

## CDC and COVID Considerations

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- [CDC: Recommendations for a Safe Thanksgiving](#)

## Mental health and well-being

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- [Parenting Tips for Having Children at Home](#)
- [Parenting: How to Help Kids During Pandemic and the Holidays](#)
  - Broken down by age group
- [The Happiness Lab](#)
  - Podcasts for develops habits of happiness and wellness
- [Phone Apps for Self Care](#)
- [Self-Awareness Tips for Election Anxiety](#)
- [FISD SSC Coffee with the Counselors Presentation: From Chaos to Calm](#)
- [Wellness Mama Podcast and Blog](#)
  - Hundreds of Podcasts on health and well-being
- [Resource for Healthy Living and Mental Wellness](#)
- [Psychology Today: Six Questions that Can Boost Your Sanity During Quarantine](#)
- [Mental Health and the Holidays](#)
  - Interview with Northwest University Clinical Psychologist Dr. Inger Burnett-Ziegler on ways to cope with the holiday season during the pandemic (3.5 minutes)
- [Working from home mental toolkit](#)
- [Mental Health Hotline](#)
- [Crisis Text Line](#)
- [Mindfulness Resources During the Pandemic](#)
- [Psychology Today: Pandemic Toolkit for Parents](#)
- [the CALM App](#)
  - Provides numerous meditations for sleep, gratitude, stress management and more

## **Parenting Resources for health and well-being activities**

- Navigating a World Pandemic with Your Child
  - FISD Fall Parenting Event
- Live Cams to Explore Place Around the WORLD!!
- Write Letters to Troops Around the World
- Writing Cards to Those in Need
- Virtual Games to Play with Friends and Family
- Five Ways to Help Your Child Find Calm
- Virtual Calm Down Corner
  - Activities for kids if they are bored/restless
- Headspace: Meditation and Activities for Students/Children
- Parenting: How to Help Kids During Pandemic and the Holidays
  - Broken down by age group
- 125 Activities for When You're Inside During the Pandemic
- Parenting in a Pandemic: How to Help Your Family Through COVID-19
  - Newly-published book with high praise
- Sesame Street: Breath, Think, Do
  - Resources for children 0-6
- Fun, FREE Google Doodle App

## **Resources for Everyday Living (food, shelter, supplies, etc.)**

- Trusted World: Resources for food, shelter, clothing
- 211 Texas
- Local Resources for Economically Disadvantaged Families