

## Adolescents/young adults

### Websites

[www.teencentral.com](http://www.teencentral.com) Mental health resources and adolescents can anonymously write in questions and be answered by trained counselors 24/7  
<https://wait21.org/> Substance use resources and education for teens  
<https://itgetsbetter.org/> Uplifting stories for LGBTQ youth  
<https://www.thetrevorproject.org/> Support website for LGBTQ \*\*also have phone, text and chat options for youth\*\*

### Apps:

Breathe2Relax- teaches breathing techniques to manage stress  
Calm- mindfulness and meditation  
Calm Harm- helps manage urges to self-harm  
Clear Fear- helps to manage anxiety  
FitOn- free fitness and workout plans  
MY3- crisis support app with contacts and a safety plan  
NotOk- crisis support

## Younger children

**Handwashing Video for Kids:** [Teaching handwashing to kids](#) - simple song with instructions on thorough hand washing

### Mindfulness:

- YouTube: [Cosmic kids yoga](#) - "Owl and guard dog" anxiety discussion is linked here. Channel has lots of kids yoga videos that link to popular movies or kid friendly themes. Meditation skill building.
- YouTube: [Alo Yoga](#) kids playlist. Yoga poses for kids (brave dino, puppy meditation, etc)
- Podcast: [The Calm Kids Podcast](#): Stories by kids, for kids to unwind and go to sleep relaxed and happy.
- Podcast : [Be calm on Ahway Island](#) is a soothing podcast to teach self-regulation and calm.
- Class: [Mindful Schools](#) is offering mindfulness classes for kids free for the next few weeks! Join for mindful activities, mindful movement, read-aloud.

### Stories Read Aloud:

- YouTube: [Howard Wigglebottom Courage](#) - Gently Animated story of facing fears and having courage. "Its okay to be scared." Channel has several videos addressing emotions
- Book/YouTube: [The Rabbit Listened](#) - link to read aloud of book. Animals offer many unhelpful solutions to Taylor's problem. The rabbit listened. Written by Cori Doerrfeld
- Book/YouTube: [Grumpy Monkey](#) - link to read aloud of the book. Monkey wakes up grumpy. "Shoulds" don't help him feel better. The companionship of a friend helps. Written by Suzanne Lang
- Book/YouTube: [My No No NO Day](#) - link to read aloud of the book. Bella is having a hard day. She gets support and a chance for a better day tomorrow. Written by Rebecca Patterson

- Book/YouTube: [Quick as a Cricket](#)- link to read aloud of the book. Animals represent many aspects of the same child. "Put them all together and you've got me." Written by Audrey Wood

### **Apps:**

- Breathe Think Do. Help a Sesame Street monster calm down and solve everyday problems in this interactive game. (Free)
- Ninjafocus. Meditation scripts. Yoga poses. Mindfulness activities. Sleep music. Bedtime Stories. (Offering all content free for 90 days due to closed schools)
- Children's Meditations. Meditations for focus, relaxation, and sleep. (6 free scripts with option for in app purchases of additional content)

### **For kids and parents**

#### **Family Rhythm, Discipline, and Routine**

- Resource: [Whole Family Rhythms](#) offer free downloadable guides that are designed to help plan, create, and animate a peaceful, balanced, and holistic rhythm at home, flowing between structured, adult-led activities and child-led, imaginative free play.
- YouTube: [Sundays With Sarah](#) - ideas for crafts, stories, finger plays, and parent tips for napping, discipline and other topics. Waldorf education.
- Resource: [1-2-3 Magic Blog](#) - positive discipline tips on a variety of topics
- Resource: [Love and Logic Blog](#) - Positive parenting and teaching techniques to build healthy relationships with kids.

#### **Creating**

- YouTube: [The Making Foundation](#) - Roanoke-based woodworking shop that specializes in problem solving, empowerment, DIY, and working with kids. Daily #@makethemost videos/challenges for making at home during social distancing.
- YouTube: [Easy Kids Crafts](#): DIY kids craft videos with well-organized playlists for holidays and seasons
- Resource: [Taproot Magazine Coloring Book](#) - free printable
- Resource: [Mr. Printable](#) - free printable games, crafts, and coloring pages

#### **Stories**

- Podcast: [Circle Round](#) adapts carefully-selected folktales from around the world into sound- and music-rich radio plays for kids ages 4 to 10.
- Podcast: [Stories Podcast](#): fairy tales, folk tales, Peter Rabbit, original fiction for kids.
- Podcast: [Myths and Legends](#): Stories from around the world. Best for older kids. Warnings are given for disturbing content at the beginning of the show.
- Podcast: "[Story Pirates](#)" — Stories written by kids are woven into a narrative about a musical-theater company's magical misadventures.
- Podcast: "[Girl Tales](#)" — Feminist fairy tales written and performed by playwrights and actors.
- Podcast: [The Unexplainable Disappearance of Mars Patel](#). Serial Mystery Story for ages 8-12.

#### **Music**

- *Podcast*: "[Spare the Rock, Spoil the Child](#)" — An hourlong show that will introduce the family to the best in kids' music, every week.

- *Podcast: “[The Music Box](#)”* — Each episode is a lesson about a musical concept featuring interactive activities.
- *Podcast: “[Ear Snacks](#)”* — The children’s musicians Andrew & Polly explore different themes through songs and interviews.

## **For everyone**

### **Virtual places to explore for a variety of age groups:**

- The Louvre <https://www.louvre.fr/en/visites-en-ligne>
- Sistine Chapel <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>
- Guggenheim Museum [https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv\\_lng=-73.95897540047744&sv\\_lat=40.78284373830581&sv\\_h=315.1449460682706&sv\\_p=-14.048308669549044&sv\\_pid=rfLOHTGWrOlcY4J1Oc\\_UzQ&sv\\_z=0.2739310462916825](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95897540047744&sv_lat=40.78284373830581&sv_h=315.1449460682706&sv_p=-14.048308669549044&sv_pid=rfLOHTGWrOlcY4J1Oc_UzQ&sv_z=0.2739310462916825)
- Yosemite National Park <https://www.virtualyosemite.org/about-virtual-yosemite/>
- Van Gogh Museum <https://360stories.com/amsterdam/oldamsterdam/story/vincent-van-gogh>
- The Great Wall of China <https://www.thechinaguide.com/destination/great-wall-of-china>
- Smithsonian National Museum of Natural History <https://naturalhistory.si.edu/visit/virtual-tour>
- Yellowstone National Park <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- Museum of Modern Art <https://artsandculture.google.com/explore>
- San Diego Zoo <https://animals.sandiegozoo.org/live-cams>
- British Museum <https://animals.sandiegozoo.org/live-cams>
- Virtual Tours of a variety of historical sites: <https://historyview.org/>
- National Parks to explore via Google (hidden worlds in these places) <https://artsandculture.withgoogle.com/en-us/national-parks-service>
- Live Cams at San Diego Zoo <https://zoo.sandiegozoo.org/live-cams>
- Smithsonian Zoo live cam <https://nationalzoo.si.edu/webcams>
- Explore Mars via the rover! <https://accessmars.withgoogle.com/#>
- Wonderopolis (excellent resources and also in Spanish) <https://wonderopolis.org/>