



Resources for Social Emotional Learning and Support

**There are many resources to assist parents and students with questions about social emotional learning, community mental health options, special education programs and services and much more.**

**If you have questions or concerns regarding your child's social/emotional wellbeing or need additional information. please contact**

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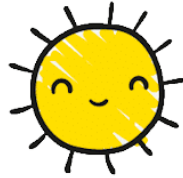
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# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

# Self Care for Adults

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\*Anxiety and stress related to the coronavirus is to be expected\*

\*Social distancing is considered critical to slowing the spread of the coronavirus. However, it can understandably lead to loneliness\*

With the awareness of these mental health risks, we can work towards coping with this challenging situation and reduce the potential impact on our mental health.

Here is a list of coping strategies to help get you through these uncertain times.

## **Be Mindful Of Your News Consumption**

The news can be helpful by encouraging precautions and prevention, but compulsively and obsessively reading and watching about the outbreak can be detrimental to mental health. Here are a few suggestions that may help you follow the news while protecting your mental health.

### **Limit your sources**

Rely on only one or two reliable sources of news as misinformation and bad reporting are rampant. The CDC is a great resource for updates and precautions. You can also select a news medium that allows you to avoid potentially triggering content. For example, when reading from an article on your phone or computer, you can scroll past disturbing photos and quickly reach the information you are interested in.

### **Practice acceptance**

Accept that the news coverage will not answer all your questions or address all your worries. Accept uncertainty. Trust that officials around the globe and the medical community are trying their best to address the situation.

### **Limit consumption**

Establish a reasonable rate of consumption, which may be checking for updates one or two times a day. Consume only what you need to know, what's most relevant to you and particularly what is happening or anticipated in your own community.

### **Distinguish between global and local**

The virus will not necessarily take the same course in the U.S. as it has in other countries. It's important to think critically about the information provided and not jump to conclusions.

### **Ask someone for help**

If you feel you need separation from the news, have a friend or loved one filter the news for you, and give you updates based on a reasonable assessment of what's relevant to you. This will allow you to reduce direct news consumption.

Take an opportunity to **practice mindfulness** when managing anxiety, such as grounding techniques. Get comfortable. Incorporate all 5 senses. You can lie on your back in bed or on the floor with a pillow under your head and knees.

1. **Breathe** in through your nose. Let your belly fill with air. Count to 5.
2. **Breathe** out through your nose. Count to 5.
3. Place one hand on your belly...
4. As you **breathe** in, feel your belly rise. ...
5. Take three more full, **deep breaths**.

### **Find Things To Do/Distractions**

Activities that distract you from current events can be helpful. Here are a few ideas:

- Household chores, such as spring cleaning, will give you a sense of purpose and accomplishment when completed.
- Free online university courses and courses through *couseira*, such as Yale University's most popular class ever: The Science of Well-Being. They offer a great learning opportunity.
- Movies are moving from theaters to online. Netflix is also a good option.
  - TV programming has expanded during the crisis, particularly through streaming services like Netflix. You can also currently stream the Met Opera for free. The NFL and NBA are also offering complimentary access to online streaming platforms.
- Virtual parishes, which the Pope and other faith leaders are offering, can help maintain religious connections.
- Help Others

### **Take Care of Yourself**

- Exercising and spending some time outside remembering to keep your distance
- Yoga
- Eating healthy
- Sleeping an adequate amount
- Virtually reach out to different types of support groups

## **Explaining Coronavirus to your Children**

### **Video from WDIV -**

<https://www.clickondetroit.com/news/local/2020/03/13/watch-explaining-coronavirus-to-children-what-is-it-why-are-schools-closed/>

### **Children and COVID-19 from the CDC:**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

### **Toolkit for Families with students with ASD.**

**This would also be appropriate for parents with young children.**

<https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertian%20Times%20Full%20Packet.pdf>

### **A story to help children understand Coronavirus**

<https://static1.squarespace.com/static/595fb0d16a49632afb7e2c00/t/5e73cf66459c9d6afea2bb10/1584648075946/Coronavirus+Story+for+Children.pdf>

### **Julia Cook “The Yucky Bug” video**

<https://youtu.be/ZD9KNhmOCV4>

### **APA Social Distancing & Related Resources**

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

### **CDC Managing Anxiety & Stress**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### **Autism Speaks Resources re: COVID-19 including social stories**

<https://www.autismspeaks.org/news/covid-19-information-and-resources>

### **Autism Toolkit for school closures**

<https://l.ead.me/bbTE3n>

### **Coronavirus Social Stories**

<https://drive.google.com/open?id=115D1gn80OrWocRr-LwG9dYeWbuwXkoDY>  
<https://www.teacherspayteachers.com/Product/FREE-Coronavirus-COVID-19-Social-Story-5319239>

### **Another Coronavirus social story**

[https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2spJ0sBUaboJC3UqxexqoHCZjOI2Smq1JSn\\_CqnzL6V2COOf\\_JG0ohw24](https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2spJ0sBUaboJC3UqxexqoHCZjOI2Smq1JSn_CqnzL6V2COOf_JG0ohw24)

### **Sesame Street and Caring for Each Other**

<https://www.sesamestreet.org/caring>

### **Autism and Special Needs Exercise App.**

Supported in research and used by universities, parents and professionals around the world. The Free trial period has been extended to both schools and parents during these difficult times.

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

### **FAQ about CoronaVirus**

[https://drive.google.com/file/d/1x3eApRJDPdVxpOlq1eEU124oIWpfQDK1/view?mc\\_cid=b04fa541f1&mc\\_eid=17a6856e0c](https://drive.google.com/file/d/1x3eApRJDPdVxpOlq1eEU124oIWpfQDK1/view?mc_cid=b04fa541f1&mc_eid=17a6856e0c)

### **Something for Everyone**

<https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators>  
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### **Hand-washing Steps Using the WHO Technique**

<https://www.youtube.com/watch?v=lisqnbMfKvI>

### **Handwashing-The 12 Steps**

<https://www.youtube.com/watch?v=oGQpJafaWj0>

### **Coping with Stress During an Infectious Disease Outbreak**

[https://lookaside.fbsbx.com/file/Coping%20With%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf?token=AWwirWbwnFZzJLvz3PPjKrKdmjruV9RT8Cv8f-twlduYJgzyONTCy0XbV5oToiUJOTRxfHiJypWT3yj1i-Il-yvO2FQSOhPdpXuPvuRMGgtAsg8MS8KrPERTPPyMqT7vFLEliQ4HMtrZfdMDF1WbmcMDInquY\\_mwI8UUbVqECgpbeErrdrs0hiauXXXv4uzKhBnBOOITYo7L5jeQuQFCIRV](https://lookaside.fbsbx.com/file/Coping%20With%20Stress%20During%20Infectious%20Disease%20Outbreaks.pdf?token=AWwirWbwnFZzJLvz3PPjKrKdmjruV9RT8Cv8f-twlduYJgzyONTCy0XbV5oToiUJOTRxfHiJypWT3yj1i-Il-yvO2FQSOhPdpXuPvuRMGgtAsg8MS8KrPERTPPyMqT7vFLEliQ4HMtrZfdMDF1WbmcMDInquY_mwI8UUbVqECgpbeErrdrs0hiauXXXv4uzKhBnBOOITYo7L5jeQuQFCIRV)

### **How to manage emotions and build structure at home during COVID-19**

[https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/?\\_s=xxxxxxx&\\_s=cw95cvvfixsjp5ptydrm](https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/?_s=xxxxxxx&_s=cw95cvvfixsjp5ptydrm)

### **FREE Mental Health Support and Resources Through Child Mind**

[https://childmind.org/coping-during-covid-19-resources-for-parents/?fbclid=IwAR2rIRsR80rCNIZeb9JtEhS7k\\_CEPRNujVjeQfPfwVevFpQYghjatPoNp-sU](https://childmind.org/coping-during-covid-19-resources-for-parents/?fbclid=IwAR2rIRsR80rCNIZeb9JtEhS7k_CEPRNujVjeQfPfwVevFpQYghjatPoNp-sU)

## **Social-Emotional Learning Online**

**Howard B. Wigglebottom Books for Young Children with songs**

<https://wedolisten.org/>

**Books Read By Celebrities**

<https://www.storylineonline.net/>

**Social Skills Video-Based Curriculum**

Parents can utilize this program for a 30 day free trial - this may be extended by the manufacturer as more schools close.

<https://everydayspeech.com/parents-and-families/>

**Lessons for Social-Emotional Learning (SEL)**

[https://www.youtube.com/channel/UCo0zW6kLPq2Ns\\_51AaZN0IQ](https://www.youtube.com/channel/UCo0zW6kLPq2Ns_51AaZN0IQ)

**Social Emotional Learning**

<https://www.teacherspayteachers.com/Product/SEL-Home-Learning-Packet-supports-Social-Emotional-Learning-5326481?aref=xds4gjp4>

**SEL Y5-gr2. Stories & activities**

[https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ\\_sdLJfS2YnGk-wFxf297iZYFaQ/edit?usp=sharing](https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ_sdLJfS2YnGk-wFxf297iZYFaQ/edit?usp=sharing)

**SEL gr.3-5 Stories & activities**

<https://docs.google.com/presentation/d/10Z1IMNrDlp6FtIZUzfupyWA-EYcUMcEh4bJD9eNkcKs/edit?usp=sharing>

**Centervention**

<https://www.centervention.com/>

Game-based interventions that focus on improving social and emotional skills in K-8 students.

Offering a free 30-day trial. We offer free lessons/activities and pintables on our website that focus on SEL:

<https://www.centervention.com/social-emotional-learning-activities/>

**Classroom Champions**

<https://teach.classroomchampions.org/available-programs/>

The social and emotional learning lessons within Classroom Champions' SEL Foundations Curriculum underscore the value of dreams, grit, and perseverance, especially during hard times. For ten years, Classroom Champions has been focused on students' social and emotional learning by connecting world-class athletes with K-8 schools in every state and province across North America, achieving measurable improvements in student mental health, social and emotional development, and academic outcomes. Founder Steve Mesler (an Olympic Gold Medalist) and Board Member Christian Taylor (2-time Olympic Gold Medalist) have opened up the platform to share the entire K-8 SEL Foundations Curriculum, plus the Parent Toolkit, the video library, and access to the teacher community for free to help support educators and families.

Access to Classroom Champions' digital platform containing the entire K-8 SEL Foundations Curriculum, plus their Parent Toolkit, video library, and the teacher community.



## Anxiety and Stress Management

### 10 Therapist and Child Approved Activities to Support Kids with Anxiety

October 10, 2017

Ili Rivera Walter, PhD, LMFT

<https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety>

### 20 Fun Activities to Help Kids With Anxiety

<https://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/>

### Worry Warriors videos (gr 3-5)

[https://youtu.be/dA54Nbv3\\_M?list=PLI8YAZ\\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://youtu.be/dA54Nbv3_M?list=PLI8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt)

[https://youtu.be/9qNKPw-EeEE?list=PLI8YAZ\\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://youtu.be/9qNKPw-EeEE?list=PLI8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt)

[https://youtu.be/gH\\_OWeGwjCI?list=PLI8YAZ\\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://youtu.be/gH_OWeGwjCI?list=PLI8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt)

[https://youtu.be/5WGPxQJ2sBg?list=PLI8YAZ\\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://youtu.be/5WGPxQJ2sBg?list=PLI8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt)

### Mindfulness exercises:

<https://www.mother.ly/child/ease-your-anxious-child-6-simple-mindfulness-exercises-to-try-today>

### More Mindfulness exercises:

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

*BlessingManifesting*

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## General Mental Health Resources

A list of children's books about mental health topics

[https://childmind.org/article/best-childrens-books-about-mental-health/?fbclid=IwAR1CPcyUDQ2MSAe6DtkYhMLDqumIPMiFjdStphE\\_3emBcvywSOGCKmsKUs](https://childmind.org/article/best-childrens-books-about-mental-health/?fbclid=IwAR1CPcyUDQ2MSAe6DtkYhMLDqumIPMiFjdStphE_3emBcvywSOGCKmsKUs)

## **Resources for Early Childhood**

### **Sesame Street and Caring for Each Other**

<https://www.sesamestreet.org/caring>

### **Sesame Street Belly Breathe**

[https://www.youtube.com/watch?v=mZbzDOpyIA&feature=emb\\_title](https://www.youtube.com/watch?v=mZbzDOpyIA&feature=emb_title)

### **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

## **Elementary Resources**

### **A-Z Activities for Coping**

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

### **Sesame Street Belly Breathe**

[https://www.youtube.com/watch?v=\\_mZbzDOpylA&feature=emb\\_title](https://www.youtube.com/watch?v=_mZbzDOpylA&feature=emb_title)

### **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

### **Yoga and meditation for young elementary**

<https://www.youtube.com/watch?v=oYI0TPJOUgk>

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

### **Cosmic Kids Yoga and Mindfulness**

<https://youtu.be/0ImHIWzP49M>

## **Secondary Resources**

### **Therapy in a Nutshell - Anxiety and Relaxation video series**

<https://www.youtube.com/watch?v=lrhPTqholcc>

### **Therapy in a Nutshell - Help to fall asleep when stressed**

[https://www.youtube.com/watch?v=CAGUVH\\_yIRE](https://www.youtube.com/watch?v=CAGUVH_yIRE)

### **Therapy in a Nutshell - Progressive Muscle Relaxation**

[https://www.youtube.com/watch?v=SNqYG95j\\_UQ](https://www.youtube.com/watch?v=SNqYG95j_UQ)

### **Great resource for High School through adulthood!**

<https://www.virusanxiety.com/>

### **Self Care for Teens**

<https://docs.google.com/presentation/d/1O16qdAba3rtb13XYYKf0Pubi6lxL5Y4SRQeytLcdjx8/mobilepresent?slide=id.p>

## **Apps**

### **Breathe2Relax**

<https://apps.apple.com/us/app/breathe2relax/id425720246>

Breathe2Relax is a portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool or can be used in tandem with clinical care directed by a healthcare worker. Breathe2Relax now uses HealthKit and your Apple Watch device to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced.

### **Headspace Guided Meditation**

<https://www.headspace.com/meditation/guided-meditation>

### **Calm App-Meditation & Sleep Stories**

<https://apps.apple.com/us/app/calm/id571800810>

### **Mindshift CBT**

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check-in each day to track their anxiety and work with tools in the app.

### **Stop Breathe Think App (ages 5-10)**

<https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068>

### **Breathe Think Do Sesame Street App**

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

### **Autism and Special Needs Exercise App.**

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

Supported in research and used by universities, parents and professionals around the world. The Free trial period has been extended to both schools and parents during these difficult times.



## **Happify**

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? It's free!



## Mind Shift

Mind shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

## **Fun Family Projects and Learning Sites to Beat Boredom!**

### **50 Fun Activities for Kids and Families**

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=5>

### **Virtual Family Field Trips!**

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

### **More fun things!**

<https://pbskids.org/>

### **Free Learning Materials from Scholastic**

<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>

### **Virtual Museum Tours!**

[https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm\\_medium=social&utm\\_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm\\_source=facebook.com&utm\\_campaign=travelandleisure\\_travelandleisure&utm\\_content=link&fbclid=IwAR1jkFjMun7aPZi48ZbUIZNur36mGDZRguXtzzOn2S3AuX-5fxyn6t73kIY](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR1jkFjMun7aPZi48ZbUIZNur36mGDZRguXtzzOn2S3AuX-5fxyn6t73kIY)

### **Introduce the children to opera!**

<https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/>

### **Georgia Aquarium! Jellyfish anyone!?**

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

### **Educational Resources**

<http://www.amazingeducationalresources.com>

### **Educational Videos**

<https://thekidshouldseethis.com>

### **Online Children's Books-Read to them!**

<https://growingbookbybook.com/online-literacy-resources/>

### **More educational websites posted by WDIV**

[https://www.clickondetroit.com/features/2020/03/16/10-fun-educational-websites-your-kids-will-love-to-visit-while-stuck-at-home/?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=snd&utm\\_content=wdiv](https://www.clickondetroit.com/features/2020/03/16/10-fun-educational-websites-your-kids-will-love-to-visit-while-stuck-at-home/?utm_source=facebook&utm_medium=social&utm_campaign=snd&utm_content=wdiv)

### **Marine Mammals**

<https://outschool.com/classes/introduction-to-marine-mammals-manatees-dolphins-whales-and-more-SxuseJiX#abk7uulbl9>



## **150+ Enrichment Tools**

<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Ocq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR3KGzpN7Fs3ncXRdRfKaEzta19TD0p4q7EiDcM8Sf1jKcYPm2EuLAcluSE&sle=true>

## **More fun things to do**

<https://docs.google.com/presentation/d/1Sgk9Pg5eCRJFvnjM9PNdei21z5-AQ6IO-bJqFE7n25o/edit?fbclid=IwAR0kkJzc81vZ1bajAuCA5zX80vmOKmcfSf7LwwLp7R5PsQ-CKg426WO5qME#slide=id.p>

## **Learning and Studying Tools:**

### **How to Plan a Homework Schedule:**

<https://www.wikihow.com/Plan-a-Homework-Schedule>

### **Study Skills for Students:**

<https://www.educationcorner.com/study-skills.html>

### **12 Strategies to Help your Child Learn:**

<https://www.educationcorner.com/motivating-your-child-to-learn.html>

### **Tips for Taking Online Classes:**

<https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/>

### **Free Keyboarding Skill Builders/Activities**

<https://typetastic.com/>

### **Free STEM Activities**

<https://www.vivifystem.com/blog/2020/3/12/top-stem-resources-for-school-closings?fbclid=IwAR2hVfaeqcsAPvEwRs-ych-NP6mO56ifpgeOvG9iIEft1UVGzbsLIgUMjGs>

### **Lunch Doodles with Mo Willems**

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

### **Online FREE Learning Tools and Tutorials**

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

### **Great reading instruction resources**

<https://www.wilsonlanguage.com/supporting-students-during-covid-19-closures/>

*Time for Kids*: digital. Free!

[https://time.com/tfk-free/?fbclid=IwAR00aqqWltwqXriVU9i-7rM3ekpKszYi-9\\_oOqGzXc8ByyB0t92pyCOKfG4](https://time.com/tfk-free/?fbclid=IwAR00aqqWltwqXriVU9i-7rM3ekpKszYi-9_oOqGzXc8ByyB0t92pyCOKfG4)

At Home Learning Resource from Florida State University

[http://fcrr.org/documents/at-home\\_learning.pdf?fbclid=IwAR1fbYIIFlpkOgyj2zg0Lh-BnRmbSwSYbFiZpyib3X1gweZoTHHSku5B5sM](http://fcrr.org/documents/at-home_learning.pdf?fbclid=IwAR1fbYIIFlpkOgyj2zg0Lh-BnRmbSwSYbFiZpyib3X1gweZoTHHSku5B5sM)

Virtual Field Trips Calendar

[https://docs.google.com/document/d/1qpFAOz\\_OJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/preview?fbclid=IwAR0Uxs91q6ehmq7R9pJmhPhu2vNcXEgYstWkExSijzCkVGJ6Kq\\_dDdk64E](https://docs.google.com/document/d/1qpFAOz_OJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/preview?fbclid=IwAR0Uxs91q6ehmq7R9pJmhPhu2vNcXEgYstWkExSijzCkVGJ6Kq_dDdk64E)