

# RESOURCE LIST

GUIDE TO AVAILABLE RESOURCES DURING THE COVID-19 PANDEMIC



HAPPINESS  
IS THE  
HIGHEST  
FORM OF  
WEALTH  
  
- Dalai Lama

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## ENTERTAINMENT RESOURCES -

- Amazon Prime - Free kid's movies and TV shows
- Audible - Free streaming stories for children
- Kabilion - Free shows and activites for children (i.e. coloring pages and word puzzles)
- NBA - Offering complimentary access to both full-length and condensed replays of all games from the 2019-2020 season
- NFL - Game Pass service is free until May 31, 2020 where you can replay NFL games from 2009 to 2019 as well as watch NFL original shows
- NHL - Live Pass is free until April 20, 2020. Stream more then 1,000 games as well as the 2020 Stanley Cup Playoffs
- Sirius XM Radio - Free for 3 months, no credit card required for signup
- Starz - Reduced price of \$4.99 for 3 months
- The Met - Streaming New York Broadway shows

## TECHNOLOGY RESOURCES -

- Adobe - Free access to Creative Cloud tools through May for home use by students attending schools that only provide lab access
- Any Meet - Free video conference/meeting until 2021
- Free Conference Call - Offers free calling anywhere

## **TECHNOLOGY RESOURCES (CONTINUED) -**

- Google - G Suite for Education customers can use the Hangout Meet Premium function for free through July 1, 2020. Host virtual meetings with up to 250 people and do live streams with up to 100,000 viewers. Recording features are also available
- Microsoft Teams - Offered for free and allows you to chat, meet or do a conference call with your team.
- Skype - Free conference calling, recording, and screen sharing options
- Zoom - The Basic Package is free and allows up to 100 participants, unlimited number of meetings, unlimited 1 to 1 minutes, and 40 minute time limit on group meetings.

## **BEHAVIORAL HEALTH AND WELLNESS RESOURCES -**

- Calm - Free meditations, also has kid versions
- First Responder Zoom Group: Tailboard Talks - Virtual group that meets on Zoom every Tuesday and Thursday evening at 4pm Pacific Time. Contact Rick Baker at [www.ResponderSupport.com](http://www.ResponderSupport.com)
- Headspace - Free mediation app
- Mindfulness - Free mindful and meditation resources
- Responder Support Services - Free informational videos that relate to managing the stress of a prolonged exposure event. Can be found on YouTube under Responder Support Services
- Smiling Mind - Free comprehensive mindfulness and meditation app
- The Counseling Team Resource Videos and Articles - Free informational videos and article that cover a wide range of behavioral health and wellness tips. Can be found on [www.thecounselingteam.com](http://www.thecounselingteam.com) under Resources - COVID-19
- UCLA Health - Free meditations in both English and Spanish

## PHYSICAL HEALTH RESOURCES -

- Centr Fitness App - Six weeks of the app for free if you join online
- Core Power Yoga - Free online classes
- Cosmic Kids Yoga - Free yoga lessons for kids on YouTube
- Daily Burn - Free 60-day trial for yoga, barre, and pilates
- Do Yoga With Me - Free 2 month membership
- Down Dog App - Fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout. Free until May 1, 2020
- Fitness Blender - Hundred of free workouts videos
- Go Noodle - Free movement videos for kids and families
- Gold's Gym - Free app access through May. The app includes over 600 audio and visual workouts. Must access by April 30th using code GOLD"SAMP
- Les Mills - Free video Workouts
- Nike Run Club - Free app that offers workouts from top running coaches for all levels. Also tracks your distance and pace
- Orange Theory - Free 30-minute workouts each day on their website
- P.E. with Joe - Free 30 minute daily PE workouts from home can be found on YouTube
- Peloton - Offering free 90-day trial of their app
- Planet Fitness - Free workouts on their Facebook page
- Runtastic - 90 day free trial of the app. Tracks mileage and syncs with Apple Music
- Stretch and Grow of the Rockies - Kids health and wellness enrichment company that teaches age-appropriate fitness and yoga
- YMCA - Free fitness videos - bootcamp, yoga, barre, kids, adults, etc.

## INDIVIDUAL EDUCATIONAL RESOURCES -

- Across the Eight Ivy League Schools - More than 450 active courses from computer science to art and design and everything in-between
- Babbel - Free access to students for 3-months to learn a new language
- BBC Discovery - Podcast that discusses science facts and fun
- Brain Science - Podcast that discusses neuroscience and the brain
- Duolingo - Free language education
- Harry Potter and the Sacred Texts - Podcast that takes a chapter of a Harry Potter book and looks at it through the lens of a universal theme such as love, hope, destiny, etc.
- How Stuff Works - Free educational videos exploring the world around us
- Jstor - Free books and educational journals
- Kahoot! - Free access to the premium version of the game-based learning software
- Nepris - Online talks with industry professionals on a wide variety of subjects
- Online Free Spanish - Spanish learning games, coloring pages, and interactive activities
- Panda Tree - Foreign language learning platform for learners 2 to 17
- PBS - Free educational resources, videos, shows, and craft ideas
- Science Friday - Podcast that is all about science and the latest discoveries
- Star Talk Radio - Podcast that covers information on outer space, sports, and sports science
- Start Atlas - Allows you to explore constellations and the stars
- Typing - Free keyboard, digital literacy, and coding lessons

## INDIVIDUAL EDUCATIONAL RESOURCES (CONTINUED) -

- The Flyest Fables - Storytelling podcast that centers on a magical book that takes its readers to a world where they find strength to overcome any obstacle
- The Stuff You Missed in History Class - Podcast about little known history events, weird events, overlooked stories, etc.
- Wow in the World - Podcast that guides kids and adults on a journey into the world around them

## VIRTUAL FIELD TRIPS -

- Discover the Pyramids - Explore the Egyptian pyramids. Can be found at [www.discoveringegypt.com](http://www.discoveringegypt.com)
- Explore National Parks - Virtual exploration of national parks. Can be found at [www.artsandculture.withgoogle.com](http://www.artsandculture.withgoogle.com)
- Explore the Great Wall of China - Exploration of the Great Wall of China can be found online at [www.thechinaguide.com](http://www.thechinaguide.com)
- Mars - Explore Mars. Can be found at [www.accessmars.withgoogle.com](http://www.accessmars.withgoogle.com)
- Monterey Bay Aquarium - Live video footage of the aquarium. Can be found at [www.montereybayaquarium.org](http://www.montereybayaquarium.org)
- Orbit - A journey around the world in real time found on YouTube
- San Diego Zoo - Live video footage of the zoo. Can be found at [www.zoo.sandiegozoo.org](http://www.zoo.sandiegozoo.org)
- The Nature Conservancy - Offers 11 virtual field trips from the coastal rainforest to the coral reef. Can be found at [www.nature.org](http://www.nature.org)
- Travel and Leisure - Virtual tours of 12 famous museums and can be found on [www.travelandleisure.com](http://www.travelandleisure.com)

## KIDS AND TEENS ARTS, CRAFTS, ACTIVITIES, AND LEARNING -

- ABCya - Reading and match games for grades PreK to 6
- All Crafts - Free craft project ideas and recipes for kids
- Arizona State University - Free educational resources
- BBC Bitesize - Free lessons covering math, english, science and more
- Boolean Girl - Live, online events to teach students to code, build, invent, and animate
- But Why - Podcast led by kids who ask questions and find answers
- Carnegie Mellon University Computer Science Academy - Free interactive computer science curriculum
- Children's Museum of Houston - Free weather and science videos for grades PreK to 5
- Code Academy - Free data science and coding lessons
- Crayola - Offering free art workshops
- Delish - Free online cooking classes for kids
- DLTK's Craft for Kids - A variety of printable children's crafts
- Disney Nature - movies and educational material
- Education.com - Offering free prtnable art worksheets
- Education Modified - Resources to help families of special population students
- Educational Insights - Free at-home worksheets for young learners
- Encyclopedia Brittanica - Free access to LaunchPacks for school and students
- Exploratorium - Learning toolbox for science topics
- It's Always Autumn - Lists 50 wonderful indoor activities

# KIDS AND TEENS ARTS, CRAFTS, ACTIVITIES, AND LEARNING -

- Just Color - Offers adult coloring pages
- Legends of Learning - Free math and science games
- Mommy Poppins - Over 50 fun indoor activities
- Morning Chores - Over 30 activities you can do with your kids
- Out School - Online classrooms that deliver remote learning courses to K-12 students
- PBS - Free resources for kids
- Peace Out - Podcast that helps kids calm down at the end of the day
- Quill - Free tools to help improve your student's writing
- Quizlet - Free flash cards, quizzes, and games
- RoboKind - Virtual coding course for robots available to elementary and middle school students through June 30, 2020
- Scratch - Interactive story, game, and animation
- Sesame Street - Podcast that includes all the loveable characters we know and teaches lessons
- ST Math - Visual math program for learners K-6
- The Kids Should See This - Kid friendly videos for learning
- What If World - Podcast that takes a "what if" question from a child and spins it into a wonderful story
- YayMaker - Virtual canvas painting

\*Special thanks to the National Sheriff's Association, and the Psychological Services Board for assisting The Counseling Team International in the creation of this resource list.