

# 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](https://www.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\\_5sCQ7QLESMOa5SXM7RkQfLD6L7Wyn0dIKaa3UM/edit?usp=sharing](https://docs.google.com/document/d/1I1o3_5sCQ7QLESMOa5SXM7RkQfLD6L7Wyn0dIKaa3UM/edit?usp=sharing)

## MEAL Programs

[https://www.cccoe.k12.ca.us/news/spotlight/information\\_about\\_coronavirus/school\\_district\\_closures\\_meal\\_plan\\_information](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](http://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](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

 <a href="https://pbskids.org">pbskids.org</a>	 <a href="https://play.prodigygame.com">play.prodigygame.com</a>
 <a href="https://www.starfall.com">www.starfall.com</a>	 <a href="https://www.khanacademy.org">www.khanacademy.org</a>
 <a href="https://kids.nationalgeographic.com">kids.nationalgeographic.com</a>	 <a href="https://www.typingclub.com">www.typingclub.com</a>
 <a href="https://www.abcmouse.com/redeem">ABCMouse.com/redeem</a> Use code: SCHOOL2568	 <a href="https://www.squigglepark.com">www.squigglepark.com</a>
 <a href="https://scholastic.com/learnathome">scholastic.com/learnathome</a>	 <a href="https://mysterydoug.com">mysterydoug.com</a>

www.funfirst.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

[Digital Compass](#) Play a game to learn about Digital Citizenship and how to protect your digital footprint online.

[Grounding](#) - 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](#)

[Expert Offers Practical Advice to Manage Your Coronavirus Anxiety](#)

[Helping Teens Cope with Anxiety About COVID-19](#)

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

*BlessingManifesting*

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

# ANXIETY GROUNDING TECHNIQUE

---

focus on your breathing, then identify

5 things  
you can  
see



4 things  
you can  
touch



3 things  
you can  
hear



2 things  
you can  
smell



1 thing  
you can  
taste



**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 [Here](#) for Apps, Websites, & More!

Want an Even BIGGER Challenge? [Here's](#) 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: [Cost of Attendance and Comparison Tool](#)

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: [Travel & Leisure's List of Museums with Virtual Tours](#)
- Go to the Zoo or Aquarium: [The San Diego Zoo](#), [Atlanta Zoo](#) , or [Houston Zoo](#)
- Go to the Aquarium: [Monterey Bay Aquarium](#), or [Georgia Aquarium](#)

## **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

