Immediate Assistance

Crisis, Support, LGBTQ:

YouthLine: Call (877.968.8491)

Text: teen2teen to (839863)

The Trevor Project: Call (866-488-7386)

Text: START to (678678)

Drugs and Alcohol Education, Treatment and Referral National Drug Helpline: Call

(844-289-0879)

Physical and Mental Health Resources:

California Youth Crisis Line (800-843-5200)

Contra Costa Crisis Center (800-833-2900)

Peer help: Teenlineonline.org

Teen Line National Runaway Switchboard (800-786-2929)

Child Protective Services (to report child abuse/neglect) (925-646-1680)

Parental Stress Service (800-829-3777)

Homeless Hotline (800-808-6444)

Family Schedule

https://docs.google.com/document/d/1I1o3_5sCQ7QLESMOa5SXM7RkQfLD6L7Wyn0dlKaa3UM/edit?usp=sharing

MEAL Programs

https://www.cccoe.k12.ca.us/news/spotlight/information_about_coronavirus/school_district_closures_meal_plan_information

Community Resources

211- https://cccc.myresourcedirectory.com/ Monument Crisis Center La Clinica De La Raza Food Bank

Internet

Comcast has made their Xfinity WiFi hotspots across the country available to anyone who needs them for free – including non-Xfinity Internet subscribers. As this is one of the most widely deployed nationwide WiFi networks, you may have access available right from your home. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, select the "xfinitywifi" network name in the list of available hotspots, and launch a browser.

Free Learning Tools

https://ed.ted.com/daily_newsletter

http://amazingeducationalresources.com/

https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

KEEP LEARNING AT HOME

Free Online Resources

| pbskids.org | play.prodigygame.com |
|--|----------------------|
| www.starfall.com | www.khanacademy.org |
| kids.nationalgeographic.com | www.typingclub.com |
| ABCmouse.com/redeem Use code: SCHOOL2568 | www.squigglepark.com |
| scholastic.com/learnathome | mysterydoug.com |

www.funinfirst.com

Self Care

Online Self-Care Resources

Taking care of your mental health in the face of uncertainty

Go Zen - A website for fun Social-Emotional Learning

Calm App (Calm.com)

Headspace: Mini Meditation YouTube Video

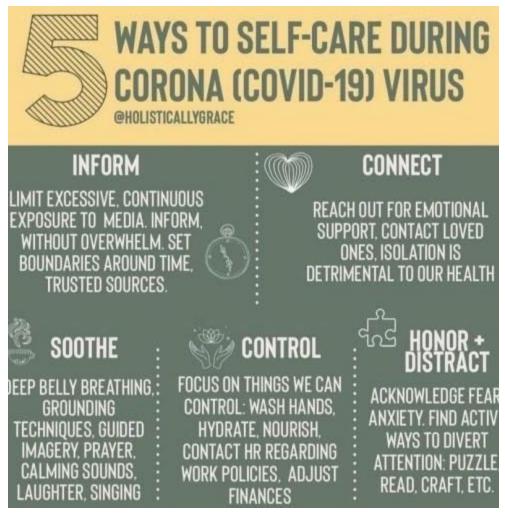
Calmer You Free Podcasts to address worry and anxiety

<u>Digital Compass</u> Play a game to learn about Digital Citizenship and how to protect your digital footprint online.

<u>Grounding</u> - 5, 4, 3, 2, 1 grounding is a calming technique that helps you focus on the present by using your five senses and to notice and focus on things currently around you.

Center Yourself When Things Get Overwhelming By Practicing Mindfulness Techniques

THE BIG LIST OF SELF-CARE ACTIVITIES



Facts about Coronavirus:

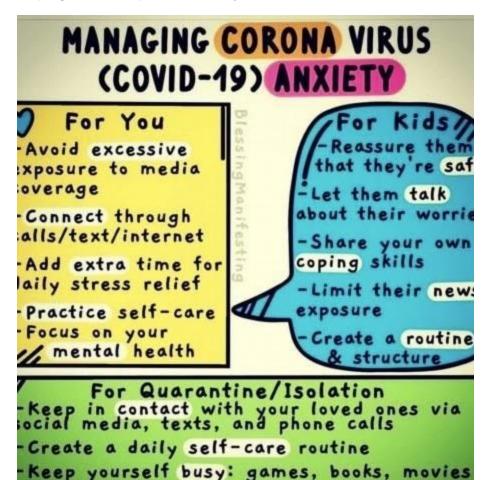
Brain Pop: Cartoon video explaining Coronavirus

NPR Just For Kids: Audio and Comic for Kids explaining Coronavirus

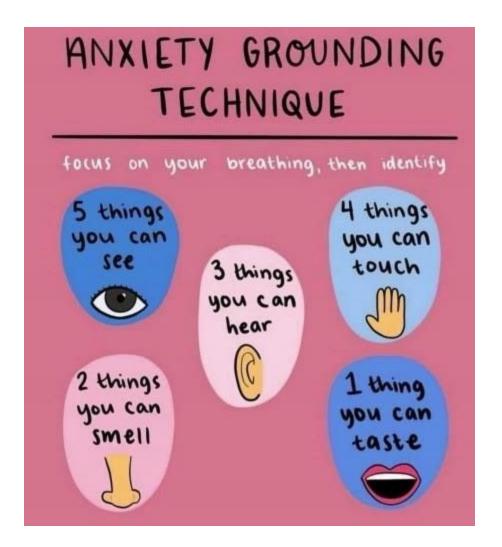
Coronavirus Anxiety: Four ways to cope with fear (PsychCentral)

Care for your Coronavirus Anxiety

Helping Teens Cope with Anxiety About COVID-19



Focus on new relaxation techniques



Learn Something New From a Podcast! (Click the hyperlink!)

- For Science Lovers: RadioLab or Science Friday
- For History Buffs: Forever Ago
- For Biographies: Goodnight Stories for Rebel Girls
- For Storytelling: This American Life, The Moth Podcast

Learn to Code! Click <u>Here</u> for Apps, Websites, & More!

Want an Even BIGGER Challenge? <u>Here's</u> a link to 450 FREE college courses from 8 Ivy League Colleges!

Practice for the **SAT**

Join 30 Days of Kindness.

Take a virtual college tour!

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their websites.
- Look at their majors...do they have what you are interested in?
- What are the costs?
- Any scholarship opportunities?
- This website has actual virtual tours: https://www.youvisit.com/collegesearch/
- Use this website to estimate the cost of college: <u>Cost of Attendance and</u>
 <u>Comparison Tool</u>

Get Active! Go for a Walk or Run YouTube JustDance or other workout videos Practice Yoga using YouTube video

Take a virtual field trip!

- View art: Paris Musee Collections and The Rijksmuseum in Amsterdam
- Go to the theater: 15 Broadway Plays and Musicals you can watch at home
- Experience Opera: The Metropolitan Opera
- Experience symphonic music: Seattle Symphony
- Visit museums around the world: <u>Travel & Leisure's List of Museums with</u>

 Virtual Tours
- Go to the Zoo or Aquarium: <u>The San Diego Zoo, Atlanta Zoo</u>, or <u>Houston</u> Zoo
- Go to the Aguarium: Monterey Bay Aguarium, or Georgia Aguarium

Explore Naviance

Naviance Login

How Can I Use It?

Career Exploration

- Learning Style Inventory
- ► Interest Inventory
- Personality Inventory

College Preparation

- ▶ College Search
- Application Process
- ▶ College Major Exploration
- Scholarship & Financial Aid Resources

Success Planning

- Personalized Goals & Tasks
- Student Planner
- Resumé Building





