-groceries-coronavirus-covid-19?

utm_source=twitter.com&utm_medium=social&utm_campaign=social-share-article

https://medium.com/the-atlantic/the-real-reason-to-wear-a-mask-e6405abbc484

https://www.goinvo.com/vision/coronavirus/

3

Mental Health

https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus

https://facultyfactory.org/podcast/#episode61

https://emergency.cdc.gov/coping/selfcare.asp

https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide

https://kidscreen.com/2020/04/06/resources-to-help-you-cope-with-covid-19/#.Xo4toJDIYI8.twitter

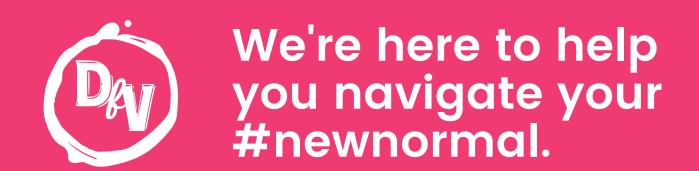
https://www.calm.com/blog/4-ways-to-soften-loneliness

https://www.nami.org/Blogs/NAMI-Blog/April-2020/Being-Socially-Isolated-with-Mental-Illness-A-Perspective-for-Loved-Ones?utm_source=naminow&utm_medium=email&utm_campaign=naminow

https://ideas.ted.com/fear-is-contagious-heres-a-simple-way-to-protect-yourself-against-it/

Parenting

https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html 12 https://medschool.cuanschutz.edu/psychiatry/covid-19-support/resources-for-kids-parents 13 https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploringthe-new-coronavirus 14 https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-15 coronavirus-disease-2019 16 https://theeducatorsspinonit.com/working-at-home-with-kids/? fbclid=IwAR3YZCegqkaT0zFMeSLhAbHUpod_kn6Q0q3hSaQHnDNuTomobOt2DeYa9No **17** https://www.drawnfromvalor.org/post/dfv-thinks-will-everyone-be-ok 18 https://blog.cincinnatichildrens.org/steps-to-help-ease-kids-fears-and-anxieties-about-covid-19 https://www.yumpu.com/en/document/view/63261357/quarantine-pup 19 https://www.psychologytoday.com/us/blog/the-pursuit-peace/202004/successful-learning-home 20 https://www.pbs.org/parents/thrive/kids-regressing-help-them-cope-with-stress-duringcoronavirus 21



Mindfulness

https://www.youtube.com/user/CosmicKidsYoga?	22
fbclid=lwAR01RYYDiuwDoB4nM9iV3hN6gRQFTfRRTIJkUUER1qX7_7ADrWrBD2dYoZI&app=desktop	23
https://www.youtube.com/c/calm/playlists	24
https://www.calm.com/blog/daily-gratitude-journal	24
https://www.mindbodygreen.com/articles/what-you-can-do-to-help-your-community-amid-covid-	25
19-outbreak	26
https://hminnovations.org/meditation-app	27
https://integrativemedicine.arizona.edu/COVID19/sheltering_in_place.html	
https://www.calm.com/blog/listen-deeply-to-music-and-it-becomes-your-meditation	28
https://advice.theshineapp.com/articles/a-journaling-exercise-for-when-everything-feels-uncertain/	29

Get Moving - free online workout classes

https://www.shape.com/fitness/trends/free-online-workouts-coronavirus?	30
utm_source=twitter.com&utm_medium=social&utm_campaign=social-share-gallery	31
https://watch.lesmillsondemand.com/at-home-workouts/season:1	31
https://www.youtube.com/channel/UC2mPx7FrMwWJ1utQEOX9z9w	32

Education

https://naturalhistory.si.edu/visit/virtual-tour	33
https://www.classicfm.com/classical-100/abrsm-music-education-resource-free-lockdown/	
https://www.boclips.com/global-public-health?utm_campaign=COVID-	34
19%20Response&utm_content=129029750&utm_medium=social&utm_source=twitter&hss_	35
channel=tw-1226927182758469634	
https://www.jamesdysonfoundation.com/resources/challenge-cards.html	36

Resources for Veterans and Caregivers

https://www.weliftandshift.org/resources/covid/index.ht	37
https://www.woundedwarriorproject.org/ready-to-serve	38
https://hiddenheroes.org/coronavirus/	39



Creativity & Culture

nttps://twitter.com/LauraBenanti/status/1238540113795309569?s=20	40
https://www.toonboom.com/covid19?fbclid=IwAR1hKDP5E8b4RnUx_wCTpCh9D8Tnw9P0U-	41
DeGxj4xa3soGUICcfffj0aCZs	
https://www.kennedy-center.org/education/mo-willems/	42
https://theeducatorsspinonit.com/virtual-field-trips-for-kids/?fbclid=lwAR1pCsmGDoBlz-	43
j6uxNHNB9b5MWarDFr6lpcauvxaQqmuDZPon1BsCAK0CU	
https://library.nyam.org/colorourcollections/	44
https://societyillustrators.org/	45
https://www.mattel.com/en-us/playroom	
https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-	46
online-streams	47
https://www.housebeautiful.com/lifestyle/a32080806/hogwarts-free-online-classes/	Λ
https://www.thediscoverer.com/blog/legos-architecture-sets-are-a-fun-way-to-explore-the-world-	48
from-home/XvHyVpKgiwAG5a1p	49
https://www.legofoundation.com/en/learn-how/blog/play-to-cope-with-change/	50
https://disneyparks.disney.go.com/blog/2020/03/draw-mickey-mouse-at-home-with-a-disney-	
parks-artist/	51

Connecting

https://www.netflixparty.com/	52
https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJIFz1Q	53
https://www.singsnap.com/#/login	33
https://www.marthastewart.com/7735817/how-host-virtual-game-night	54
https://www.cnet.com/news/socializing-while-social-distancing-tech-can-help-you-get-creative/#ftag=COS-	55
05-10aaa0j	33
https://www.npr.org/sections/coronavirus-live-updates/2020/03/27/822518136/keep-your-game-night-	56
rolling-at-a-safe-distance-with-these-3-online-services?	
utm_campaign=storyshare&utm_source=twitter.com&utm_medium=social	57
https://www.psychologytoday.com/us/blog/fixing-families/202005/how-have-deeper-more-intimate-	58
convergations	JO

