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## **SCHOOL RESOURCES**

- **Department of Education in Your State**  
Find and get guidance from your state's Department of Education.  
<https://www2.ed.gov/about/contacts/state/index.html>
- **Office of Civil Rights, Department of Education**  
"OCR's mission is to ensure equal access to education and to promote educational excellence through vigorous enforcement of civil rights in our nation's schools."  
<https://www2.ed.gov/about/offices/list/ocr/index.html>
- **DC Public Schools**  
Resources for parents with children in the DC Public School system.  
<https://dcps.dc.gov/coronavirus>  
Materials For Distance Learning: <https://youtu.be/lq8URhKyrgc>
- **Maryland Department of Education**  
Resources for parents with children in Maryland public schools.  
<https://marylandpublicschools.org> Twitter: [@MdPublicSchools](https://twitter.com/MdPublicSchools)  
**Meal Locator:** <https://mars.msde.maryland.com>
  - **Anne Arundel County:** <https://www.aacps.org/Page/8479>
  - **Calvert County:** <https://www.facebook.com/Calvert-County-Public-Schools-1456272534700834>
  - **Charles County:** <https://www.ccboe.com/index.php/coronavirus-information>
  - **PG County:** <https://www.pgcps.org>
  - **St. Mary's County:** <https://www.smcps.org>
  - **Talbot County:** <https://www.tcps.k12.md.us>

## **FAMILY FOCUSED**

### **COPING & ANXIETY**

- **4 Ways to Help Your Anxious Kid**  
<https://www.nytimes.com/2020/04/01/parenting/coronavirus-help-anxious-kid.html>
- **Camp Is Canceled. Three More Months of Family Time. Help.**  
<https://www.nytimes.com/2020/05/24/opinion/coronavirus-parents-work-from-home.html>
- **Children Interrupting Zoom Meetings Could Be The Reboot Corporate Culture Needed**  
<https://www.theguardian.com/commentisfree/2020/jun/18/children-interrupting-zoom-meetings-could-be-the-reboot-corporate-culture-needed>
- **Don't Make a Drama**  
"A survival guide for parents during family isolation."  
<https://www.theguardian.com/lifeandstyle/2020/mar/22/family-isolation-guide-for-parents-teenagers-coronavirus-lockdown>
- **Helping Children Cope**  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
- **Helping Children Cope With Stress During The 2019-nCov Outbreak**  
<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>
- **How to Talk to Your Child About the Coronavirus**  
"A psychologist offers tips tailored to age."  
<https://www.nytimes.com/2020/03/18/opinion/coronavirus-children.html>
- **How to Talk to Your Kids About the Coronavirus**  
<https://www.wbur.org/hereandnow/2020/03/31/child-psychologist-coronavirus>
- **How To Keep Children's Stress From Turning into Trauma**  
<https://www.nytimes.com/2020/05/07/well/family/coronavirus-children-stress-parents.html>
- **Keep Children Healthy During the Covid-19 Outbreak**  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

- **Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)**  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- **Pediatrician Discusses Pandemic's Effect On Middle Schoolers**  
<https://www.npr.org/2020/05/24/861744591/pediatrician-discusses-pandemic-s-effects-on-middle-schoolers>
- **Resources For Helping Kids and Parents Cope Amidst COVID-19**  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/covid-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)
- **Stop a Worry Becoming Catastrophic: How to Talk to Your Kids About the Coronavirus**  
<https://www.theguardian.com/commentisfree/2020/mar/02/stop-a-worry-becoming-catastrophic-how-to-talk-to-your-kids-about-the-coronavirus>
- **Talking With Children About Coronavirus Disease 2019**  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
- **The Pandemic Toolkit Parents Need**  
<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>
- **Worried About Your Kids' Social Skills Post-Lockdown?**  
<https://www.nytimes.com/2020/06/18/parenting/kids-social-needs-quarantine.html>

## EDUCATION/ACTIVITIES

Also see [Part 3 - Education And Learning Resource List](#) and [Part 4 - Activities Resource List](#) (“Children” and “Moving” sections)

- **10 Nature Activities To Help Get Your Family Through The Coronavirus Pandemic**  
<https://www.childrenandnature.org/2020/03/16/10-nature-activities-to-help-get-your-family-through-the-pandemic>
- **20 Ideas For Parents When Schools Close for Coronavirus (Covid-19)**  
<https://www.teachitenglish.co.uk/resources//teaching-and-learning-english/20-ideas-for-parents-when-schools-close-for-coronavirus-covid-19/35840>
- **How Many of Us Are Making the Grade as Home Educators?**  
<https://www.theguardian.com/lifeandstyle/2020/may/03/how-many-of-us-are-making-the-grade-as-home-educators-asks-emma-beddington>
- **How The Coronavirus Is Influencing Children’s Play**  
<https://www.theatlantic.com/family/archive/2020/04/coronavirus-tag-and-other-games-kids-play-during-a-pandemic/609253>
- **Keep The Ingredients Off The Floor - 15 Tips For Cooking With Kids**  
<https://www.theguardian.com/food/2020/may/15/keep-the-ingredients-off-the-floor-15-tips-for-cooking-with-kids>
- **Learning at Home With Your Family**  
<https://www.thegreatcoursesdaily.com/videos-for-learning-at-home-with-your-family>
- **Parent & Family Toolkit | Maryland Public Television (MTP)**  
 “Find fun, daily activities and crafts to do with your children using items in your home and a few basic supplies.”  
<https://www.thinkport.org/athomelearning/athome-families.html>
- **Playing It Safe While Getting Cooped-Up Kids Outside**  
<https://www.nationalgeographic.com/family/2020/04/playing-safely-outside-coronavirus>
- **Veteran Home-Schoolers Share Tips for Parents During Coronavirus Closures**  
<https://www.washingtonpost.com/lifestyle/2020/03/18/veteran-homeschoolers-share-tips-parents-during-coronavirus-school-closures>

- **Working Out With My Kids Is So Good I'm Never Going Back To The Gym**  
<https://www.theguardian.com/lifeandstyle/2020/jun/10/working-out-with-my-kids-is-so-good-im-never-going-back-to-the-gym>

## SCREEN TIME

- **Agonizing Over Screen Time? Follow The Three C's**  
<https://www.nytimes.com/2020/04/13/parenting/manage-screen-time-coronavirus.html>
- **As Kids' Screen Time Surges During The Pandemic, Here's What Research Suggests**  
<https://www.forbes.com/sites/ellenwartella/2020/05/21/as-kids-screen-time-surges-during-the-pandemic-heres-what-research-suggests/#1bd8d2915112>
- **Coronavirus Ended The Screen-Time Debate. Screens Won.**  
<https://www.nytimes.com/2020/03/31/technology/coronavirus-screen-time.html>
- **Do Screen Time Rules Still Apply in Lockdown?**  
<https://www.bbc.com/worklife/article/20200414-do-screen-time-rules-still-apply-in-lockdown>
- **New Screentime Controls**  
"Tech companies are adding new parental controls."  
<https://www.washingtonpost.com/technology/2020/04/17/tiktok-netflix-parental-controls>
- **Screen Time Overload? Here's How To Find Balance**  
<https://www.npr.org/2020/04/27/846767505/screen-time-overload-heres-how-to-find-balance>
- **Should You Worry About Kids' Screen Time In This Pandemic?**  
<https://www.psychologytoday.com/us/blog/tech-happy-life/202004/should-you-worry-about-kids-screen-time-in-pandemic>
- **Why Now Is The Time To Embrace Video Games For Kids**  
<https://www.cnn.com/2020/05/27/health/video-games-socialization-pandemic-wellness/index.html>
- **Worried About Your Kids' Social Skills Post-Lockdown?**  
<https://www.nytimes.com/2020/06/18/parenting/kids-social-needs-quarantine.html>

## **CORONAVIRUS INFORMATION**

### **BASIC SOURCES**

- **Coronavirus (COVID-19) | The US Centers for Disease Control (CDC)**  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- **Coronavirus Disease (COVID-19) Advice for the Public | The World Health Organization (WHO)**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- **Coronavirus Live Updates | The New York Times**  
<https://www.nytimes.com/2020/06/08/world/coronavirus-live-updates.htm>
- **Guide to the Pandemic | The Washington Post**  
<https://www.washingtonpost.com/coronavirus>
- **Understanding The Outbreak | The Associated Press**  
“A collection of stories explaining the new coronavirus and what it means to you.”  
<https://apnews.com/UnderstandingtheOutbreak>



## GENERAL

- **The Anatomy Of A Pandemic: What Have Scientists Uncovered Six Months On?**  
<https://www.bbc.co.uk/news/extra/QwhYgq2Le3/anatomy-of-a-pandemic>
- **Coronavirus ‘Long-Haulers’ Have Been Sick For Months. Why?**  
<https://www.npr.org/2020/06/11/874612941/coronavirus-long-haulers-have-been-sick-for-months-why>
- **Doctors Race For Answers As Kids Fight Rare Inflammatory Disease Tied To Coronavirus**  
<https://www.npr.org/2020/06/07/864493574/doctors-race-for-answers-as-kids-fight-rare-inflammatory-syndrome-tied-to-corona>
- **EndCoronavirus.org**  
“Act confidently against COVID-19 with the help of our guidelines and research established by distinguished experts and scientists from the New England Complex Systems Institute (NECSI), Harvard, UCLA, MIT and more.”  
<https://www.endcoronavirus.org>
- **Flushing ‘Can Propel Infection 3Ft Into Air’**  
<https://www.bbc.com/news/health-53047819>
- **Genes May Leave Some People More Vulnerable to Severe Covid-19**  
<https://www.nytimes.com/2020/06/03/health/coronavirus-blood-type-genetics.html>
- **Health Experts On The Psychological Cost Of Covid-19**  
<https://www.theguardian.com/world/2020/jun/07/health-experts-on-the-psychological-cost-of-covid-19>
- **How Bad Is The COVID-19 Misinformation Epidemic?**  
<https://fivethirtyeight.com/features/how-bad-is-the-covid-19-misinformation-epidemic>
- **How Did Coronavirus Start And Where Did It Come From? Was It Really Wuhan’s Animal Market?**  
<https://www.theguardian.com/world/2020/apr/28/how-did-the-coronavirus-start-where-did-it-come-from-how-did-it-spread-humans-was-it-really-bats-pangolins-wuhan-animal-market>

- **How To Understand Covid-19 Antibody Testing in 10 Steps**  
<https://www.theguardian.com/lifeandstyle/2020/may/08/antibody-tests-coronavirus-how-do-they-work-10-steps>
- **The End of the Coronavirus: What Plague Literature Tells Us About Our Future**  
<https://www.theguardian.com/books/2020/may/01/the-end-of-coronavirus-what-plague-literature-tells-us-about-our-future>
- **The Scientific Race To Understand Covid-19**  
<https://www.theguardian.com/australia-news/audio/2020/may/26/the-scientific-race-to-understand-covid-19>
- **What We Don't Know About Potential Vaccines; Protest Safety**  
<https://www.npr.org/2020/06/12/875573328/what-we-dont-know-about-potential-vaccines-protest-safety>
- **Why We May Not Get A Coronavirus Vaccine**  
<https://www.theguardian.com/world/2020/may/22/why-we-might-not-get-a-coronavirus-vaccine>

## TRACKING THE PANDEMIC

- **Coronavirus: How Many More People Are Dying?**  
<https://www.bbc.com/news/av/53067897/coronavirus-how-many-more-people-are-dying>
- **Coronavirus: What Is The True Death Toll Of The Pandemic?**  
<https://www.bbc.com/news/world-53073046>
- **Coronavirus 2<sup>nd</sup> Wave? Nope, The U.S. Is Still Stuck In the 1<sup>st</sup> One**  
<https://www.npr.org/sections/health-shots/2020/06/12/876224115/coronavirus-second-wave-nope-were-still-stuck-in-the-first-one>
- **Coronavirus Map Of The US: Latest Cases State By State**  
Regularly updated.  
<https://www.theguardian.com/world/ng-interactive/2020/may/28/coronavirus-map-us-latest-cases-state-by-state>
- **Covoronavirus World Map: Tracking The Spread Of The Outbreak**  
<https://www.npr.org/sections/goatsandsoda/2020/03/30/822491838/coronavirus-world-map-tracking-the-spread-of-the-outbreak>
- **The First Wave Of Covid-19 Is Not Over - But How Might A Second Look?**  
<https://www.theguardian.com/science/2020/jun/05/the-first-wave-of-covid-19-is-not-over-but-how-may-a-second-look>
- **Tracking The Pandemic: Are Coronavirus Cases Rising Or Falling In Your State** (Updated regularly)  
<https://www.npr.org/sections/health-shots/2020/03/16/816707182/map-tracking-the-spread-of-the-coronavirus-in-the-u-s>
- **Where the Latest COVID-19 Models Think We're Headed - And Why They Disagree**  
<https://projects.fivethirtyeight.com/covid-forecasts>

## **HEALTH - MENTAL**

Also see Part 4 - The Activities Resource List (“Inner Life” section)

### **GARDENING**

- **Gardening In Lockdown - Sow Seeds Of Comfort At Home**  
<https://www.theguardian.com/lifeandstyle/2020/apr/26/seeds-of-comfort-at-home-its-reassuring-to-spot-newly-sprouted-signs-of-life>
- **Pandemic Gardens Satisfy A Hunger For More Than Just Good Tomatoes**  
<https://www.npr.org/2020/05/09/852441460/pandemic-gardens-satisfy-a-hunger-for-more-than-just-good-tomatoes>

### **GENERAL**

- **5 Steps To Mental Wellbeing | NHS**  
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>
- **10 Keys To Happier Living**  
<https://www.actionforhappiness.org/10-keys-to-happier-living>
- **Action For Happiness**  
Joyful June Calendar – June 2020  
<https://www.actionforhappiness.org/joyful-june>
- **Anxious? Meditation Can Help You ‘Relax Into The Uncertainty’ Of The Pandemic**  
<https://www.npr.org/sections/health-shots/2020/05/19/858551813/anxious-meditation-can-help-you-relax-into-the-uncertainty-of-the-pandemic>
- **APA Coronavirus Resources | American Psychiatric Association**  
<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- **Astronaut Chris Hatfield Shares Self-Isolation Tips - Video**  
<https://www.youtube.com/watch?v=wOkN3pGekbU>
- **Can Virtual Nature Be A Good Substitute for Nature? The Science Says Yes**  
<https://www.washingtonpost.com/video-games/2020/04/28/can-virtual-nature-be-good-substitute-great-outdoors-science-says-yes>

- **Coronavirus: How Much News is Too Much?**  
<https://www.bbc.com/worklife/article/20200505-coronavirus-how-much-news-is-too-much>
- **Coronavirus and Mental Health | APA**  
<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- **Don't Pretend These Aren't Dark Times: Acceptance Can Be Bracing**  
<https://www.theguardian.com/lifeandstyle/2020/may/15/dont-pretend-these-arent-dark-times-acceptance-can-be-bracing>
- **Health Experts On The Psychological Cost Of Covid-19**  
<https://www.theguardian.com/world/2020/jun/07/health-experts-on-the-psychological-cost-of-covid-19>
- **How Anxiety Affects Your Focus**  
<https://www.bbc.com/worklife/article/20200611-how-anxiety-affects-your-focus>
- **How Our Brains Are Processing The Pandemic**  
<https://www.bbc.com/news/av/world-us-canada-53067030/how-our-brains-are-processing-the-pandemic>
- **How The 'Lost Art' Of Breathing Can Impact Sleep And Resilience**  
<https://www.npr.org/sections/health-shots/2020/05/27/862963172/how-the-lost-art-of-breathing-can-impact-sleep-and-resilience>
- **How To Cope With Anxiety During The Pandemic**  
<https://www.npr.org/2020/05/26/862845697/how-to-cope-with-anxiety-during-the-pandemic>
- **How To Get Sleep In Uneasy Times**  
<https://www.npr.org/sections/health-shots/2020/06/02/865483669/how-to-get-sleep-in-uneasy-times>
- **How To Make The Right Decisions Under Pressure**  
<https://www.bbc.com/worklife/article/20200416-how-to-make-the-right-decisions-under-pressure>
- **How To Take A Digital Detox During the Covid-19 Pandemic**  
<https://www.bbc.com/worklife/article/20200513-how-to-take-a-digital-detox-during-the-covid-19-pandemic>

- **I Spent A Year In Space, And I Have Tips on Isolation to Share**  
<https://www.nytimes.com/2020/03/21/opinion/scott-kelly-coronavirus-isolation.html>
- **Lessons From Two Years of Bedrest**  
“Thrive in a smaller world.”  
<https://www.theguardian.com/lifeandstyle/2020/apr/29/lessons-from-two-years-of-bedrest-embrace-the-gravitational-force-of-the-click-hole>
- **Lockdown Productivity: Spaceship You**  
<https://www.youtube.com/watch?v=snAhsXyO3Ck&feature=youtu.be>
- **Our Pandemic Subconscious: Why We Seem To Be Dreaming Much More - And Often of Insects**  
<https://www.theguardian.com/lifeandstyle/2020/apr/30/our-pandemic-subconscious-why-we-seem-to-be-dreaming-much-more-and-often-of-insects>
- **Taking Care Of Your Behavioral Health | SAMHSA**  
US Substance Abuse and Mental Health Administration  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Taking Care Of Yourself In The Pandemic, From Head To Toe**  
<https://www.washingtonpost.com/graphics/2020/lifestyle/wellness/virus-self-care>
- **The Best Mental Health Tips For Staying Sane In Isolation**  
<https://www.bbc.com/worklife/article/20200429-the-new-normal-top-tips-for-good-mental-health>
- **The Mental Hacks That Level Up Your Self-Control**  
<https://www.bbc.com/worklife/article/20191217-the-mental-hacks-that-level-up-your-self-control>
- **Thrive In Trying Times Teach-Out**  
Course. “Learn practices proven to help individuals, organizations, and communities during challenging times like the COVID-19 pandemic.”  
<https://www.futurelearn.com/courses/thrive-in-trying-times>
- **Too Much Time Alone? Tips To Connect And Find Joy While Social Distancing**  
<https://www.npr.org/sections/health-shots/2020/05/10/849164258/too-much-alone-time-tips-to-connect-and-find-joy-while-social-distancing>

- **Virus Diary**  
<https://apnews.com/VirusDiary>
- **What To Say When A Friend Is Struggling**  
<https://www.npr.org/2020/05/18/858304790/what-to-say-when-a-friend-is-struggling>
- **Why It's Good To Be Bored**  
<https://www.theguardian.com/global/2020/may/03/why-its-good-to-be-bored>

## **MOURNING & GRIEF**

- **Grief And COVID-19: Mourning Our Bygone Lives**  
<https://www.apa.org/news/apa/2020/04/grief-covid-19>
- **Grieving Life And Loss**  
<https://www.apa.org/monitor/2020/06/covid-grieving-life>
- **Grieving The Losses Of Coronavirus**  
<https://www.nytimes.com/2020/03/23/well/family/coronavirus-grief-loss.html>
- **If You're Grieving Right Now, Here Are 5 Shows That Get It**  
<https://www.npr.org/2020/06/17/877090656/if-youre-grieving-right-now-here-are-5-shows-that-get-it>
- **Mourning At A Distance**  
<https://www.theguardian.com/lifeandstyle/2020/may/04/mourning-at-a-distance-coronavirus-without-ceremonials-of-the-funeral-how-was-i-meant-to-grieve>
- **We Are All Grieving. This Is How We Get Through It**  
<https://www.nytimes.com/2020/04/22/opinion/esther-perel-coronavirus.html>

## **HEALTH - PHYSICAL**

Also see “Life – Distanced” section (pgs. 21 – 22) and Part 4 - The Activities Resource List (“Moving” section)

- **Flushing ‘Can Propel Infection 3Ft Into Air’**  
<https://www.bbc.com/news/health-53047819>
- **Gardening Will Keep You Well During The Coronavirus Pandemic**  
International Association of Horticulture Producers (IAHP)  
[http://aiph.org/aiph\\_new/gardening-will-keep-you-well-during-the-coronavirus-pandemic](http://aiph.org/aiph_new/gardening-will-keep-you-well-during-the-coronavirus-pandemic)
- **How Staying Inside Affects Your Immune System**  
<https://www.bbc.com/future/article/20200521-can-staying-inside-weaken-the-immune-system>
- **Words At The Window: How People Are Connecting With Hopeful Messages**  
<https://www.theguardian.com/artanddesign/2020/apr/28/coronavirus-words-at-the-window-photography>
- **How To Get Sleep In Uneasy Times**  
<https://www.npr.org/sections/health-shots/2020/06/02/865483669/how-to-get-sleep-in-uneasy-times>
- **‘It May Save Your Life’: Facing Virus Surge, More U.S. States Mandate Masks**  
<https://www.reuters.com/article/us-health-coronavirus-usa/it-may-save-your-life-facing-virus-surge-more-u-s-states-mandate-masks-idUSKBN23Q04B>
- **Lockdown Productivity: Spaceship You**  
<https://www.youtube.com/watch?v=snAhsXyO3Ck&feature=youtu.be>
- **Taking Care If Yourself In The Pandemic, From Head To Toe**  
<https://www.washingtonpost.com/graphics/2020/lifestyle/wellness/virus-self-care>
- **You’re Never Too Old To Regain That Lost Muscle. And You Can Do It At Home**  
[https://www.washingtonpost.com/lifestyle/wellness/youre-never-too-old-to-regain-that-lost-muscle-and-you-can-do-it-at-home/2020/06/05/b221ccc4-a5d1-11ea-bb20-ebf0921f3bbd\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/youre-never-too-old-to-regain-that-lost-muscle-and-you-can-do-it-at-home/2020/06/05/b221ccc4-a5d1-11ea-bb20-ebf0921f3bbd_story.html)



## **LIFE - DISTANCED**

### **GENERAL**

- **4 Ways To Socialize Remotely During The COVID-19 Outbreak**  
<https://www.freeconference.com/blog/socialize-remotely-during-the-covid-19-outbreak>
- **Coronavirus: Could Social Distancing Less Than Two Metres Work?**  
<https://www.bbc.com/news/science-environment-52522460>
- **How To Prevent Glasses From Fogging Up While Wearing A Mask**  
<https://www.npr.org/2020/05/08/853009325/how-to-prevent-glasses-from-fogging-up-while-wearing-a-mask>
- **'It May Save Your Life': Facing Virus Surge, More U.S. States Mandate Masks**  
<https://www.reuters.com/article/us-health-coronavirus-usa/it-may-save-your-life-facing-virus-surge-more-u-s-states-mandate-masks-idUSKBN23Q04B>
- **Let's Meet On The Porch**  
<https://www.nytimes.com/2020/06/10/realestate/lets-meet-on-the-porch.html>
- **Masks Are Even More Important Than We Thought**  
<https://www.npr.org/2020/06/11/874605765/masks-are-even-more-important-than-we-thought>
- **Rules To Live By During A Pandemic**  
<https://www.nytimes.com/2020/06/09/well/live/coronavirus-rules-pandemic-infection-prevention.html>
- **The Office Elevator In Covid-19 Times: Experts Weigh In On Safer Ups and Downs**  
<https://www.npr.org/sections/health-shots/2020/06/08/869595720/the-office-elevator-in-covid-times-experts-weigh-in-on-safer-ups-and-downs>
- **Video Explainer: How To Wear A Face Covering Correctly And Safely**  
<https://www.bbc.com/news/av/health-52606128/coronavirus-and-face-coverings-the-correct-way-to-wear-them>

- **What Kind Of Face Mask Gives The Best Protection Against Coronavirus?**  
<https://www.theguardian.com/world/2020/jun/12/what-kind-of-face-mask-gives-the-best-protection-against-coronavirus>
- **When 511 Epidemiologists Expect to Fly, Hug and Do 18 Other Everyday Activities Again**  
<https://www.nytimes.com/interactive/2020/06/08/upshot/when-epidemiologists-will-do-everyday-things-coronavirus.html>

## PROTESTING

- **A Delicate Balance: Weighing Protest Against The Risk Of The Coronavirus**  
<https://www.nytimes.com/2020/06/07/us/Protest-coronavirus-george-floyd.html>
- **ACLU (The American Civil Liberties Union)**
  - **Mobile Justice - Apps To Record Police Misconduct**  
 Apps for 17 states and DC. Use to send video of police misconduct to the ACLU. Configure to submit video anonymously (default) or not, to lock phone after video (to prevent deletion), and to alert you/others of nearby incidents.  
<https://www.aclu.org/issues/criminal-law-reform/reforming-police/aclu-apps-record-police-conduct>
  - **The Rights Of Protesters**  
<https://www.aclu.org/issues/free-speech/rights-protesters>
- **Coronavirus FAQs: How To Stay Safe While Protesting, When To Go Out After Recovery**  
<https://www.npr.org/sections/goatsandsoda/2020/06/05/870306050/coronavirus-faqs-how-to-stay-safe-while-protesting-when-to-go-out-after-recovery>
- **Is It Safe To Protest During a Pandemic? Experts Answer Our Questions**  
<https://www.theguardian.com/world/2020/jun/04/is-it-safe-to-protest-during-a-pandemic-experts-answer-our-questions>
- **Juneteenth: A Day Of Joy And Pain - And Now National Action**  
<https://apnews.com/be195cedeefab023a59ae936e07c54a7>
- **Protesting? Here's How To Help Keep Your Family Safe From COVID-19 When You Go Home**  
<https://www.npr.org/sections/health-shots/2020/06/10/874021507/protesting-heres-how-to-help-keep-your-family-safe-from-covid-19-when-you-go-home>
- **What We Don't Know About Potential Vaccines; Protest Safely**  
<https://www.npr.org/2020/06/12/875573328/what-we-dont-know-about-potential-vaccines-protest-safety>

## **LIFE - REMOTE**

### **GENERAL**

- **Bad WiFi is Slowing you Down. Fix Yours Without Spending a Dime**  
<https://www.washingtonpost.com/technology/2020/04/29/best-wifi-fix>
- **Children Interrupting Zoom Meetings Could Be The Reboot Corporate Culture Needed**  
<https://www.theguardian.com/commentisfree/2020/jun/18/children-interrupting-zoom-meetings-could-be-the-reboot-corporate-culture-needed>
- **Found Yourself Working Remotely?**  
A number of differently-themed backgrounds.  
<https://zoommeetingbackgrounds.com>
- **Help! I Think I'm Falling In Love Over Zoom**  
<https://www.theguardian.com/us-news/2020/may/24/falling-in-love-over-zoom-coronavirus-quarantine>
- **Home, Safe Home: Artists Create Inspirational Lockdown Messages - In Pictures**  
<https://www.theguardian.com/artanddesign/gallery/2020/jun/17/home-safe-home-artist-messages-limited-edition-posters-in-pictures>
- **How To Host a Virtual Game Night**  
<https://thewirecutter.com/blog/virtual-game-night>
- **Remote Team Culture: 7 Ways To Socialize Remotely**  
<https://memory.ai/timely-blog/remote-team-culture>
- **The Art Of Socializing During A Quarantine**  
<https://www.theatlantic.com/family/archive/2020/03/coronavirus-quarantine-socializing/608020>
- **The Reason Why Zoom Calls Drain Your Energy**  
<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>
- **The Reason Zoom Calls Drain Your Energy**  
<https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

- **What If Working From Home Goes On ... Forever?**  
<https://www.nytimes.com/interactive/2020/06/09/magazine/remote-work-covid.html>
- **Why Are Some People Better At Working From Home Than Others?**  
<https://www.bbc.com/worklife/article/20200506-why-are-some-people-better-at-working-from-home-than-others>
- **Why Remote Work Sucks, According to Science**  
<https://www.npr.org/sections/money/2020/04/28/846671375/why-remote-work-sucks-according-to-science>

## HOW-TOS

- **Access The New York Times' Free Articles**
  1. Create Free Account - You will be asked to do this after clicking on a NYT article. You will need to supply an email address and a password.
  2. Want the Newsletter? You will be asked this after account creation. *Not required to read articles.* Click "Maybe later.."
  3. Download the App? *Not required to read articles.* Click "No thanks. Take me back to reading."
  4. The Article - You will now be able to read the article.
- **How To Get Sleep In Uneasy Times**  
<https://www.npr.org/sections/health-shots/2020/06/02/865483669/how-to-get-sleep-in-uneasy-times>
- **How To Host A Virtual Game Night**  
<https://thewirecutter.com/blog/virtual-game-night>
- **How To Kick Your Comfortware Habit**  
<https://www.theguardian.com/fashion/2020/may/15/how-to-kick-your-comfortwear-habit>
- **How To Look Your Best On A Webcam**  
<https://www.nytimes.com/2020/03/25/realestate/coronavirus-webcam-appearance.html>
- **How To Take A Digital Detox During The Covid-19 Pandemic**  
<https://www.bbc.com/worklife/article/20200513-how-to-take-a-digital-detox-during-the-covid-19-pandemic>
- **How To Work From Home - Comfortably**  
<https://www.bbc.com/worklife/article/20200508-how-to-work-from-home-comfortably-ergonomic-tips-covid-19>
- **How To Write Emails In A Pandemic**  
<https://www.bbc.com/worklife/article/20200604-whats-the-right-way-to-sign-off-emails-during-coronavirus>

## REMOTE TOOLS

- **Google Meet**  
“We re-engineered the service we built for secure business meetings, Google Meet, to make it free and available for all.”  
<https://meet.google.com>
- **Jitsi Meet**  
“Secure, fully featured ... video conferencing you can use all day, every day, for free – no account needed.” Open source.  
<https://meet.jit.si>
- **Metastream Remote Add-On**  
Watch streaming media with friends.  
<https://addons.mozilla.org/en-US/firefox/addon/metastream-remote>
- **Netflix Party**  
“A Chrome extension for watching Netflix remotely with friends.”  
<https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa>
- **QuarantineChat**  
“Talk on the phone with someone else stuck at home ... It's private. ... Your matches will only ever see your username. All calls are end-to-end encrypted.” Free.  
<https://quarantinechat.com>
- **Skype**  
Free video-calling. Unlimited meetings, up to 50 people per call.  
<https://www.skype.com/en>
- **Zoom**  
Free plan – unlimited to one person, 40 minute limit to 2-50 people.  
<https://www.zoom.us>

## VIDEO CONFERENCING BACKGROUNDS

- **FOX Shows**  
<https://www.fox.com/animation-domination/download-zoom-backgrounds>
- **HBO Shows**  
<https://www.hbo.com/hbo-news/hbo-conference-call-backgrounds>
- **Hubble Space Telescope Images**  
<https://www.space.com/best-hubble-space-telescope-images.html>
- **Marvel Entertainment**  
<https://twitter.com/Marvel/status/1246143367341387777>
- **Minecraft Sunset**  
<https://www.cnet.com/pictures/zoom-background-ideas/3>
- **Netflix Shows**  
<https://twitter.com/netflix/status/1242244736674443264>
- **Parks and Recreation**  
<https://twitter.com/parksandrecnbc/status/1245468961874927616>
- **Pixar Entertainment**  
<https://twitter.com/Pixar/status/1244700789920194560>
- **Star Trek**  
<https://twitter.com/TrekCore/status/1245729524735791104>
- **Star Wars**  
<https://www.starwars.com/news/star-wars-backgrounds>
- **The Office**  
<https://www.cnet.com/pictures/zoom-background-ideas>
- **The Walking Dead**  
<https://twitter.com/TheWalkingDead/status/1250477775418322945>
- **Top Gun**  
<https://twitter.com/TopGunMovie/status/1243668426435911680>



## **OTHER**

- **15 Words To Describe Quarantine Feelings Missing From the English Language**  
<https://thebelladonnacomedy.com/15-words-to-describe-quarantine-feelings-missing-from-the-english-language-9d6ead612ab6>
- **Blood Donation**  
<https://www.redcrossblood.org>
- **From Wonky Tables To Broken Printers: How To Solve The Most Irritating Household Problems**  
<https://www.theguardian.com/lifeandstyle/2020/may/24/from-wonky-tables-to-broken-printers-how-to-solve-the-most-irritating-household-problems>
- **Listening During a Pandemic**  
<https://www.nytimes.com/2020/05/05/well/family/listening-coronavirus.html>
- **Shave It Or Save It? The Big 11 Lockdown Hair Conundrums - Answered By Experts**  
<https://www.theguardian.com/fashion/2020/apr/28/shave-it-or-save-it-the-11-big-lockdown-hair-conundrums-answered-by-experts>
- **Well Seasoned: Recipes To Use Up All Your Unloved Spices**  
<https://www.theguardian.com/food/2020/may/14/well-seasoned-recipes-to-use-up-all-your-unloved-spices>