

Stay at Home/Quarantine Resource List

A list of websites, apps, links, tips, and resources

Websites:

Amazon/Audible is offering free audiobooks across 6 languages for kids (adults can use too).

<https://stories.audible.com/discovery>

ABC Education has thousands of free curriculum linked resources for students/teachers

<https://education.abc.net.au/home#!/home>

AirPano offers 360 views of multiple locations around the world

http://www.airpano.com/360photo_list.php

Amazing Educational Resources- List of Education Companies offering free subscriptions due to school closings.
(this link sends you to a larger table with more links)

<http://www.amazingeducationalresources.com/>

Ancient Rome Virtual Tour with Lessons

https://www.futurelearn.com/courses/rome?utm_campaign=university_of_reading_rome_march_2017&utm_medium=organic_press&utm_source=press

Anne Frank House Virtual Tour

<https://www.annefrank.org/en/anne-frank/secret-annex/>

Author's doing read-alouds of their books! (This will link you to a larger list, with more links)

<https://www.weareteachers.com/virtual-author-activities/>

Atlanta Zoo Panda-cam

<https://zooatlanta.org/panda-cam/>

Berliner Philharmoniker Digital Concert Hall (links to website-full access to multiple concerts)

<https://www.digitalconcerthall.com/en/concerts>

British Museum Virtual Tour

<https://www.britishmuseum.org/learn/schools/ages-7-11>

Buckingham Palace Virtual Tour

<https://www.royal.uk/virtual-tours-buckingham-palace>

Calm app/website – MOSTLY FREE; has expanded free offerings, some is pay to use

<https://app.www.calm.com/meditate>

Cincinnati Zoo Virtual Safaris at 3PM Est daily

<http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>

Clearwater Marine Aquarium (home of Winter the dolphin)

<https://www.seewinter.com/animals/webcams/winter-zone-cam-1/>

Discovery Education Virtual Field Trips (multiple offered)

<https://www.discoveryeducation.com/community/virtual-field-trips/>

Doodles with author Mo Willems; teachers daily drawing lessons

<https://www.kennedy-center.org/education/mo-willems/>

Duke Farms Eagle Cam: New Jersey

<https://www.dukefarms.org/making-an-impact/eagle-cam/>

Ellis Island Interactive Tour

<http://teacher.scholastic.com/activities/immigration/tour/>

Explore.org Live Cams

<https://explore.org/livecams>

Farm Food 360

<https://www.farmfood360.ca/#fur-tile>

Field Museum Chicago

<https://www.fieldmuseum.org/science/research>

Georgia Aquarium Beluga Whale Webcam

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Google Arts & Culture (multiple activities)

<https://artsandculture.google.com/>

Great Wall of China 360

<http://www.airpano.com/360photo/China-Great-Wall/>

Great Wall of China Virtual Visit

<https://www.thechinaguide.com/destination/great-wall-of-china>

Great Pyramids Virtual Visit

<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>

Houston Zoo Virtual Visit

<https://www.houstonzoo.org/explore/webcams/>

Ivy League College Course for free (online only, this links to another master list w/ further links)

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR2RUmyMiGvR5rYxbprLWpHDqIkyem3R9I0d0INLHuXBL47tZi1WZn4isXE>

Kansas City Zoo Animal Cams

<https://www.kansascityzoo.org/animal-cams/>

Kennedy Center Digital Stage (multiple genres of music available)

<https://www.kennedy-center.org/digitalstage/>

Liberty Science Center

<https://lsc.org/news-and-social/webcams>

Louvre Museum Online Tours

<https://www.louvre.fr/en/visites-en-ligne>

Marine Traffic Around the World

<https://www.marinetraffic.com/en/ais/home/centerx:-12.0/centery:25.0/zoom:4>

Metropolitan Opera

<https://www.metopera.org/>

Monterey Bay Aquarium

<https://www.montereybayaquarium.org/animals/live-cams>

NASA Mission Operations Room

<https://www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour>

National Aquarium Live Cams: Baltimore

<https://www.aqua.org/Experience/live>

National Aquarium Virtual Tour

<https://www.aqua.org/Experience/live>

National Museum of Natural History, Smithsonian

<https://naturalhistory.si.edu/visit/virtual-tour>

National Park Service Virtual Tours (will link you to a longer list of links to choose from, multiple options)

<https://www.nps.gov/search/?affiliate=nps&query=virtual+tour>

Nature Conservancy: Nature Works (multiple options)

<https://www.natureworkseverywhere.org/resources/>

Paris Museum Collections: Images & Tours

<http://parismuseescollections.paris.fr/en>

Storytime from space – astronauts reading to kids from space

<https://storytimefromspace.com/>

P.E. (Physical Education) with Joe

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Public Domain Free Book List (takes you to other links)

<https://ebookfriendly.com/free-public-domain-books-sources>

Reach the World

<https://www.reachtheworld.org/>

Reid Park Zoo Virtual Visit

<http://reidparkzoo.org/cameras/lion-cam/>

Research Quest (multiple investigations): Natural History Museum of Utah

<http://researchquest.org/>

San Diego Zoo

<https://kids.sandiegozoo.org/videos>

Schmidt Ocean Institute

<https://schmidtocean.org/>

Smithsonian National Zoo: Washington

<https://nationalzoo.si.edu/webcams>

Spy Museum

<https://www.spymuseum.org/education-programs/spy-resources/>

Storytime from space – astronauts read to kids

<https://storytimefromspace.com/>

Washington DC Architecture

<https://www.thoughtco.com/diverse-architecture-of-washington-dc-4065271>

Wolf Conservation Center

<https://nywolf.org/meet-our-wolves/webcams/>

World Panoramas – 360 video gallery

<https://www.360cities.net/>

Youvisit – virtual reality 360 degree experiences, multiple locations

<https://www.youvisit.com/virtual-reality-360-experience>

28 Days of STEAM (Science, Technology, Engineering, Arts, & Math) projects

<https://leftbraincraftbrain.com/28-days-of-steam-projects-for-kids/>

Apps:

Brain Yoga – Meditation app combined with brain training games

Breathe2Relax – (t2health.dcoe.mil/apps/breathe2relax) Assists you with breathing, helps to track your breathing.

Calm App – (calm.com) designed to help you be calm, has free meditations, soothing noises, bonus free features added on. Does have additional resources w/ payment.

Clear Fear - (clearfear.co.uk) Specific to anxiety, has coping skills, utilizes CBT

Colorfy - (colorfy.net) Provides soothing & relaxing shapes/patterns for you to colour.

Digipill - (digipill.com) – Guided relaxation and methods for approaching real life problems

Habitica – (habitica.com) – Free online (and app-based) habit and productivity tracker that treats life like an RPG video game. It plays like a game and you can make a little avatar to ‘level up’ when you complete your habits.

Happify – (happify.com) Helps you work on goals related to your happiness; has games, activity suggestions, gratitude prompts, and more. (costs)

Headspace – (Headspace.com) Comprehensive meditation app, 10 free sessions after which you pay to use.

Insight Timer – (Insighttimer.com) Meditation app, large library of more than 30k guided meditations, assists with sleep and relaxing as well.

Mindshift – (anxietybc.com/resources/mindshift-app) designed primarily for teens/young adults, focuses on issues to help w/ stress and anxiety.

Self Help for Anxiety Management – (sam-app.org.uk) Better known as SAM, designed to help you learn more about your anxiety, build an anxiety toolkit, and tailor it to your life.

Smiling Mind – For kids and adults to assist with daily stress, based on mindfulness strategies.

Stop, Breathe and Think – (stopbreathethink.org) Assists w/ skills to help you do what it says...stop, breathe, think. Guided meditations, self-care.

Stop, Breathe, and Think Kids – (free on iOS with subscription content). Very similar to adult app, but less complicated, more tailored to current emotional states. Has a lot of free exercises.

Pacific – (thinkpacifica.com) is based on cognitive-behavioral theory and meditation. Has mood tracker, daily goals, and a thought diary.

Panic Relief – Free version has access to progressive muscle relaxation skills; only .99 cents to get full app.

PTSD Coach – Offers support to those with PTSD, psychoeducation to all others, has tips, basic skills.

What's Up – Utilizes CBT and ACT to assist with coping. Has a habit tracker, grounding questions, and thinking patterns tools.

Woebot – Computerized AI that you can chat with, will help walk you through different self-soothing skills.

Talking to Kids about COVID -19:

CDC Coping After a Disaster Kid's Booklet:

https://www.cdc.gov/cpr/readyrigley/documents/RW_Coping_After_a_Disaster_508.pdf

CDC Helping Children Cope Article:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

NPR Kid's comic:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

National Association of School Psychologists: This links to a helpful article about how to approach this topic with kiddos.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Staying Social:

Here are some tips to remain connected when you're practising social distancing or in quarantine:

1. Think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbours from over a fence or across balconies? We've seen this in Italy.
2. If you have access to it, use technology to stay in touch. If you have a smartphone, use the video capabilities (seeing someone's facial expressions can help increase connection). Try Facetime, skype, WhatsApp, Facebook Messenger, Google Hangouts, Snapchat, Instagram, Tiktok...
3. Check in with your friends, family, and neighbours regularly. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the internet or who cannot easily use the internet to shop online).
4. Spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships. Play boardgames, videogames, cook something, watch a movie, people are decorating sidewalks in chalk for other's to see.
5. Manage your stress levels. Exercise, meditate, and keep to a daily routine as much as you can. Use an app to help with a routine, or write it out on a piece of paper. Consistency is extremely comforting, especially in times of uncertainty. Have the family/roommates help out if you have them.
6. It's not just family and friends who require support, but others in your community. Showing kindness to others not only helps them but can also increase your sense of purpose and value, improving your own well-being.

Assistance Programs:

Aunt Bertha - An online resource that connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much more. Website also offered in Spanish.

www.auntbertha.com

Illinois Official COVID-19 state page: Has resources related to the spread of COVID-19, and resources which may be available to you:

Main Page: <https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>

Unemployment Questions: <https://www2.illinois.gov/sites/coronavirus/FAQ/Pages/Unemployment-FAQ.aspx>

Home Internet Access:

Comcast Internet Essentials: A low-cost home internet package for qualifying individuals and households, is now available for free for the first two months.

<https://www.internetessentials.com/covid19>

Access from AT&T: A low-cost home internet package for qualifying individuals and households (no special for COVID-19 but still available at a low cost)

<https://m.att.com/shopmobile/internet/access/#!/startedStep>

Need Help Paying Bills - Provides information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and government assistance).

www.needhelppayingbills.com

Help with Bills - Provides information about government programs that help with bill payment, temporary assistance, jobs/unemployment, credit, etc. Website and Helpline also offered in Spanish.

www.usa.gov/help-with-bills

HelpWhenYouNeedIt - An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.

www.helpwhenyouneedit.org

Small Business Administration (SBA) Loans for Small Businesses – SBA’s Economic Injury Disaster Loans to offer up to \$2 million in assistance for a small business.

To learn more call: 1-800-659-2955 or email: disastercustomerservice@sba.gov.

211 - Dial 211 from any phone (mobile or landline) or visit www.211.org to search for contact information by zip code; service refers callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas. Website also offered in Spanish.

www.211.org

Resources for MH professionals:

Headspace (app) – Free w/ sign up and inputting NPI (google it)

<https://www.headspace.com/health-covid-19>

Free PESI Training – Use code ‘TELEHEALTH’ or ‘TELEFREE’

<https://catalog.pesi.com/item/telehealth-mental-health-professionals-2day-distance-therapy-training-52191>

Check in with your coworkers, supervisors, someone

Take time to log out and do self-care

Take PTO if needed

Hotlines:

[Sinnissippi Centers, Inc. Crisis Hotline](#)

Call to talk to a trained crisis counselor for yourself or someone you know.

Phone: 800.242.7642

Crisis Text Line

Available 24 hours a day, text with trained crisis counselors.

Text: "HELLO" to 741741

Online: crisistextline.org

National Suicide Prevention Hotline

Call or text during crisis, they will connect you to the closest crisis hotline.

Phone: 800.273.TALK (8255)

Text: 800.784.2433

Online: suicidepreventionlifeline.org

IL Warm Line

Call Monday – Friday, from 8a- 5p. Offers free phone support, staffed by Recovery Support Specialists. From main menu, select option #2, then #5.

Phone: 866.359.7953

TTY: 866.880.4459

Trevor Project Lifeline

Open 24/7 for crisis intervention and suicide prevention for LGBTQ+ people ages 13-24.

Phone: 866.488.7385

Online: thetrevorproject.org

Rape, Abuse, Incest National Network (RAINN)

24/7 support for survivors by phone or online.

Phone: 800.656.HOPE (4673)

Online: online.rainn.org

National Domestic Violence Hotline

24/7 support for domestic violence survivors by phone or online.

Phone: 800.799.7233

TTY: 800.787.3224

Online: thehotline.org/help/

Illinois Helpline for Opioids & Other Substances

24/7 support for individuals or family/friends experiencing substance use problems.

Phone: 833.2FINDHELP (833.234.6346)

Teen Line

Call or text to confidentially speak with other teens.

Phone: 310.855.4673

Text: "TEEN" to 839863

Online: teenlineonline.org

Rape, Abuse, Incest National Network (RAINN)

24/7 support for survivors by phone or online.

Phone: 800.656.HOPE (4673)

Online: online.rainn.org

National Dating Abuse Helpline

24/7 for information about dating relationships.

Phone: 866.331.9474

TTY: 866.331.8453

Text: "LOVEIS" to 22522

Online: loveisrespect.org

National Runaway Safeline

24/7 anonymous, for anyone who might want to run away from home, has run away and wants to come home, or is homeless.

Phone: 800.RUNAWAY (786.2929)

Online: 1800runaway.org