



GLENDALE UNIFIED SCHOOL DISTRICT

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Student Wellness Services

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Coping Skills and Activities Guide - COVID-19

Given the uncertainty during this incredibly tough time, we wanted to make sure that the community has access to resources whether they are anxious, stressed, or bored.

This resource page was created to help students and their families cope with the possible emotional disruption by COVID-19. This living document is a compilation of academic, entertainment, therapeutic resources and more.

Please feel free to share this with your family and friends. Hope you all stay safe and healthy.

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Coping Skills

- [DIY Coping Skills Box](#)
This DIY coping skills box is a fun and simple way to help children learn and implement coping skills into their routine. This can help reduce temper tantrums, lessen anxiety and sadness, and boost self-esteem. It can also pave the way for self-care techniques they can take with them into adulthood.
- [Affirmation Cards](#)
Kids are visual creatures so positive affirmation cards provide excitement and encouragement for them to actually use them. These cards not only provide examples of affirmations to use but also serve as a visual reminder to practice them regularly. Positive affirmations for kids help teach coping through changing negative thoughts into positive ones. This, in turn, can help influence feelings of self-worth, increase motivation, and lead to greater satisfaction in life. I've created positive affirmation cards that can be used for kids, teens, and even adults to encourage healthy coping and create a positive mindset
- [Coping Skills \(Anxiety\)](#)
The worksheet describes four strategies for reducing anxiety. Strategies include deep breathing, progressive muscle relaxation, imagery, and challenging irrational thoughts.
- [Healthy vs. Unhealthy Coping Strategies](#)
Coping strategies are the actions we take to deal with stress, problems, or uncomfortable emotions. Unhealthy coping strategies often provide instant gratification or relief, but have long-term negative consequences. In contrast, healthy coping strategies don't always feel good in the moment, but they contribute to long-lasting positive outcomes.
- [Coping with COVID](#)
Coping skills for kids, teens, and adults to help deal with anxiety and stress around Coronavirus (COVID-19). Also, a collection of resources to help adults talk with kids and teens about the virus.

Mental Health Apps

- [notOK](#)
notOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."
- [What's up?](#)
What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get

Grounded” page, which contains over 100 different questions to pinpoint what you’re feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues. Try it out for yourself.

- **[MoodKit \(\\$4.99\)](#)**
MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them.
- **[Twenty-Four hours a Day \(\\$5.99\)](#)**
Based on the best-selling book of the same name, Twenty-Four Hours a Day offers 366 meditations from the book, making it easier for people in recovery from addiction to focus on sobriety wherever they are.
- **[Quiz That!](#)**
Quit That! is a completely free app that helps users beat their habits or addictions. Whether you’re looking to stop drinking alcohol, quit smoking, or stop taking drugs, it’s the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it’s been since you quit.
- **[Mind Shift](#)**
Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.
- **[Sleep-Help for Anxiety Management \(SAM\)](#)**
SAM might be perfect for you if you’re interested in self-help, but meditation isn’t your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM’s “Social Cloud” feature to confidentially connect with other users in an online community for additional support.
- **[CBT Thought Record Diary](#)**
The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.
- **[IMood Journal \(\\$2.99\)](#)**
Part personal journal and part mood tracker, IMoodJournal can be used to record everything from mood and symptoms, to sleep, medications, and energy cycles. By tracking these various factors, you’re able to analyze your daily feelings through summary charts that indicate where your stress levels rise and fall.
- **[eMoods](#)**
eMoods is a mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms. Users can then see their mood changes on a color-coded monthly calendar and even export a monthly summary report to identify specific triggers and better understand their fluctuating mood.

- **[Talkspace online therapy](#) (Plans available ranging from \$65 to \$99/week)**
Can't afford to visit a therapist but still wish you had one to talk to? Talkspace makes that possible. Starting at \$65 per week, you can text message a trained professional as often as you need and receive responses daily. They also offer services for individuals and couples, so if your significant other wants to learn how to support you through your depression, they can download the app too.
- **[Happify](#)**
Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.
- **[MoodTools](#)**
MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app.
- **[Lifesum](#)**
Unlike the other apps featured in this list, Lifesum is a broader resource for all things healthy living. The app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. You can also enter your own personal data and let Lifesum generate a "Life Score" to get a personalized roadmap to better health. With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image.
- **[nOCD](#)**
- was designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD "a free therapist in your pocket!"
- **[Worry Watch](#) (\$3.99)**
One of the most frustrating parts of living with Obsessive-Compulsive Disorder can be dealing with intense anxiety despite the fact you know your worries are irrational. Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future. Think of it as your personal, password-protect, worry diary.
- **[GG OCD](#)**
GG OCD aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern.
- **[PTSD Coach](#)**
Created by the VA's National Center for [Post-Traumatic Stress Disorder \(PTSD\)](#), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.

- [Breathe2Relax](#)
Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD.
- [UCSF PRIME](#)
Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app, created by psychiatry professor Danielle Shlosser, connects people with schizophrenia to their peers through a social network style interface. It also lets users track "challenge goals," things they'd like to accomplish or improve about themselves.
- [Headspace](#) (\$12.99/Month or \$9.99/year for students)
The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day.
- [Calm](#) (\$12.99/Month)
Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.
- [Ten Percent Happier](#)
Want to sleep better, find relaxation, be more mindful and, well, ten percent happier? This is the app for you. Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. New content is added weekly so you'll never tire of having to do the same meditative practice again and again.

Listen/Make Music

- [Chrome Music Lab](#)
Chrome Music Lab is a website that makes learning music more accessible through fun, hands-on experiments.
- [Busy Kids Do Piano](#)
Free month of lessons with coupon code PIANOATHOM
- [Best Music Apps and Games for Kids](#)
Whether you have perfect pitch or can't carry a tune, music apps and games are fun for kids of all ages -- and often for the whole family. Whether you want to turn your mobile device into an instrument with these amazing titles -- one of the only ways to fit a piano in your pocket -- or you're searching for a [music-streaming service](#) to discover new music, there's a pick that will fit your family's needs.

Virtual Activities

- [Science Kids](#)
This website has science experiments designed to be simple, safe and fun for kids. Many of the experiments can be done using ingredients found around the house.
- [Stage a Family Play](#)
This blog post by mykidsadventures.com walks you through how to put on a play with your kids. This fun, screen-free family activity is something you can spend 30 minutes on or a whole afternoon.
- [Virtual Playdate](#)
Each morning at 10 a.m. ET, join Indy With Kids for a 30-minute virtual playdate via Facebook Live. Check the schedule to see what fun activities are planned. Tomorrow's "PLAYdate" is all about Play-Doh fun and next week they'll be making mini pizzas!
- [Birthday Phone Call](#)
Get a free birthday phone call from your favorite Nick Jr. Character by joining Nick Jr. Birthday Club
- [Kanopy Kids](#)
Unlimited plays, so your kids are free to explore enriching, educational and entertaining films, and TV series.
- [Purple Mash](#)
Purple Mash is a website designed for children aged 3-11. It contain creative tools for coding, animation, publishing, art and also applications for math, spelling and grammar.
- [Switcheroo Zoo](#)
Watch, listen, and play games to learn all about amazing animals

Apps for Students With Special Needs

(would you like me to integrate these or leave them separate?)

Free Apps or Apps with a Free Trial

- [My PlayHome](#)
Free app that gives kids a digital doll family of up to 15 people in various skin tones with whom they can explore, play, and share stories with other people. These shared stories help to increase student verbalizations, provide a place for social and emotional learning, and teach necessary early language skills.
- [SoundingBoard](#)
Free mobile augmentative and alternative communication (AAC) app designed for children who are unable to speak (or who have limited speech) to help them communicate. In order to meet the needs of this particular population, the app comes with preloaded boards using symbols with recorded messages. Students select and press images on the board to prompt a verbal message.
- [LetterSchool](#)
Promotes early literacy and numeracy skills by guiding children to tap, touch, and trace colorful animations. Children learn letter formation, letter sounds and names, spelling, counting, and other preschool and primary skills. This app, which offers a free trial, also does an excellent job of developing fine motor skills and eye-hand coordination.

- [Tales2Go](#)
An audiobook service that offers a free one-month trial, helps students who struggle to read while boosting their listening skills. This app has an extensive collection of stories and books for all ages, with scores of splendid narrators who bring stories from every genre to life.
- [Epic!](#)
An e-library that is great for supporting reluctant or struggling readers. It provides access to more than 20,000 high-quality children's books and educational videos and includes an assortment of both fiction and nonfiction books from prominent publishers. Epic is offering free access to schools during this time.

Paid Apps

- [Busy Shapes](#)
By Edoki Academy, is based on Piaget's research on cognitive development, and it begins with a cause-and-effect play that evolves into an exercise in problem-solving and tool use. The game also helps children improve their fine motor skills through a series of puzzles in an exploratory and evolving playground.
- [Edoki Academy](#)
Also offers a series of math apps using a step-by-step approach whereby students learn Montessori math by manipulating various objects that appear on the screen. It also helps boost motor skill development.
- [Math Drills](#)
A skill-based math drills app that students tend to love, as they can compete against themselves to increase their speed and accuracy. It includes basic math operations like addition, subtraction, multiplication, and division, and also features advanced options in the settings so that teachers and students can create personalized environments, and track scores and test history.
- [Phonics Genius](#)
Provides a simple way for children to learn how to recognize, read, and speak words through letter sounds. The app contains more than 6,000 words, compiled by phonetic groups, in addition to the fun games for practicing skills.
- [SentenceBuilder](#)
A conversation simulator designed to help elementary-aged children learn how to have conversations with their peers in a variety of social settings, which can be a particular challenge for special needs students. [ConversationBuilderTeen](#), for older students, is geared to help kids learn when it is appropriate to introduce themselves, ask questions, and change the subject of the conversation. This app also covers sarcasm and addresses how kids should respond to bullying.
- [Word Wizard](#)
Has a talking alphabet that allows kids to experiment with phonemic awareness and word building. The verbal feedback helps teach children in a nonthreatening way, as the voice reads any words the child creates—allowing for self-correction. The app also supports letter recognition, phonological awareness, and spelling, and comes with 184 built-in word lists such as the 1,000 most frequently used sight words. It even keeps tabs on children's progress with detailed monitoring and has an extensive teacher activity guide.
- [The Anti-Coloring Book App](#)
Series is my personal favorite resource of all time and is now available in app form. This suite of online books uses the space at the bottom of the page for a question and the child draws the answer. These are open-ended questions—with no right or wrong

answers—that promote a child’s critical thinking skills, foster creativity, and encourage risk-taking and problem-solving.

Self Care

- [Spa Day for Kids](#)
Project Nursery gives you ideas on how to create a luxurious spa day at home. Whip up some tea sandwiches and break out the plush robes to pamper the little divas in your life.
- [Self Care Assessment](#)
Self-care activities are the things you do to maintain good health and improve well-being. Some self-care activities might already be part of your routine, such as eating regular meals, enjoying a hobby, or spending time with friends. However, during periods of stress, self-care sometimes takes a back seat to other responsibilities.

Mindfulness/Breathing

- [Mindfulness Exercise](#)
Increasing one’s mindfulness can result in reduced symptoms of anxiety and depression, improved concentration, and a number of interpersonal benefits. Like any skill, becoming more mindful takes practice. Use this worksheet to learn several techniques to practice and increase your mindfulness
- [HERE Meditation](#)
The HERE mobile app is designed to help rapidly relieve stress & anxiety. It works by pairing interactive exercises (staring/swiping), with breathing, music and/or guided meditation to stimulate the relaxation response and promote executive functioning. This game-like approach can be used by the whole family, and may help calm cabin fever, or provide a mental break in between homeschool activities. The mobile app is entirely free and accessible for iOS and Android users
- [Breathing Strategies](#)
Breathing exercises are some of the simplest and most effective strategies students can do to relieve stress, gather focus, and re-center. They can be done anywhere! Students can perform breathing exercises lying down, standing up, or sitting down.
- [Meditation Apps for Kids](#)
Kids of all ages can reap the benefits of meditation and mindfulness using technology. Meditating even only a few minutes a day has proven to reduce stress, boost immunity, aid memory and concentration, decrease depression and anxiety, and even make you more compassionate. Don't know where to start? Check out some of our favorite meditation apps for kids. These tools will guide kids through the process and help them relax and ground themselves

Journaling

- [Day One Journal](#)
Day One Journal is my absolute favorite way to keep a journal. This beautiful app lets you create multiple journals and color code them for easy organization. All of your journal entries can be formatted with rich text options, have photos, include activity, location, and even weather data of your location, and more. The latest update added audio recording capabilities, a new intuitive editor, a gorgeous Dark Mode, and other slick features
- [Momento](#)
Memento is similar to Day One, except it's more about automation with your social network feeds. With Memento, you can manually create journal entries with some rich text formatting, multiple photos, tags, locations, and other bits of data that you want to remember. But the real magic lies within the ability to link up your social media accounts, which then populate each day's entries as you go. All of your updates and posts are fetched and pulled into Memento, so it's like a digital record of your private and online lives.
- [Moodnotes](#)
Keeping track of how you feel is just as important as remembering memories. Because some of us don't mind keeping track of our own mental health and well-being. Moodnotes is a sleek app that helps you track your moods and the reasons behind how you feel. The colorful interface is warm and welcoming, and it'll ask you how you're feeling. Pick a mood that reflects how you are doing, and each one of these is represented with an emote and color. You can choose to add more details to the entry, or just leave it as is.
- [Journey](#)
If you want something that's like Day One, but is available on pretty much every platform, then Journey is for you. Journey lets you create journal entries with text, photos and video, location, activity, and more. Journey is cross-platform and accessible on all platforms because it syncs seamlessly with Google Drive, and you can import Day One entries into Journey if you want to switch.
- [Daylio](#)
Like the idea of journaling but just don't have time? Then Daylio's micro-journaling method may be best for your needs. Daylio simply asks you to pick your mood for the day, and then add an activity to go along with it, presumably the one that makes you feel the way you do. This counts as an entry, and optionally, you can add some notes to it if needed, just like a traditional diary. But the core focus with Daylio is fast and simple micro journaling. As you use it more, it keeps track of your mood by showing the data in simple charts and graphs, and you'll see what your average mood is.
- [Grid Diary](#)
If you tend to be someone who has trouble getting started with writing a journal entry from scratch, then Grid Diary is a good option. It uses journaling templates of inspiring questions to answer and has them all lined up in a grid. Pick the one you want to answer for the day and then write your answer as a journal entry. It's a good way to get some inspiration for your writing, and you can always use your answer as a lead-in to writing about your entire day.
- [Five Minute Journal \(\\$4.99\)](#)
Do you have five minutes to spare each day? If so, then grab Five Minute Journal, because that's all you need. Five Minute Journal has writing prompts and questions that you answer quickly and easily. You can even add photos if you'd like, and there

are also daily quotes to help inspire you, as well as weekly challenges. All of your entries get displayed in a beautiful timeline, where you can go back and reflect on memories with ease. There are also reminders, passcode lock, and backup/export to PDF options available.

- [Penzu](#)
Penzu is a journaling app that focuses on your privacy. With Penzu, you're able to create rich text entries with photos and sync your journal to access on the web for free.
- [Monkkee](#)
Keep a private and free online diary. Keep an online journal. You want to keep your thoughts in a place where no one can find them? Secure and encrypted.
- [Diary.com](#)
Unlike the typical diary with entries arranged in a list, Diary.com arranges your posts next to each other, like pieces of a puzzle. All of your notes are private by default. You can also add your notes at your public page if you wish to.
- [Diary](#)
If you're looking for an app that makes it as quick, easy, and effortless as possible to start and keep a diary or journal, Diary has you covered. It's a simple, yet powerful journal app that combines an easy-to-use interface with more advanced features like password protection, cloud storage, reminders and more.

Printables

- [Lil' Libros Free Worksheets for Kids](#)
Lil' Libros provides bilingual worksheets and activity sheets that can be printed out at home to keep children active and help supplement your school's lesson plan. Join their [newsletter](#) to get the worksheets.
- [Homeschooling for Free](#)
Take the work and expense out of doing school at home with our vast collection of free worksheets for kids! We not only have free worksheets, but we also have hands-on activities, printable games, and more to make learning FUN! You will find resources for all ages from toddler, pre k, kindergarten, 1st grade, 2nd grade, 3rd grade, 4th grade, 5th grade, 6th grade, junior high, and more!
- [Easter Coloring Pages](#)

Learn New Skills

- [Brit + Co Free Online Creative Classes](#)
Free online classes include photography, illustrating, painting, photography, and more!
Time: Tuesday, March 17, 2020 - Tuesday, March 31, 2020
Go to [BRIT.CO/LEARN](#) and use discount code "self-care" at checkout.
- [Photography Activities for Kids](#)
Blogger Courtney Slazinik shares photography projects for kids ages 5-10 and 10+. Younger children can begin to familiarize themselves with a camera while older children can begin to learn about composition and other photography basics.
- [PicMonkey](#)
PicMonkey shows you how to create a high production value photoshoot on a DIY

- budget. Your kids can let their imaginations run wild creating costumes and props.
- [Creating a Masterpiece](#)
An award winning fine art training program for students 5 and up. First month of access to our award winning Drawing Program is free with the code: Corona2020
- [Felt With Love Designs](#)
Lots of free sewing patterns and tips to learn to sew!
- [Mystery Doug](#)
To help educators during this time of coronavirus, we have pulled our most popular science lessons and are offering them for anyone to use for free. No account or login is needed.
- [Typing club](#)
It is web based and highly effective. TypingClub is (and will always be) free for both individuals and schools. There is an optional paid school edition.

Guided Meditation/Relaxation

- [Insight timer](#)
Free. But you have to navigate around the subscription screen with the button that says “Start 7 Day Trial. Once you scroll past that, you can access the free content. Insight Timer has an insanely huge library of content: over 25,000 guided meditations from around 3,000 teachers on topics like stress, relationships, creativity, and more.
- [Smiling Mind](#)
The app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice. They are organized into structured programs like Mindful Foundations (42 sessions), Sleep (6 sessions), Relationships (13 sessions), and Workplace (41 sessions), but you have the flexibility to choose where to start and to easily jump between programs.
- [Stop, Breathe, and Think](#)
Each day when you open the app, you’re asked “How are you?” and invited to check in with yourself—to rate your mind and body on a scale of “rough” to “great,” and note up to five emotions you’re feeling. Then, Stop, Breathe & Think will recommend meditations, mindful walks, and even acupuncture videos tailored to how you feel.
- [UCLA Mindful](#)
Developed by the Mindful Awareness Research Center at the University of California, Los Angeles (UCLA), the app features about a dozen meditations of different types in English and Spanish. You can learn to focus on your breath, your body, or sounds; work with difficult emotions; and cultivate loving-kindness in sessions ranging from 3 to 19 minutes long.
- [Mindful](#)
With belly breathing, you simply take long, conscious breaths. Ideally you breathe in for a count of three and breathe out for a count of five. Repeating this cycle will trigger the [relaxation response](#)—it’s the opposite of the fight-or-flight stress response in that you engage the nervous system to tell your body to relax and your mind to be at ease.
- [3 Minute Mindful Breathing](#)
Feel more settled and calm by spending a few minutes focused on your breathing. A 3-minute Mindful Breathing mindfulness meditation created by Stop, Breathe & Think.
- [Find Anywhere](#)
Free youtube playlist to feel more settled and calm by spending a few minutes focused

on your breathing

Mental Health Resources

- [Sanvello App](#)
A free app that is giving free access to clinically validated techniques for dealing with stress, anxiety, and depression.
- [LA County Department of Mental Health Hotline](#)
You can call 1-800-854-7771, or if you prefer texting with someone, use the crisis text line and initiate a conversation with trained counselors by texting “home” to 741741
 - People struggling with substance abuse can reach out to the Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).
- [National Suicide Prevention Lifeline](#)
Call 800-273-8255 or text “Hope” to 916-668-ICAN) offers free, confidential 24/7 help.
- [Crisis Text Line](#)
Text “Home” to 741741 and it lets people connect to a trained crisis counselor without having to talk on the phone.
- [National Alliance on Mental Illness](#)
They have put together a helpful [PDF guide with coronavirus-related questions and resources](#).
- **LA Forward - [Crisis Response Guide for Mental Health Care](#)**

Food Resources

Note: There is plenty of food. Stores are restocking their shelves daily. Supply chains have not been interrupted and there is no need to “panic buy” and put unnecessary pressure on supermarkets.

Our neighbors also have essential needs, and a rush in demand can cause unanticipated buying frenzies and unnecessary anxiety.

You do not have to hoard water. If you live in the City of LA, LADWP water is safe, readily available, and even cleaner than what you can buy in a bottle. DWP will defer all water and power shut-offs for at least the next two weeks.

Free Food/Meals for Frontline or Out-of-Industry Workers

- **Thunderbolt Industry Meals - [Sign-up Form](#)**

Thunderbolt is providing meals for out-of-work industry workers while supplies last. Note, you will not receive a confirmation after you sign-up and the form will stop accepting responses once they are out of meals for the day. Please check their [Instagram](#) (@thunderboltla) to confirm their pick-up hours.

- Thunderbolt (Historic Filipinotown) - 1263 W Temple St, Los Angeles, CA 90026

Food Resources

- **LA County Department of Public Social Services - [Enroll in California's Food Stamp Program](#)**

DPSS has announced that benefits will continue uninterrupted for the months of March through May 2020. You can apply online [here](#) or by phone at (866) 613-3777. For more info, click [here](#).

- **Los Angeles City Public Library - [Food and Groceries Locator](#)**

For more info, click [here](#).

- **LA Regional Food Bank - [Find a Food Pantry Near You](#)**

For more info, click [here](#).

- **FoodPantries.org - [LA Food Pantry List](#)**

Find a local pantry, food closet, food bank, soup kitchen, food boxers, vouchers, and more. For more info, click [here](#).

- **The Child Care Resource Centers - [Emergency Food and Clothing](#)**

For more info, click [here](#).

- **[SOVA - Community Food and Resource Program](#)**

SOVA provides free groceries and an array of supportive services to over 7,000 individuals of all ages, ethnicities, and religions each month.

Time: 10 am - 1:30 pm Monday - Thursday; 9 am - 12 pm Sunday

Locations:

- Valley Pantry - 16439 Vanowen St., Van Nuys, CA 91406
- *West Pantry temporarily closed*

For more information, contact: Felice Resnick at 818-988-7682 (ext. 118)

- **[Healing Urban Barrios](#) - Weekly Free Mixed Bag of Groceries**

Time: By appointment only, Mondays and Thursdays

Location: 163 S. Avenue 24 Suite 201 Los Angeles, CA 90031

Additional Information: If interested, contact Maritza Garcia (323) 504-6070

- **[Houses of Light Church Corporation](#) - Free food boxes**

Time: 7:00am, every Saturday

Location: 19359 Londelius Street, Northridge, CA. 91324

For more information, call (818) 998-2931

- **Shekinah Worship Center - Free Groceries**
Time: 10:00 am - 12:00 pm
Location: 42640 10th Street W, Lancaster, CA 93534
For more information, call (661) 940-8378
- **Palmdale Community Foundation S.A.V.E.S. - Free Groceries**
Time: 1pm - 4pm, every Monday - Thursday
Location: 1002 East Avenue, Palmdale, California 93550
Additional Information: Please bring a form of I.D. Each person may only receive one bag of groceries per week. This is drive-thru only. For more information, call (661) 267-5191
- **Grace Resource Center, Inc. - Free Groceries and Hot Meals**
Please bring a form of I.D. For more information, call (661) 940-5272
Location: 45134 N. Sierra Hwy, Lancaster, CA. 93534
Time:
 - Free Groceries: 10am and 1pm, every Tuesday - Thursday (Please come on time. You may not receive groceries if you are late.)
 - Hot Meals: 1:30pm, every Sunday and 5:30pm, every Wednesday and Friday (Please come on time. You may not receive a meal if you are late.)
- **[Friends in Deed Food Pantry](#) - Free Bag of Groceries**
Time: 10am - 3pm, every Tuesday and Wednesday; 10am - 1pm every Thursday
Location: 444 East Washington Blvd., Pasadena, CA 91104

K-12 Students - Free Food Resources

- **[GUSD](#)**
All children, 18 years and under, can pick up both breakfast and lunch at any of the following locations. Please pick a location convenient to you.
Time: 7:30am-10:00am or 10:00am-1:00pm (check locations hours)
- **[Hugo's Restaurant Free Kids Menu for Kids 12 and Under](#)** (3/14/2020)
Time: 9:00 am - 8:00 pm, open daily for takeout and delivery ONLY
Location: [Hugo's Restaurant locations and contact](#)
 - Studio City: 12851 Riverside Dr., Valley Village, CA 91607
 - West Hollywood: 8401 Santa Monica Blvd., West Hollywood, CA 90069
- **[Los Angelitos Bakery 1 free Bread for Children 5-13 years old](#)** (3/14/2020)
Time: 5:00 am - 9:30 pm, open daily for delivery and takeout ONLY
Location: [Los Angelitos Bakery](#): 2881 E Florence Ave. Huntington Park, CA 90255

- [El Torito Free Meals for Kids 12 & Under](#) (3/16/2020)
Time: Temporary hours of operation in effect. [Contact your local El Torito](#) for hours.
Location: [El Torito Locations](#). Free online deliveries.
- [Eastside Riders Free Breakfast for Students in Watts Community](#) (3/16/2020)
Time: 9 am - 11 am, Monday - Friday
Location: Watts at the intersection of [Compton Ave. and 103rd St.](#)
- [City of Lynwood Free Supper Meals for Children 1-18 years old](#) (3/16/2020)
Time: 2:00 pm - 3:00 pm, open daily Monday - Friday
Location:
 - Henning Youth Center: 11409 Birch St., Lynwood, CA 90262
 - Avalos Community Center @ Burke Ham Park: 11832 Atlantic Ave., Lynwood, CA 90262

College Students - Free Food Resources

Note: There is plenty of food. Stores are restocking their shelves daily. Supply chains have not been interrupted and there is no need to “panic buy” and put unnecessary pressure on supermarkets.

Our neighbors also have essential needs, and a rush in demand can cause unanticipated buying frenzies and unnecessary anxiety.

- [LA City Public Libraries - Food and Groceries Locator](#)
For more info, click [here](#).
- [LA Regional Food Bank - Find a Food Pantry Near You](#)
- [LA County - Enroll in California’s Food Stamp Program](#)
You can check your eligibility and/or apply online [here](#) or by phone at (866) 613-3777
- [FoodPantries.org - LA Food Pantry List](#)
Find a local pantry, food closet, food bank, soup kitchen, food boxers, vouchers, and more. For more info, click [here](#).
- [The Child Care Centers providing emergency food and clothing](#)
For more info, click [here](#).

Educational Resources

- [Los Angeles City Public Library Free Online Learning Resources](#)
 - [Read, Watch and Learn for Free at Home With the Library](#)
 - [Ten Library Resources for Families & Kids to Access From Home](#)
 - [\(En espanol\) La biblioteca digital te acompaña en casa](#)

- **[LA County Library Access from Home](#)**
 LA County Library has many digital resources you can access 24/7, no matter where you are. All you need is your library card number and PIN.
 - [Read Free eBooks](#)
 - [Download Free Audiobooks](#)
 - [Free Movies & TV with your library card](#)
 - [Free downloads Digital Magazines](#)
 - [Download Free Music](#)
 - [One-on-one homework help and tutoring from 1-10 pm every day on Brainfuse](#)

- **City of LA - [Find Low-cost Internet in Your Area](#)**
 The City of Los Angeles in partnership with the [California Emerging Technology Fund](#) and [EveryoneOn](#) is helping Angelenos find options for low-cost internet services, access to computers, and digital literacy services. [Click here](#) to search for services via your zip code.

- **[Spectrum Free Broadband and Wi-Fi](#)**
 For K-12 and/or college students who do not already have a Spectrum subscription.
Time: From Monday, March 16, 2020 - Saturday, May 16, 2020
Location: Anywhere in the U.S. Charter Communication. To enroll call 1-844-488-8395. For more info, click [here](#).
 - *Due to a high volume of requests, people are experiencing long wait times on the phone.*

- **[JSTOR - Free Open Content](#)** (3/19/2020)
 Thousands of free academic journal articles and book chapters.

- **Coursera and edX - [54 Free Online Courses from U.S. Colleges Including Princeton, Harvard, Yale, and More](#)**
 - [Coursera](#) - Take free classes from one of there 190+ partner universities and communities
 - [edX](#) - Access 2500+ Online Courses from 140 Top Institutions

K-12 Students - Free Educational Resources

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- **[LA County Library Access from Home](#)**
 LA County Library has many digital resources you can access 24/7, no matter where

you are. All you need is your library card number and PIN.

- [One-on-one homework help and tutoring from 1-10 pm every day on Brainfuse](#)

- [Tutor.com](#)

Get help in math, science, English, social studies, writing, and LAUSD homework packets. Experienced tutors work online with students in grades K-12, 7 days a week, from 11 a.m. to 9 p.m.

- [GoPeer Tutoring:](#)

GoPeer is giving 1,000 free hours of tutoring to students in the area and getting them is quick and easy (two free hours per family so many students can benefit). Simply navigate to the GoPeer website and enter the code **FREE120** (*use all capital letters) when creating your free parent or student account.

- [Scholastics](#)

Day by day projects to keep kids reading, thinking, and growing

- [Khan Academy](#)

We're a nonprofit with the mission to provide a free, world-class education for anyone, anywhere.

- [PBS Free Educational Daytime Programming for Pre-K - 12th Grade Students](#)

Time:

- Pre-K - 3rd grade from 5:00 am - 5:00 pm
- Pre-K - 12th grade from 6:00 am- 6:00 pm
- 9th - 12th grade from 9:00 am - 3:00 pm

Location: Anywhere in California

- Pre-K - 3rd grade on PBS SoCal
- Pre-K - 12th grade on KLCS
- 9th - 12th grade on KCET

- [NPR Just For Kids: A Comic Exploring The New Coronavirus](#)

An accessible & educational comic to talk to your kids about COVID-19

Emotional Expression

- [Scream Box](#)

A Scream Box is a fun and effective way to vent some of those intense emotions that build up inside like anger, fear and stress. While breathing, physical activity and talking about it are great ways to help deal with difficult emotions, sometimes you just need to scream! Handled correctly, this can be a therapeutic way to vent some of that frustration. Screaming however is not always socially acceptable or appropriate. That's where the Scream Box comes in handy.

Games

- [Brain Pop](#)
Request free access to BrainPop for teacher-approved content, games, and tools for children K-12. You can download learning packets on reading, math, writing, and other subjects to keep your kids on track as they transition to distance learning.
- [Fun Brain](#)
Play games while practicing math and reading skills
- [Into the Book](#)
Go “into the book” to play games that practice reading strategies.
- [Seussville](#)
Read, play games, and hang out with Dr. Seuss and his friends
- [ABC YA](#)
Practice math and reading skills all while playing fun games
- [PBS Kids](#)
Hangout with your favorite characters all while learning
- [Highlights Kids](#)
Read, play games, and conduct cool science experiments
- [Prodigy](#)
Our curriculum-aligned math content is designed by trained, certified educators -- because high-quality educational content ensures a high-quality learning experience.

Readings

- [Astronaut Storytime](#)
Astronauts on the International Space Station have recorded dozens of videos of themselves reading children's books. Titles include "A Moon of My Own," "Astronaut Annie," "Max Goes to Jupiter," "Rosie Revere Engineer" and others.
- [Audible Stories](#)
The Amazon-owned company is offering its library of kid's stories for free beginning today for "as long as schools are closed." Stories can be streamed on desktops, laptops, phones, and tablets. Some titles are available in six different languages!
- [Story Pirates](#)
The Story Pirates Creator Club is a content and activity subscription where kids and families can live-stream classes, listen to daily live episodes of Story Pirates Radio, download activities to each week's podcast episode, participate in collaborative art and writing projects and more. The first month is free.
- [Stay at Home Story Time](#)
Children's author Oliver Jeffers reads one of his books every weekday at 2 p.m. ET on Instagram Live. Watch LIVE on Oliver's Instagram ([@oliverjeffers](#)) and follow to see each week's story schedule.
- [Free Sesame Street Ebooks](#)
Free access to Amazon's library of Sesame Street Ebooks
- [Overdrive Kids](#)
Downloadable e-books, audiobooks, comics, magazines and videos just for young

readers.

- [Storytime Online](#)
Enjoy recorded storytimes featuring Miss Lauren, Miss Ednita, Miss Graciela and many more from around the city to watch at home. We also have a guided storytime so you can create your own version at home.
- [Tumblebooks](#)
An online collection of animated, talking picture books which teach young children the joys of reading in a format they'll love. Read and listen to a variety of books in 7 different languages.
- [Kate Messner At-home Lessons](#)
Follow along with your children, including read-aloud videos & mini-lessons.
- [Joy Sun Bear](#)
Joy Sun Bear promotes learning about the world's diverse cultures through free stories, crafts, recipes, coloring and activity sheets, games and more! Our goal is to empower, encourage and educate children to be positive global citizens. Free stories, crafts, recipes, color and activity sheets, games, videos, reading comprehension and creative activities.
- [StarFall](#)
Practice your phonics skills with these read-along stories
- [Story Line Online](#)
Have some of your favorite stories read to you by movie stars
- [Scholastics](#)
Day by day projects to keep kids reading, thinking, and growing

Field Trips

- [The White House](#)
Every student should have a chance to visit the White House. Get even more up close to this magnificent building than in-person tourists with a [virtual tour of the White House](#).
- [Boston's Children's Museum](#)
Take a virtual tour of the Boston Children's Museum. When you're done, try one of their "[100 Ways to Play](#)," a list of ideas for children and parents to play together at home.
- [The Pyramids](#)
Take a trip to Egypt without even needing a passport. There are [many ways to tour the pyramids of Egypt online](#) to teach students about Egypt's rich and interesting history.
- [The Louvre](#)
The Louvre is world-famous for its architecture and the invaluable art it houses in more than 650,000 square feet of space. Tour the Louvre's many corridors. Navigate this site's many [virtual tours of the Louvre](#) to explore the museum's exhibition rooms and galleries.
- [Leaning Tower of Pisa](#)
Pisa, Italy, is the home of the Torre Pendente Di Pisa, better known as the Leaning Tower of Pisa. This wonder is 185 feet of historical lessons while defying gravity.

- [Houston Zoos Webcams](#)

Learn about wildlife all over the country with virtual field trips that put students directly into the exhibits with the animals. Watch Giraffe Cam, Gorilla Habitat Cam, Elephant Cam, Leafcutter Ant Cam, Rhino Yard Cam, Chimp Window Cam

- [African Wildlife Cam](#)

Your little explorers can watch elephants, hippos, giraffes, zebras, gazelles, crocodiles and other species at the watering hole at Mpala Research Centre in the highlands of Central Kenya on a live webcam. You can also explore other webcams featuring bears, birds, cats, and puppies!

- [Earthcam](#)

If your family had to cancel a vacation or simply want to see what's going on out there in the world, check out Earthcam and travel the globe through live webcams.

- [Monterrey Bay Sea Otter Cam](#)

From 10:00 a.m. to 10:00 p.m. Pacific time you can enjoy watching sea otters swim and frolic at the Monterey Bay Aquarium via live cam.

- [National Aquarium](#)

During regular business hours, you can explore the National Aquarium's Blacktip Reef, Jellies Invasion and Pacific Coral Reef live streams in real-time.

- [Smithsonian's National Zoo](#)

The Smithsonian's National Zoo has a naked mole-rat cam, lion cam, giant panda cam, and elephant cam!

- [The Hidden World](#)

Coloring pages

- [Coloring Nature](#)

Our coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy – just for fun.

- [Crayola](#)

- [Just Color](#)

Discover our 1,500+ Free Adult Coloring pages to download in PDF or to print : various themes, artists, difficulty levels and styles.

- [Art is Fun](#)

These free adult coloring pages are full of detailed whimsical designs that you can download, print and color! On this page you'll find free samples from my range of [Printable Coloring Books](#) and [Published Coloring Books](#), which have sold over 3.5 million copies worldwide! These coloring pages are also fun for teens, tweens and kids!

Outdoor Opportunities

Note: Under the city's new Stay-at-Home Order, officials said residents are permitted to:

- Go to the grocery store;
- Go to the pharmacy to pick up medications and other healthcare necessities;

- Go to medical appointments (check with your doctor or provider first);
- Take a walk, ride your bike and be in nature for exercise — just keep at least six feet between you and others in the community;
- Walk your pets and take them to the veterinarian if necessary;
- Help someone to get necessary supplies.
- [Free Seed Packs](#)
Free seed packs to help restore the bee population and beautify our living spaces.

Stretch & Body Movements

- [Free yoga](#)
Make sure you're taking care of yourself and fitting in your yoga regardless of your schedule OR budget. Here's a 2-week calendar of FREE classes to carry you through this weird time.
- [Cosmic Kids Yoga](#)
This popular YouTube channel offers yoga, mindfulness and relaxation designed specifically for kids ages 3 and up.
- [Jam with Jamie](#)
Join in on a virtual jam session! Every day, performers nationwide perform live music classes for little kids to sing and dance and get out the "wiggles." Classes are free but donations are gladly accepted. They offer virtual classes every weekday as well as a virtual birthday party every weekend! Email booking@jamwithjamie.com for a special birthday shout out.
- [Code.org](#)
Your kids can learn to code a dance party to share with their friends online. Or if you prefer to minimize their screen time, you can also help them learn coding concepts without a computer using their [unplugged activity](#).
- [GoNoodle](#)
GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free for school and home use.
- [Kidzbop Dance Break](#)
Kidz Bop is a great YouTube channel with plenty of dance along videos and a few dance tutorials to popular music – just search 'dance along' or 'tutorial' within their channel and you will get a good range of lessons.
- [Sakia's Dance School](#)
is exactly that – Saskia's Dance School in which the teacher of the school, Saskia films her students performing simple warm ups and dance routines and uploads them to YouTube for her students and other kids to follow along. They have put together a kid's and teens' easy dance videos playlist comprised of a good amount of three to five minute follow along dance routines.

Get Creative

- [Lunch Doodles With Mo Willems](#)

Children's author Mo Willems has launched a "Lunch Doodles" live-stream video series airing every weekday at 1 p.m. ET on the Kennedy Center's [website](#). "Learners worldwide can draw, doodle and explore new ways of writing."

- [Project Kid](#)

Project Kid has hundreds of crafts and art projects for everyday fun. Their mission is to offer families "creative and inventive ways to spend unplugged time with kids."

- [Indoor Terrarium](#)

Food52 shows you how to make a terrarium and keep it alive. While this tutorial isn't specifically geared towards kids, it's a great project you can tackle together as a family that you can proudly display in your home.

- [Origami USA](#)

You can download a [free diagram](#) to fold or sign up for an [online class](#).

- [Giant List of Ideas for Being Home with Kids](#)

Gratitude

LA Community Resources Guide - COVID-19

This is an incredibly tough time for everyone and we want to make sure community resources are as easy to find as possible. This living document is a compilation of financial, health, food, educational, housing, and other resources provided by various organizations throughout Los Angeles. We are sharing resources for information only and are not trying to promote any organization in particular.

Please feel free to share this with your family and friends. Hope you all stay safe and healthy.

This document was compiled by Jessica Caloza and Shekinah Deocares (LA City Board of Public Works) and Scott Chan (LA County Department of Health).

If you would like to add information or if you see any outdated information, please email Shekinah, Special Projects Fellow, Board of Public Works, City of Los Angeles, at shekinah.deocares@lacity.org

For new updates, please look for this notation: **[NEW]**

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