

Hi community, I hope we are all hangin in there as best as we know how. Just wanted to share this with folks. I've been collecting hella resources related to wellness/teaching/wrap around services for educators and organizers navigating the current COVID-19 crisis. Please feel free to share and also let me know if there are other resources I should add to this collection. Sending y'all so much love and light ❤️

*if you have additional resources that you would like to add to this list, please add the link as a comment and I will include it in this Google Doc or DM me on Instagram @dr.farima_

Wellness Resources

- [EFT with Maryam Hasnaa for shock, panic, fear of the unknown, worry, anxiety, stress](#)
- [Big Door Brigade - Mutual Aid Toolbox compiled by prison abolitionists](#)
- [Coronavirus: The dos, don'ts, and rules of social distancing - Vox](#)
- [An Expert Guide to Social Distancing – and What to do if Friends and Family Aren't Onboard](#)
- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- [How to Prevent Loneliness in a Time of Social Distancing](#)
- [Resources for Wellness, Collective Care, and Anti-Racism](#)
- [Decolonizing Community Care In Response To Covid-19](#)
- [How to Neighborhood Pod \[Bay Area Transformative Justice Collective\]](#)
- [Anxiety Reducing Yoga Practice with Aya from Haji](#)
- [Coronavirus Sanity Guide \(FREE\)](#)
- [15 Ways to Practice Self-Care in the Time of Coronavirus](#)
- [Center for Disease Control and Prevention's Mental Health & COVID-19](#)
- [Center for Disease Control and PRevention Coronavirus Disease 2019 \(COVID-19\) Resources](#)
- [Secondary Traumatic Stress and Self-Care Packet](#)
- [American Psychological Association's Tips for Consuming News About COVID-19](#)

- [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak: Tips for Social Distancing, Quarantine, and Isolation](#)
- [Coronavirus Disease 2019 \(COVID-19\) Self-Quarantine Guide](#)
- [15 Mental Health Podcasts for People of Color](#)
- [20 Best Self-Help Podcasts to Listen to in 2020](#)
- [Netflix Party](#)
- [350+ Free Full Length Workout Videos for At Home Training](#)
- [List of Personal Things You Can Do to Stay Well in a Time of CoVID19](#)
- [Kid Yoga Videos](#)
- [25 Super Easy Recipes To Boost Your Immune System](#)
- [Fifteen Amazing Albums to Listen to When it's Time to Self-Care](#)
- [Online Alcoholics Anonymous \(AA\) Meetings](#)
- [Community Care During COVID-19: A Message To and From AAPIs](#)
- [Healing Justice Wisdom from the frontlines: a bonus episode on Coronavirus preparedness](#)
- [Preparing For and Dealing with COVID-19 Coronavirus](#)
- [Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19](#)
- [How can organizers adapt to a world with social distancing?](#)
- [Dori Midnight poem/invocation: Wash Your Hands](#)
- [coronavirus, climate change and community care](#)
- [Holistic Support for Immunity & Virus Prevention](#)
- [NPR's CodeSwitch podcast: When Xenophobia Spreads Like a Virus](#)
- [adrienne maree brown: in the corona](#)
- [Disability Visibility's Alice Wong on Coronavirus and the disability community](#)
- [The Healing Justice webinar team's folder of resources on COVID-19 and practices centering people with chronic illnesses and disability.](#)
- [Everyone's a Socialist in a Pandemic by Farhad Majoo](#)

- [Caring Network Group Webinars to continue to support each other and help people connect local and regional networks](#)
- [PeoplesHub Community Care Clinic for Disabled and Chronically ill Movement Folks](#)
- [Healing Justice Podcast's Catalog with 120 conversations and practices from people integrating collective healing and social change](#)
- [Online Wellness/Exercise Links](#)
- [POC Yoga](#)
- [20 Black Yoga Teachers with Online Classes in 2020](#)
- [Zumba Dance Fitness - Full Workout Playlist](#)
- [People's Coronavirus Support Group on Facebook](#)
- [Communal Living and COVID-19: How to Prepare](#)
- [COVID-19/At-Home Mental Health Resource List](#)
- [Caring for your Coronavirus Anxiety Toolkit](#)
- [Black Girl Magik's Spreadsheet of Mental Health Resources and Support Funds](#)
- [An Integrative Medicine Guide to Herbs for Fortifying Your Immune System](#)
- [Food Safety Zine from Mutual Aid Disaster Relief](#)
- [Herbal Guide to Collective Protection and Healing During Coronavirus by @meztliprojects on IG](#)
- [How To Have Sex In The Covid-19 Coronavirus Pandemic By The Cranky Queer](#)
- [IF You Get Coronavirus](#)
- [The Verge - Hand Sanitizer Recipe](#)
- [Accessible Online Wellness Resources from wornware on IG](#)
- [Why You Shouldn't Go To Your Friend's House While Social Distancing](#)
- [5 Shaolin Qi Gong Breath Exercises to Strengthen the Lungs](#)
- [Dancing Alone Together Online](#)

- [K-12 Learning During a Pandemic: Why We Need to Slow Down for Mental Health's Sake](#)
- [From boot camp to yoga, YMCA launches 60 free online classes for people stuck at home](#)
- [Food Safety and Coronavirus: A Comprehensive Guide](#)
- [Farmers' Markets are open with new safety operational procedures and many accept EBT, WIC, CalFresh, etc. & provide Market Match](#)
- [Ways to Hold our Children through Collective Crisis and Grief](#)
- [COVID-19 Resources for Social Workers and Therapists](#)
- [Coronavirus Food Safety and Take-Out FAQ](#)
- [Get Radical, Boil Roots: A Kitchen Witch's Guide to Wellness in the Time of COVID-19](#)
- [Care in Uncertain Times Syllabus](#)
- [Coping with School Closures as Student Teachers: Self-Compassion, Surrender, and Action by Dr. Mary Raygoza](#)
- [COVID-related Mental Health and Recovery Resources](#)
- [UCSF Emotional Well-Being and Coping During COVID-19](#)
- [Useful Wellness and Mental Health Apps](#)
- [Staying well during pregnancy and COVID-19](#)
- [Practical resources for low-income and other marginalized groups](#)

Teaching Resources

- [Afrocentric Homeschooling in Black Families](#)
- [A Trauma-Informed Approach to Teaching Through Coronavirus](#)
- [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)
- [New PBS *It's Lit* Video Essay Celebrates Afrofuturism's Past and Present: From Octavia Butler to *Black Panther*, explore the transformative power of Afrofuturism.](#)
- [The Top 100 Documentaries We Can Use to Change the World: A more beautiful, just and sustainable world is possible. Take this library and use it to inspire global change](#)
- [DEAR EDUCATORS... THIS IS A LOT.](#)

- [Teaching Tolerance: Teaching Through Coronavirus: What Educators Need Right Now](#)
- [Coronavirus Quarantine Resources For Parents And Caregivers](#)
- [Audible just made hundreds of titles completely free to help during coronavirus crisis](#)
- [High-quality Sites and Apps That Are Supporting School Closures With Free Resources](#)
- [Education Companies Offering Free Subscriptions due to School Closings](#)
- [Scholastic releases free daily courses for kids stuck home amid coronavirus school closures](#)
- [Coronavirus: Viral Video Of Pepper And Soap Teaching Trick Demonstrates Importance Of Washing Hands](#)
- [Resources for Families with Elementary Aged Children](#)
- [Kid Yoga Videos](#)
- [100 Activities To Do At Home During School Closures](#)
- [Giant List of Ideas for Being Home With Kids](#)
- [Museum virtual visits](#)
- [Over 30 Virtual Field Trips with Links](#)
- [K-12 Schools FREE Zoom Video Conferencing Tools](#)
- [Free Online Courses, Audio Books, eBooks, Movies, Coloring Books & More](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- [Coronavirus Is No Excuse for Anti-Asian Racism](#)
- [Coronavirus exposes American, the beautiful and the ugly](#)
- [Teaching Tolerance - "Speaking up against racism around the new coronavirus"](#)
- [Protecting Asian American and Pacific Islander Working People](#)
- [Reflections on the Coronavirus and the Oneness of Humanity](#)
- ["What Coronavirus Teaches us About the Kind of World We Have to Build: \(How\) Coronavirus is About Poverty, Inequality, and Capitalism"](#)
- [List Of Things To Do With Kids At Home](#)
- [Spanish Children's Stories on Video](#)
- [PBS Documentary Series: Latino Americans](#)
- [NASA Kids' Club](#)

- [Astronauts Reading Stories From Space](#)
- [Students Can Respond to Daily Writing Prompts, Inspired by The New York Times, at Home for Free](#)
- [Preschool-12 Khan Academy Schedules & Online Resources for School Closures](#)
- [Free Catalogue of Indigenous Films Online](#)
- [List of Free Education Subscriptions due to School Closings](#)
- [Online Read-Alouds and Literary Resources](#)
- [For Older Students/University Students: Distance/Online Learning Check-In](#)
- [The Parent's Guide to Google Classroom](#)
- [Chrome Extensions for Struggling Students and Special Needs](#)
- [Two Weeks Worth of Fun and Easy Science Experiments](#)
- [Treating Yellow Peril: Resources to Address Coronavirus Racism](#)
- [12 Months of Science Experiments – Themed Boards and Displays Included](#)
- [450 Ivy League Courses You Can Take Online Right Now For Free](#)
- [20 Virtual Field Trips To Take With Your Kids](#)
- [The National Science Teachers Association has also sent out a collection of resources \(songs, videos, ppt lesson, activities\) for teachers to use to teach at K-12th grade levels on COVID-19.](#)
- [Design Your Day: Make beautiful boards, documents, and webpages that are easy to read and fun to contribute to.](#)
- [Webinar - For Students Dealing with COVID-19](#)
- [Coronavirus Comic for Kids from CultureStrike](#)
- [Kids story about germ busting from the Little School](#)
- [Slide decks and materials created by health education team at SFUSD to help students understand #COVID19.](#)
- [16 Card Games That Will Turn Your Students Into Math Aces](#)
- [Guide To Enjoying Art At Home](#)
- [Free Coloring Books from World-Class Libraries & Museums: The Met, New York Public Library, Smithsonian & More](#)

- [New: Online Spanish Clubs for kids in K-5th grades! | DSN](#)
- [Elementary Spanish Resources For Home Learning](#)
- [You can now download over 300,000 books from the NYPL for free](#)
- [Ricardo Levins Morales Coloring Pages – 5 Popular Posters- Free PDF Downloads](#)
- [Enter an Archive of 6,000 Historical Children’s Books, All Digitized and Free to Read Online](#)
- [ABCmouse is giving free access to its learning software to kids affected by school closures](#)
- [Audio File Of The Gloria E. Anzaldúa Lecture](#)
- [Free Quarantine Ebooks: Reading in a time of coronavirus: download your free ebooks until April 2.](#)
- [Students From Harvard, MIT, UC Berkeley Give Free Tutoring To K-12 Students](#)
- [Amazon Makes All Kid Shows Free to Stream](#)
- [Don’t Let The Coronavirus Be An Excuse To Unleash Your Prejudice Against The Asian Community](#)
- [Pulling Brilliance Out in STEM: Math Moves Videos, Vol 1](#)
- [#COVIBOOK: Supporting and reassuring children around the world](#)
- [Time For Kids Digital Library Free For The Rest Of The School Year](#)
- [Free online classes on gardening, growing food, and self-reliance.](#)
- [Humanizing Online Teaching By Mary Raygoza, Raina León, and Aminah Norris](#)
- [How to Store Fresh Fruit and Vegetables for Months Without a Refrigerator](#)
- [Here’s a list of every Black film streaming online right now](#)
- [A list of free, online, boredom-busting resources!](#)
- [Teach From Home: A temporary hub of information and tools to help teachers during the coronavirus \(COVID-19\) crisis.](#)
- [People’s Historians Online: Mini-Classes for Middle and High School Students and Teachers](#)
- [10 University Art Classes You Can Take for Free Online](#)
- [Factory Farming Awareness Coalitions Social Justice Presentation, specifically regarding food justice](#)
- [Free Queer Films By Leeds Queer Film Festival](#)

- [18 Craft Ideas for Kids](#)
- [Websites and Apps with FREE Multilingual books for Kids](#)
- [The Big List of Children’s Authors Doing Online Read-Alouds & Activities](#)
- [Youth Speaks: Writing Prompts to Bridge Social Distance](#)
- [Free E-Book Version of “A Young People’s History of the United States”](#)
- [Rethinking the Apocalypse: An Indigenous Anti-Futurist Manifesto](#)
- [Bilingual Read-Alouds for Kids \(English & Spanish\)](#)
- [How to talk with children about COVID-19](#)

Wrap-Around Resources

- [Covid-19 Resources For Undocumented Californians](#)
- [Where to Get Help If You're Isolated With an Abusive Partner](#)
- [How to Apply for Disability, Unemployment, or Family Leave During the Coronavirus Pandemic](#)
- [What to Know About Coronavirus If You Have Asthma](#)
- [COVID-19 Resources List \(Bay Area, CA\)](#)
- [COVID-19 Trans/Queer Relief Form](#)
- [East Bay Disability Ally Form](#)
- [Bay Area Resource List \(Virus info, district info, health access info, food access info, workers’ rights and access\)](#)
- [COVID-19 Resource List Initiated by Asian Americans for Civil Rights and Equality \(AACRE\) – Bay Area, CA focused](#)
- [Bay Area List of Financial Resources to Help if you are Impacted by Coronavirus](#)
- [SFUSD Free Meals Available During School Closure](#)
- [Oakland Unified School District Free Meals During Covid-19 Closure](#)
- [Hayward Unified School District Free Meals During Covid-19 Closure](#)
- [Berkeley Unified School District Free Meals During Covid-19 Closure](#)

- [Comcast Offers Free Internet To Low-income Families During Coronavirus Pandemic](#)
- [Wrap-around services](#)
- [List of Resources for Artists During the COVID-19 Outbreak](#)
- [Hotline For Senior Citizens Who Are Unable To Access Groceries](#)
- [Emergency Medical Grants for Artists Who Need Help Paying for Healthcare](#)
- [Covid-19 Bay Area Resources](#)
- [Frontier Airlines Offering Free Flights for Students](#)
- [Survival For Folks Who Need #Powertolive During A Power Shutoff](#)
- [Pod Mapping for Mutual Aid By Rebel Sidney Black](#)
- [Flyers to Offer Services to Neighbors from Reed Hexamer](#)
- [How to do a coronavirus prep door knock to care for your neighbors. Via sarah_at_play](#)
- [Black LGBTQIA+ Migrant Project Resources](#)
- [Resources for People Facing Domestic Violence](#)
- [COVID Mutual Aid Community Care Resource List](#)
- [Twitter thread of local/national food and housing resources](#)
- [Webinar - COVID-19 \(Coronavirus\) Preparation for People Living with Chronic Illnesses in the U.S \[The Cranky Queer\]](#)
- [COVID-19 Freelance Artist Resource](#)
- [COVID-19 Guide For People Who Use Drugs](#)
- [Workplace Organizing Support Form](#)
- [Fund for Retail Workers \(National\)](#)
- [Resources for Restaurant Workers](#)
- [Bartender Emergency Fund](#)
- [Childcare coordination for a group/co-op](#)
- [How to use Slack to Set Up A Neighborhood Hub](#)
- [COVID Mutual Aid Community Care Resource List](#)

- [The Okra Project's Black Trans Solidarity Fund - Paypal](#)
- [BIPOC LGBTQIA+ Relief Fund - National](#)
- [Thread Supporting Trans/Queer Folks - National](#)
- [Relief International - for Iranians Fighting the Virus](#)
- [Abolition Action Grocery Fund](#)
- [Freelancers Toolkit](#)
- [1575 Remote Jobs From 100+ Companies Hiring Remotely in February 2020 : List of Jobs](#)
- [The complete list of California's essential workers](#)
- [Draft Letter to Landlord - Rent Relief](#)
- [COVID-19 Resources for Undocumented Communities](#)
- [Solidarity Not Charity: Mutual Aid & How to Organize in the Age of Coronavirus](#)
- [Map: Where in the Bay Area to get free school lunches during coronavirus closures](#)
- [AC Transit is now free indefinitely](#)
- [Immigrants Rising: TANGIBLE SUPPORT FOR UNDOCUMENTED COMMUNITIES DURING COVID-19](#)
- [Lost Income Due To COVID-19? Here Are Grants And Resources For Artists And Nonprofits](#)
- [Quick Guide for the Central Coast on COVID-19](#)
- [Stockton COVID-19 Resources](#)
- [Social Distancing and Crip Survival: A Disability Centered Response to COVID-19](#)
- [Drop Life Without Parole, Elder parole and COVID 19 letter and ask to call Gov Newsom](#)
- [Sign on letter for Drop Life Without Parole](#)
- [Taking Action for Health, Justice, and Belonging in the Age of COVID-19](#)