

# What Can We Do?

## A RESOURCE GUIDE

### FOR STUDENTS

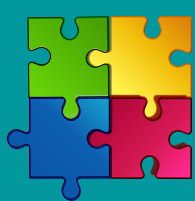
- **Mindfulness:** take a minute to breathe with [Mind Yeti](#) (available in Spanish [here](#))
- Follow a **Mind Body Calendar** to stay active - click [here](#) for the April 2020 calendar (Spanish version [here](#))
- Set daily goals to increase motivation and stay on task
- Take a [virtual field trip](#) to places all over the world!



### FOR FAMILIES



- **Stress Management** - article created by the Child Development Institute with helpful tips to reduce stress from parenting (click [here](#))
- A [Stay-At-Home Care Package](#) by Big Life Journal
- Organize **family meetings** using [this guide](#) by Big Life Journal
- Avoid cabin fever with [125 Activities](#) you can do while staying home with your children/teens.



### HOTLINES



**National Youth Crisis Hotline** (800) 442-HOPE (4673)  
**National Suicide Prevention Lifeline** - For youth and adults  
(800) 273-TALK (8255)  
**National Domestic Violence Hotline** (800) 799-7233  
**Grief Share** 1-800-395-5755



**Dial-a-Teacher:** homework assistance (available in Spanish, Italian, Chinese, French, Haitian-Creole, Greek, Hebrew, Korean and Russian)  
1 (212) 777-3380 (Monday -Thursday 4-7 PM EST)

### NATIONAL AGENCIES



[American Red Cross](#) - currently has a blood shortage  
[Feeding America](#), [No Kid Hungry](#)- food banks  
[Families USA](#) - health care  
[Centers for Medicare and Medicaid Services](#)  
[Center for Parent Information and Resources](#)  
[Direct Relief](#) - provides medical supplies to healthcare professionals  
[Salvation Army](#)  
[United Way Worldwide](#)



\*Although some mental health agencies have closed, many are still offering Telehealth.  
\*\*Please consider donating to national agencies during this time of need.

### CORONAVIRUS

[Helping Children Cope with Stress During the 2019-nCoV Outbreak:](#) from the World Health Organization (WHO)

A [BrainPOP video](#) that explains the Coronavirus (click [here](#) for the Spanish version)

[Helping Kids Who Are Worried About the Coronavirus](#) (article with free printables, downloads, and guides)



Wash your hands often with soap and water for at least **20 seconds**  
SOURCE: WORLD HEALTH ORGANIZATION



### HELPFUL TIPS



**Go outside - get some fresh air with a walk or playing in the backyard**



**Create a daily schedule at home** (click [here](#) for an example)



**Social engagement - it can be easy to feel isolated while staying home, create time for socializing with others.**



**Support local businesses**



**Self-care: find activities/items that promote overall well-being**

You are not alone, we are here to help. - School Counselors