

Go-To Resources for K-12 Families to promote structure, calm, and normalcy at home during school

closure compiled by B-PEN, BHS school psychologists, BHS Counseling/Guidance Department, PSB Wellness Department, Brookline Center and other caring Brookline community members (March 17, 2020)

General Tips.....

Keep to a routine. In particular, try to keep to a school/work sleep schedule full of great sleep hygiene. Take a shower every day. Get dressed every day.

Stay connected. Genuinely connected. Have real phone conversations, write letters/cards, play board games with your family and friends, spend time physically near other humans (and animals) and reach out to friends and loved ones via Facetime or other video platforms that feature more authentic 1-1 connection.

Be mindful of media intake; temporarily limit exposure to sources that increase anxiety, depression, loneliness, fear, and anger and **stick to content that helps you feel hopeful, happy, calm, connected, inspired and uplifted.**

Keep in contact with outside providers and try to keep appointments for mental health. If you aren't able to go to their office, ask if they can meet with you via telehealth or Zoom video conference with you.

Take the time to get caught up. If you're behind, chip away at something outstanding. It will help you keep from getting bored, can serve as a distraction, and will reduce long term stress.

Category	Resource	Website/Contact Information	Notes
Schedules/routines	Khan Academy	https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub#kix.ow2y2mp5ko1s	Khan Academy sample schedules for school closures -Preschool, kindergarten, 1st grade and 2nd grade -Grades 3 - 5 -Grades 6-9 -Grades 10-12

Schedules/routines		https://drive.google.com/file/d/1GF6a-Tj3fG3egn6xL2FjBO8eMHNLalT5/view?usp=sharing	Basic schedule to use to help maintain consistency.
Mindfulness	UCLA Mindful Awareness Research Center	https://apps.apple.com/us/app/ucla-mindful/id1459128935?ls=1 https://www.uclahealth.org/marc/meditation-at-the-hammer	<p>-UCLA Mindful App</p> <p>-Free UCLA Mindful Awareness Podcasts at the Hammer Museum via Zoom. Each week has a different theme and usually includes introductory comments, guided meditation, silent practice time, and closing comments. Each also offers a new daily life practice for the week.</p>
Mindfulness	Pocket Mindfulness	https://www.pocketmindfulness.com/wp-content/uploads/2017/07/6-Mindfulness-Exercises-PDF-Download-.pdf	Six mindful exercises
Mindfulness	Dartmouth College Health Service	https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads	<p>Relaxation Downloads in:</p> <ul style="list-style-type: none"> -Guided Image and Visualization -Deep Breathing and Guided Relaxation Exercises -Mindfulness and Meditation Exercises -Progressive Muscle Relaxation Exercises -Soothing Instrumental Music
Music	The National Jukebox from The Library of Congress	http://www.loc.gov/jukebox/about	The Library of Congress presents the National Jukebox, which makes historical sound recordings available to the public free of charge. The Jukebox includes recordings from the extraordinary collections of the Library of Congress Packard Campus for Audio Visual Conservation and other contributing libraries and archives.
Music	Metropolitan Opera	https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/	Metropolitan Opera offers 'Nightly Met Opera Streams'
Exercise	TrailLink	https://www.traillink.com/state/ma-trails/	This website will help you find the best trails around Massachusetts whether you're looking for an easy walking trail or a bike trail like the Cape Cod Rail

			Trail and Nashua River Rail Trail. With more than 87 trails covering 451 miles you're bound to find a perfect trail for you. Site allows you to click on any trail to find trail descriptions, trail maps, photos, and reviews.
Exercise	Town of Brookline	https://www.brooklinema.gov/663/Nature-Sanctuaries	Tour the sanctuaries. Considering Brookline's size and proximity to the City of Boston, the number, acreage, and ecological variety of town sanctuaries are impressive. Brookline sanctuaries contain wetlands, ponds, streams, and vernal pools.
Exercise	ShapeAmerica.org	https://www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf	A multi-game fitness card deck that can be used for grades K-12. The PDF games with 7 different games to play using the card deck. This is an original game created by Dan DeJager, 2019 National High School PE Teacher of the Year.
Nutrition	U.S. Department of Health & Human Services	https://www.hhs.gov/fitness/eat-healthy/how-to-eat-healthy/index.html	Eight Healthy Eating Goals
Nutrition	Harvard Medical Center	https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating	Article: 8 Steps to Mindful Eating
Sleep	Mayo Clinic	https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379	Sleep tips: 6 steps to better sleep
Social-Emotional Resource	Psychology Today	https://www.psychologytoday.com/us/blog/your-brain-work/201106/announcing-the-healthy-mind-platter	Article on The Healthy Mind Platter
Social-Emotional Resource	TED Talks	https://www.ted.com/playlists/315/talks_to_help_you_manage_stress	TED Talks to help manage stress (5 talks)
Social-Emotional Resource	TED Talks	https://www.ted.com/playlists/299/the_importance_of_self_care	TED Talks - The Importance of Self-care (9 talks)

Activities	PBS Kids	http://public.pbs.org/PBSKIDSDaily?source=email	To help with activities during school closure, PBS Kids has developed a new weekly newsletter which offers tips and activities for parents to help kids play and learn at home. This link will take you to the newsletter sign-up page.
Activities	Scholastic	https://classroommagazines.scholastic.com/support/learnathome.html	Scholastic Learn at Home: Even when schools are closed, parents can keep the learning going with these special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own or with their families. Just find your grade level and let the learning begin!
Activities	Saved You a Spot Blog	https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/	20 Screen-Free Things To Do With Your Kids Indoors When School Is Closed
Activities	March/April Calendar	https://scontent-lga3-1.xx.fbcdn.net/v/t1.0-9/s960x960/89473859_669805910514704_419538873694027776_o.png?_nc_cat=110&_nc_sid=8024bb&_nc_ohc=reV8Qub5b-8AX-0SUeW&_nc_ht=scontent-lga3-1.xx&oh=90c564ad4f8614c6501bdd1a18407bef&oe=5E95DC51	Activity of the day calendar