

## Youth MOVE National Peer Resources Covid-19 and Social Distancing

Members of Youth MOVE Chapters are invited to contribute the resources you have found to be supportive in this time of coronavirus and required social distancing. Together we can care for each other.

***When adding resources, please be mindful of economic and accessibility concerns***

- **Gaming:** [Kongregate](#) - Free online games ranging from casual if you just have a few minutes to longer-form games that you can come back to.
- **Art:** [Google Doodles](#) - We've all seen the Google Doodles that appear during special events or to honor specific people. This is the archive that you can get lost in.
- **Music:** [Song Maker](#) - A quick and fun way to let out some noise while on your computer. Song Maker lets you easily construct songs, play them back, and remix them.
- **Health:** [Yoga with Adriene](#) - Welcomes all levels, all bodies, all genders, all souls! Browse the library of free yoga videos to find a practice that suits your mood.
- **Health:** [Fitness Blender](#) - Free workout videos for every fitness level. This site has it all- HIIT, pilates, strength-training- you name it!
- **Education/Inspiration:** [Ted Talks](#) - The TED Talks channel features the best talks and performances from the TED Conference, where the world's leading thinkers and doers give the talk of their lives in 18 minutes (or less).
- **Entertainment:** [Open Culture](#) - 1,000's of movies for free, including classics, indies, film noir, documentaries and more.
- **Art:** [Virtual Museum Tour](#) - Take a virtual tour of some of the world's greatest museums and heritage sites.
- **Nature:** [Animal Cams](#) - Check out these amazing feeds! From jellyfish to an African watering hole.
- [Hogwarts Digital Escape Room](#)
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## Ways to Stay Socially Connected

- **Reddit** - Reddit is the largest online forum dedicated to specific and unique interests and topics known as subreddits. There is a community for everyone from your favorite TV show to the ever soothing [/r/oddlysatisfying](#) sub.
- **Discord** - Discord is a chat program that connects you to communities for text, voice, or streaming. If you want to join conversations surrounding your interests.
- **Netflix Party** - Netflix Party is a Chrome extension for watching Netflix remotely with friends! It synchronizes video playback and adds group chat.
- **Google Hangouts Meet** - Hold video meetings with people, including chat and audio.
- **Zoom** - Free to use for meetings up to 40 minutes long with video, voice, and screen share options.
- Create **WhatsApp** groups with friends or neighbors to talk about your daily lives the way you would in normal life.
- **Play Settlers of Catan Online** - Catan Universe lets you use Catan Classic to play the board game virtually! The website is in German, use Google Translate to translate it to English and voila!

- [Indigenous School Teachers](#) - Stay connected to learning *and* learn more about indigenous culture.
- [Houseparty](#) - Stay connected with friends, play games, and see everyone on the same screen in an easy to pop in and out of “house”.
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## Responsible News Sources

- [NPR Up First](#) - A daily news podcast, 15 minutes or less.
- [Teen Vogue](#) - Seriously - check out Teen Vogue. They’re doing the best reporting on.... Everything, from health to fashion to current events and the epidemic.
- [The Daily](#) - NYTimes produced podcasts that keeps you updated and has interesting stories
- [EEOC](#) - Pandemic preparedness in the workplace and the Americans with DisAbilities Act
- [Teen in Print COVID 19 Perspectives](#) - A first-person exploration of the coronavirus outbreak has impacted Boston teens’ mental health, academic performance and families
- [Contra COVID](#) - A group of students and professionals from Harvard Medical School and medical institutions around the country who are dedicated to ensuring that Latino and immigrant individuals have the information they need to protect themselves and their families. *Available in English, Spanish, Portuguese, and Haitian Creole*
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## Places of Positivity

- [Action for Happiness](#) - Action for Happiness is a movement of people committed to building a happier and more caring society.
- [Tiny Buddha](#) - Tiny Buddha is about reflecting on simple wisdom and learning new ways to apply it to our complex lives-complete with responsibilities, struggles, dreams, and relationships. A leading resource for peace and happiness.
- [Shine Text Messages](#) - a free app with daily messages and support for anxiety and depression
- [Replika](#) - A personal AI that would help you express and witness yourself by offering a helpful conversation. It’s a space where you can safely share your thoughts, feelings, beliefs, and experiences. It also checks in on your daily and sends self-care reminders.
- [Quarantine Karaoke](#) - Taking the quarantine by storm is a Facebook group of people who are held up in their homes sharing their favorite songs. This is truly online karaoke and people supporting each other in an online environment to help each other get through this experience.
- [Center for Puppetry](#) - Live streaming puppet performances.
- [Ten Percent Happier](#) - Host Dan Harris tackles actionable and practical tips on how to deal with the anxiety and fear that comes with not only what is going on currently, but the lack of information around what the future holds.
- [Some Good News](#) - John Krasinski of The Office fame has started a YouTube channel from his home, sharing little bits of positive news to lift spirits!
- [Greater Good Berkeley’s April Happiness Calendar](#) - This month, find resilience and reduce anxiety.
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## Reducing Anxiety

- [Isle of Calm \(NPR\): Stream 6 Hours of Soothing Music](#)
- [Happify](#) - Happify is an app that assesses a variety of domains in your life and takes you through modules (games, activities, exercises) that are designed to reflect those domains to increase happiness and reduce stress.
- [AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#)- While our day-to-day routines have changed pretty dramatically, it's important to remember that we need to find ways to take care of ourselves. We might need to keep some physical distance from each other for a while, but we don't need to shut ourselves in. The outdoors is still open for business (just remember to practice social distancing!). AllTrails is a website and app that helps you find local trails and open spaces.
- **Journaling Resources, Prompts, and Templates**
  - [Bullet Journaling](#)
    - [Bullet Journaling for Mental Health and Anxiety](#)
  - [Future Self Journaling Worksheets](#)
  - [I Am Grateful for... Worksheet](#)
- **Apps**
  - [Calm](#) – short daily meditations and sleep stories to help you relax. ([Apple](#)) ([Google Play](#))
  - [Headspace](#) – short 10-minute meditations ([Apple](#)) ([Google Play](#))
  - [Breathe2Relax](#) – is a stress management app, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control. ([Apple](#)) ([Google Play](#))
  - [Mindshift CBT](#) - uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
  - [Woebot](#) – Anxiety, depression and mindfulness tool that provides tiny conversations to help you feel at your best. ([Apple](#)) ([Google Play](#))
  - [Stop, Breathe, and Think](#) – simple activities and meditation to help check in on your emotions and feeling ([Apple](#)) ([Google Play](#))
  - [PTSD Coach](#) PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. ([Apple](#)) ([Google Play](#))
  - [Quarantine Chat](#) - Developed to help people feel connected.
  - [Shine](#) – provides a support system for daily stress and anxiety. Learn a new self-care strategy every day, get support from a diverse community. ([Apple](#)) ([Google](#))
  - [7 Cups](#) - 7 Cups connects you to a trained caring listener for free emotional support. ([Apple](#)) ([Google Play](#))
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## Places for Learning

- **Aquariums and Zoos: Live Feeds**
  - [Aquarium of the Pacific](#)
  - [Monterey Bay Aquarium](#)
  - [Maryland Zoo](#)
  - [The National Aquarium](#)
  - [San Diego Zoo](#)
  - [Reid Park Zoo](#)
  - [Woodland Park Zoo](#)
  - [Smithsonian's National Zoo](#)

- **Podcasts**
  - [Unlocking Us with Brene Brown](#)
  - [Irresistible \(formerly Healing Justice Podcast\)](#)
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- **Museums with Virtual Tours**
  - [The Louvre](#) located in Paris, is one of the world's largest art museums and offers free virtual tours of popular exhibits.
  - [The Solomon R Guggenheim Museum](#) located in New York offers a chance to view the collection and learn about the artist.
  - [The National Gallery of Arts](#) is located in Washington DC they offer both video tours and interactive activities.
  - **The British Museum** offers both [virtual tours](#) and also a chance to [view the collection online](#)
  - [Smithsonian National Museum of Natural History](#) is one of the most visited museums in the world and offers a room by room view of its exhibits.
  - **NASA** offers free virtual tours of the [Langley Research Center](#) and [Glenn Research Center](#).
  - [The Dali Theater – Museum](#) offers a virtual tour of the grounds and also a few exhibits
  - **National Woman's History Museum** in Virginia provides access to [oral histories](#) and [online exhibits](#)
  - **National Museum of the US Airforce** offers [virtual tours](#) and the [museums podcast](#)
  - **Google Art Project** has partnered with over 1200 museums around the world to provide virtual tours to see the [featured locations](#) to see [all of the sites](#).
  - [History Colorado](#) offers a podcast that shares stories of travel across Colorado.
  - [National Gallery of Art: Washington DC](#)
- [Yale's 'Happiness' Course is Free Online](#) - Make a Coursera account (free) to access
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## Financial Resources

- **Internet Service Providers (Free/Reduced Internet Access)**
  - [Charter Communications](#)
  - [Comcast](#)
  - [Who is lifting data caps?](#)
- **Questions about the Federal Stimulus Package and What it Means for You?**
  - [English](#)
  - [Spanish](#)
- **Ways to make money when your job is put on hold**
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- **Grants**
  - [Robin Hood Relief Fund](#)
  - [The Giving Compass](#) Has compiled a list of almost 100 (as of 3/24/2020) emergency COVID-19 funders across the country
  - [The Community Foundations](#) blog has several resources for local funding divided by state

- [No Kid Hungry](#)
- The [CDC Foundation](#) and the [Center for Disaster Philanthropy](#)
- [Dunkin Joy Corona Virus \(Covid-19\) Emergency Grants](#)
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## Telemedicine Resources

## Online Support Groups

### Youth

- [GovTeen](#) -Forum for and by teens with mental health conditions
- [OK2Talk](#)- online blog for teens and youth to share feelings about mental health.
- [Warm Lines](#)- Offered by counties and provide one-on-one support over the phone
- [TrevorSpace](#)- Trevor Project- Discussion board that are overseen by administrators
- [Please Pass the Love - Slack Group](#) - **for Youth only!**
- <https://teenlineonline.org/> - or get the Teen Talk App - text TEEN to 839863
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### Support and Recovery (Young Adult and Adults)

- [Alcoholics Anonymous Online Intergroup](#) – a directory of online audio/video meetings seven days per week.
- [SMART Recovery](#) - an online community where participants help one another recover from addictive behaviors.
- [WEconnect and Unity Recovery](#) – free online daily all recovery meetings.
- [Narcotics Anonymous](#) - online meetings in various time zones using multiple platforms.
- [Herren Project](#) - live online support groups and recovery meetings moderated by trained clinicians.
- [In The Rooms](#) - free weekly online meetings for those recovering from addiction and related issues.
- [Learn to Cope](#) - online support forum open to families, friends and loved ones who have someone in their lives who is struggling with addiction.
- [AI-Anon Family Groups](#) - electronic meetings for anyone affected by alcoholism in a family member or friend.
- [DBSA Online Support Groups](#) - Young Adult specific support groups are indicated on this schedule
- [Young People in Recovery Virtual Meeting Schedule](#)
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## Food Programs

- [Emergency Food Network](#)- Locations and hours of food banks
- [Salvation Army](#)- Provide food and other essential resources
- [Other locations](#) that are providing food free of charge and a state by state listing
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## Physical Wellness Resources

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## Ways to Volunteer

- [Meals on Wheels](#)- looking for volunteers to deliver food
- [RedCross](#)- Requests additional blood donations during this time.
- [Crisis Text Line](#)- Volunteer to support those who are in need of support
- [BookShare.org](#) - help scan and edit book for those with disabilities
- [Amnesty Decoders](#)- search through resources to expose human rights violations.
- [Donate](#)- Hospitals need sanitizer, masks, and other protective equipment
- [Alone](#)- Volunteer to offer support to elderly individuals who are isolated during this time.
- [iCouldBe](#)- support students who's schools have closed and are not learning remotely
- Support Small Business- buy gift cards and order takeout from small business and restaurants in your area.
- [Love for the Elderly](#)- write letters to support those living in care homes that cannot see loved ones.
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## Spanish Language Resources

- [NAMI](#)- Offers resources in Spanish
- [Contra COVID](#) - A group of students and professionals from Harvard Medical School and medical institutions around the country who are dedicated to ensuring that Latino and immigrant individuals have the information they need to protect themselves and their families. *Available in English, Spanish, Portuguese, and Haitian Creole*
- [Questions about the Federal Stimulus Package and What it Means for You?](#)
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