

# Covid-19 Relief Resources

The Hammondsport CSD Wellness Committee has created a list of resources that staff, students, families, and community members can utilize to stay healthy during the Covid-19 shut down. Resources are broken down by category with short descriptions and include physical activity and nutrition, mental and emotional health, daily activities, and other resources to help with other effects of the Covid-19 shutdown.

## Physical Activity and Nutrition Resources

<a href="#">Finger Lakes Trails</a>	Hike the Finger Lakes Trails
<a href="#">6 Week Body-Weight Training Plan</a>	Free 6 week program with exercise reference videos
<a href="#">Alliance for a Healthier Generation</a>	Activities for parents/caregivers, educators, and employers and employees to help improve all aspects of health
<a href="#">Core Power Yoga</a>	Free online classes every week
<a href="#">Classpass workouts</a>	Free video and audio workouts from around the world
<a href="#">Down Dog APP</a>	Free workouts until July 1
<a href="#">Fitness Blender- free workouts</a>	Free workout videos
<a href="#">Orangetheory- workout videos</a>	Free daily workouts
<a href="#">Peloton free 90 trial</a>	Try 90 days for free on Peloton
<a href="#">Play at Home</a>	Free video tutorials of games that follow CDC guidelines and can be played with little to no equipment
<a href="#">The Walking Classroom</a>	Educational podcasts for kids to listen to while they walk
<a href="#">YMCA 360- free workout videos</a>	YMCA 360 matches your lifestyle with free online videos
<a href="#">Yoga 4 Classrooms</a>	Free mindful activities that encourage movement and stress reduction for kids and the family

<a href="#">Yoga Foster: online mindfulness and yoga</a>	Online yoga and mindfulness for kids and adults
<a href="#">GoNoodle</a>	Free movement and mindfulness for kids of all ages

### **Mental/Emotional Resources**

<a href="#">Coping Calendar</a>	30 actions to look after ourselves and each other
<a href="#">Educators Self-Care Card</a>	Self care reflection sheet, not just for educators
<a href="#">Educators Self-Care Checklist</a>	Self care ideas, not just for educators
<a href="#">Acts of Kindness</a>	Ideas to spread kindness and lift our moods
<a href="#">Oprah &amp; Deepak 21- Day Meditation Experience</a>	Create an online account and start a 21 day meditation journey
<a href="#">Supporting Mental Health During Coronavirus</a>	A great resource to help with feelings associated with Coronavirus
<a href="#">Alliance for a Healthier Generation</a>	Activities for parents/caregivers, educators, and employers and employees to help improve all aspects of health
<a href="#">Calm</a>	Free resources for meditation, sleep stories, movement exercises, journals, and music.
<a href="#">Care for your coronavirus anxiety</a>	Resources for anxiety and mental health
<a href="#">Discover Gratitude- four week virtual gratitude program</a>	Mayo Clinic Health System four week, self-guided virtual program to improve mental wellbeing through daily journaling
<a href="#">Headspace</a>	1000 free hours of mindfulness and sleep content
<a href="#">InsightTimer</a>	Free app for sleep, anxiety, and stress
<a href="#">Mindful Schools</a>	Free online mindfulness classes for kids
<a href="#">ten percent happier</a>	Access past episodes on the app for free: All episodes are geared towards staying sane during Coronavirus

<a href="#">Free Mindfulness</a>	Free guided mindfulness exercises for download
<a href="#">Yoga 4 Classrooms</a>	Free mindful activities that encourage movement and stress reduction for kids and the family
<a href="#">Yoga Foster: online mindfulness and yoga</a>	Online yoga and mindfulness for kids and adults
<a href="#">Stop Breath Think App</a>	App that helps kids stop, breath, and think in times of stress

### Daily activity ideas

<a href="#">Quingo: Quarantine Bingo</a>	Daily activities to stay healthy
<a href="#">Coping Calendar</a>	30 actions to look after ourselves and each other

### Other Resources

<a href="#">Coronavirus resources/benefits.gov</a>	Resources for unemployment, healthcare, businesses, volunteering, unemployment assistance, economic impact payment, and other benefits
<a href="#">Economic impact payments</a>	IRS latest information
<a href="#">Steuben County Pro Action</a>	Children and family programs, energy programs, WIC services, nutritional programs, food assistance, senior programs, and more.
Hammondsport Community Services (dial 211)	Financial assistance for emergency needs