

# Student & Family Resources

Below are a variety of resources intended to provide support to you and your child(ren) during this time of virtual learning. Please refer your questions to your school counselor, who can be found on each school's website.

## Crisis Support

- Crisis Line for Ellenburg and Upper Kittitas County: 509-925-4168
- National Crisis Line: 1-800-273-8255 (phone or online chat)
- Text "hello" to 741741
- National Suicide Hotline: 1-800-273-8255
- Always dial 911 in an emergency

## Food Assistance

FISH Community Food Bank: [www.Kvfish.org](http://www.Kvfish.org)

ESD Grab and Go Meals: [Home - Ellensburg School District 401](#)

## Talking with Your Children about Covid-19

Someone you know with illness: <https://counselors.cmionline.com/when-someone-is-diagnosed-with-covid-19/?wvideo=eyg15jhlie>

Death of someone you know:

<https://counselors.cmionline.com/whensomeonediesvideo/?wvideo=kzlyrj8uir>

## Staying Healthy \*Please always follow social distancing guidelines\*

COVID-19 Mental Health Toolkit: [Care for Your Coronavirus Anxiety](#)

Stress and Coping: [Mental Health and Coping During COVID-19](#),

[Stress & Anxiety Management](#)

Healthy Daily Habits: [Healthy Daily Habits](#), [The Importance Of Self-Discipline](#)

Meditation/Mindfulness:

Elementary Age Students: [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\)](#)

Middle and High School Age Students: [Mindfulness Exercises \(for Teens\) - Nemours](#)

Feel Better Right Now: [21 Simple Things You Can Do to Feel Better Right Now](#)

Social Emotional Learning (SEL): [www.secondstep.org/covid19support](http://www.secondstep.org/covid19support)

Kindness Activities: [Five activities to teach kids about kindness and compassion](#)

[Random acts of kindness during the Coronavirus outbreak](#)

Scavenger Hunts: [Scavenger Hunts](#)

## **Learning at Home**

[K-12 Remote Learning](#)

[How to Home School During Coronavirus](#)

[Google and YouTube launch new remote education resources](#)

[250+ Free Online Learning Resources for Teachers and Parents](#)

[Khan Academy | Free Online Courses, Lessons & Practice](#)

[Free courses](#) (Open University for ages 13 and up)

[Free Courses](#) (BYU Independent Study for grades 6-12)

[SAT Practice | SAT Suite of Assessments](#)

Free Virtual Field Trips: [25 Amazing Virtual Field Trips For When You Can't Be There in Person](#)

## **Self-Care for Parents and Guardians**

[Self-Care in the Time of Coronavirus](#)

[Structure, Self-Care Important For Parents And Kids During The Pandemic](#)

[10 ways to take care of yourself during coronavirus](#)

[Tips for Families: Coronavirus](#)

[16 Ways to Survive Quarantine with Kids | Activities for Kids | Things to do with Kid](#)