



School Closure Student and Family Resources

Free Internet Service during school closure
[Spectrum Free Internet Request Form](#)

Free Online Learning Subscriptions

[Remind](#): Get important school updates on your phone.
[Zoom Free Account Verification Form](#): Secure video communication services for hybrid classrooms.
[Kahoot Premium](#): Free self-paced games for students to stay on track with classes.
[DuoLingo](#): Language Learning Platform for students and families.
[CiscoWebex](#): Student and parent guides for remote learning.
[CK-12 Foundation](#): Interactive digital textbooks in multiple subjects.
[ClassDojo](#): Free communication platform for parents and teachers.
[Edmodo](#): Distance Learning Toolkit
[SeaSaw Remote Learning](#): Home Learning Parent Support
[Screencastify Chrome Extension](#): Screen Recorder for teaching and learning.
[Adobe Creative Cloud](#) Free Subscription for Students.

Student and Family Resources

Wellness Resources	Learning Resources	College and Postsecondary Planning Resources
<p><u>Home Schedule Resources for Families</u></p> <p>Visual Schedule</p> <p>Sample Schedule</p> <hr/> <p><u>Mental Health</u></p> <p>BKW Community Resources and Mental Health Referrals</p>	<p><u>Math</u></p> <p>Eureka Math</p> <p>Curriculum Associates Free Downloadable Math Packets</p> <p>DeltaMath</p> <p>CheckMath</p> <hr/> <p><u>English/Language Arts</u></p> <p>Curriculum Associates Free Downloadable Reading Packets</p>	<p><u>College Planning</u></p> <p>How to Get to college</p> <p>College Preparation Checklist</p> <p>First Steps Towards College Workbook</p> <hr/> <p><u>Virtual Campus Tours</u></p> <p>eCampus Tours</p>

<p>How to Prevent Loneliness in a Time of Social Distancing</p> <p>CDC's Mental Health & COVID-19 Secondary Traumatic Stress and Self-Care Packet</p> <p>Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide</p> <p>20 Best Self-Help Podcasts to Listen to in 2020</p> <p>List of Personal Things You Can Do to Stay Well in a Time of CoVID19</p> <p>Fifteen Amazing Albums to Listen to When it's Time to Self-Care</p> <p>Holistic Support for Immunity & Virus Prevention</p> <p>Managing Fears and Anxiety around Coronavirus</p> <p>Workbook for stress/problem identification/acceptance</p> <p>3-session workshop on anxiety</p> <p>Workbook- panic attacks</p>	<p>The Learning Network (New York Times)</p> <p>Purdue Online Writing Lab</p> <p>BoomWriter</p> <p>Epic Books</p> <p>Ed.ted.com</p> <p>NewsELA</p> <p>BrainPOP</p> <hr/> <p><u>Science</u></p> <p>PhET Simulations</p> <p>Science News for Students</p> <p>12 Months of Science Experiments – Themed Boards and Displays Included</p> <p>NASA Education Resources</p> <p>American Chemistry Society Backpack Sciences</p> <hr/> <p><u>Social Studies/History</u></p> <p>The Smithsonian</p> <p>The Zinn Education Project</p> <p>World History for us all</p> <p>PBS Documentary Series: Latino Americans</p> <p>Museum virtual visits</p> <p>Facing History and Ourselves</p>	<hr/> <p><u>Financial Aid and Scholarships</u></p> <p>BKW College/Career Search, Financial Aid, & CIHS Transcript Request Information</p> <p>BKW Scholarship Search</p> <p>Money For College</p> <p>Federal Student Grant Programs</p> <p>Federal Student Loan Programs</p> <p>FAFSA on the web worksheet</p>
<hr/> <p><u>Mindfulness & Meditation</u></p> <p>Free 8-week course on Mindfulness-Based stress Reduction (MSBR)</p> <p>How to meditate- Tara Brach (for beginners)</p> <p>Insight Timer (lots of free meditations, searchable by focus, amount of time, etc)</p>	<hr/> <p><u>College Readiness</u></p>	

<p><u>Mindshift</u></p> <p><u>Stop, Breathe, and Think</u></p> <p><u>Jour (journaling app)</u></p> <p><u>Headspace</u></p> <p><u>Mindfulness for Teens</u></p> <hr/> <p><u>Physical Health</u></p> <p><u>Coronavirus Sanity Guide (FREE)</u></p> <p><u>Holistic Support for Immunity & Virus Prevention</u></p> <p><u>Free Workout Videos - Fitness Blender</u></p> <p><u>Yoga with Adriene</u></p> <p><u>Online Wellness/Exercise Links</u> <u>POC Yoga</u></p> <p><u>Milford Pilates Club</u></p>	<p><u>450 Ivy League Courses You Can Take Online Right Now For Free</u></p> <p><u>100 Activities To Do At Home During School Closures</u></p> <p><u>Preschool-12 Khan Academy Schedules & Online Resources for School Closures</u></p> <p><u>Overcoming procrastination workbook</u></p> <p><u>Money Management Checklist for Students</u></p> <hr/> <p><u>Physical Education</u></p> <p><u>Sports Illustrated Kids</u></p> <p><u>Shape America</u></p> <p><u>PBS Learning</u></p> <p><u>Association for Career & Technical Education Online</u></p>	
<p><u>Social Wellbeing</u></p> <p><u>Netflix Party</u></p>	<hr/> <p><u>Special Education</u></p> <p><u>Chrome Extensions for Struggling Students and Special Needs</u></p> <p><u>Top 12 Websites for Children With Learning Disabilities</u></p> <p><u>The Special Student Services Blog by Juanita Pritchard</u></p> <p><u>Home Learning Packets for Special Education</u></p> <p><u>Parent Toolkit on Teaching and Assessing Students with</u></p>	

[Disabilities](#)

**Media Literacy and Education
Technology**

[CMU CS Academy](#)

[K-12 Schools FREE Zoom Video
Conferencing Tools](#)

Visual and Performing Arts

[Google Arts and Culture](#)

[Wordless News](#)

Important Contact Information

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline: **1-800-273-8255**

Reach Out Online Forum (trained peers, monitored by professionals) **us.reachout.com**

Reach Out Boys National Hotline **800-448-3000**

Trevor Project Lifeline (LGBTQ crisis intervention) **866-488-7386**

Youth Support Line **888-977-3399**