

URBAN'S STAY AT HOME RESOURCE GUIDE

ADAPTED FROM GOTHAM PROFESSIONAL ARTS ACADEMY SOCIAL WORK TEAM 3/2020

Staying at home does not mean we cannot continue to learn, grow, and care for ourselves! Below is a guide to resources that can be used to enrich our *body, brain, heart* and allow us to have *fun* as we stay at home! These activities will help us stay busy, care for ourselves, and may even spark growth and interest that we never expected!

At the end of this guide, you will also find mental health and safety resources!

FOR YOUR BODY

STAY ACTIVE, CENTER YOURSELF, GET CREATIVE IN FINDING
WAYS TO MOVE YOUR BODY AND RELAX YOUR MIND!

MINDFULNESS + MEDITATION

- Download [Calm](#) (find out if your school has an account with their school initiative program or they offer a free trial) - the #1 app for sleep, meditation and relaxation. It offers a variety of guided meditations, sleep stories, breathing exercises, stretching exercises, and relaxing music to improve sleep and lower stress and anxiety.
- [Free Guided Meditations](#)
- [Love and Kindness Guided Meditation](#)
 - Want to try leading a meditation? Access the transcript [here](#) and see if a family member or friend wants to participate! (can be done over the phone!)
- [Do Nothing](#) for 2 minutes
- Listen to a healthy mind and body focused podcast! Get a list of some of the best ones [here](#)

AT-HOME WORKOUTS

- Wake up and get your energy flowing with this quick 15-minute yoga [video](#)!
- Core Power Yoga is offering a range of free at-home workouts [here](#).
- Get dancing with 30 Minutes of [Hip Hop Fitness](#)
- Dance it out with this 30 Minute [Latin Dance Workout](#)
- Find a variety of dance videos from Hip Hop Public Health [here](#).
- Fitness Studios like [Barry's Bootcamp](#), [Rumble](#), and [Pure Barre](#) are going live and leading free workouts on their social media pages
- Download the [7 minute workout app](#) and get going.

PUSHUP/SITUP CHALLENGE

- Try this 30 day [push up challenge](#)!
- Search for other exercise challenges (ex. Abs, squats)
- [30-day ab challenge](#)

FOR YOUR BRAIN

**CONTINUE TO ENRICH YOUR MIND WITH THESE RESOURCES
THAT ALLOW YOU TO ACCESS NEW BOOKS, MUSIC, SITES,
SOUNDS, AND SKILLS!**

READ A NEW BOOK

- Gain access to free downloadable books from the New York Public Library through SimplyE. If you have a iOS or Android phone you can download the SimplyE app to access ebooks and audiobooks! You can use an existing library card or apply for one. Learn more [here](#)!
- [Project Gutenberg](#) is a library of over 60,000 free eBooks. Choose among free epub and Kindle eBooks, download them or read them online. You will find the world's great literature here, with a focus on older works for which U.S. copyright has expired.
- Browse Magazines through the Brooklyn Public Library by downloading their Flipster app. Learn more [here](#)!
- Audible is offering a library of audiobooks for free during this time. You can find it [here](#).
- Ask someone you live with if they have a favorite book that you can borrow and read!

GO TO THE MUSEUM

- Access links for online tours, collections and exhibits at 12 museums [here](#).
- [Free coloring pages](#) from many museums and libraries!
- [Here](#) are links to additional museums, exhibits, and e-learning labs!

VISIT YOUR FAVORITE ANIMALS

- Watch live feeds of animals at the [San Diego Zoo](#)!
- Watch live feeds of animals at the [Smithsonian National Zoo](#)!
- Watch live feeds of animals at the [Monterey Bay Aquarium](#)!
- Watch the Panda Live Feed at [Zoo Atlanta](#)!

GO TO THE THEATER

- Broadway might be closed, but you can still access some plays and musicals from home! Learn how [here](#).
- The [Met Opera](#) is streaming a new opera each day! You can begin streaming the opera online each day at 7:30 PM EST and can continue to access it for 20 hours.
- Here is a [list of live theater](#) options you can view from home - the list will be updated daily!

LISTEN TO A CONCERT

- Listen to concerts from the comfort of your home with [this online music festival](#) which includes a calendar of events!
- Artists like John Legend, Chris Martin and Miguel have been doing concerts on InstagramLive, check your favorite artists to see if they are doing the same!

TAKE A TRIP (WHILE STAYING PUT!)

- Go on a virtual hike and explore 31 National Parks on Google Earth (access through your chrome browser or download the app on your phone). See the list of parks [here!](#)
- Take a [virtual tour](#) of the Great Wall of China!
- Visit the [Johnson Space Center](#) in Houston, Texas!
- Explore the ins and outs of farm life on [this](#) virtual tour!
- Take a virtual tour of one of these [historic homes](#)!

LEARN SOMETHING NEW

- Learn a new language! [Duolingo](#) is a free resource (can also be downloaded as an app) with lessons and plans for learning many languages!
- Learn to bake all types of yummy treats! Search a tutorial for your favorite dessert or access tutorials from this [baking school series](#).
- Learn [origami](#)!
- Learn just about anything with this [variety of free courses from top universities](#)! Links are available to download courses through itunes, directly to your computer/device, or youtube.
- Listen to a [TedTalk](#) on just about any topic you are interested in! Just want to explore? Maybe start with [the most viewed talks](#)!

- Learn more about environmental issues by watching films from the [Environmental Film Festival!](#)
- [Learn to do just about any kind of dance](#) with this amazing list of dance tutorials

FOR YOUR HEART

FIND WAYS TO STAY CONNECTED WITH PEOPLE YOU CARE ABOUT! AND TAKE TIME TO CONNECT WITH YOURSELF WITH NEW WAYS TO REFLECT AND EXPRESS YOUR THOUGHTS AND EMOTIONS!

WRITE A LETTER

- To someone you care about or haven't talked with in awhile!
- To yourself! Write a letter for future yourself to read - maybe even for different occasions (i.e. graduation, first job, 25th birthday).
- To an elder. Write to an older adult in your family or community and tell them why you appreciate and respect them! OR write to an elder through the [Letters of Love project](#).

START OR CONTINUE A JOURNAL

- [Here](#) is a list of Journal Prompts.
- Create a gratitude journal - listing a few things you are thankful for each day!
- We are experiencing a lot of new stressors right now - it is understandable to have new thoughts and concerns! Share them with a trusted individual or if you aren't ready write about them in your journal!

SCRAPBOOK/MAKE A PHOTO ALBUM

- Gather photos, paper and markers and make scrapbook pages of your favorite memories and people!
- Put together a family and/or friend photo album!
- Create albums of your favorite events and school trips on your phone or computer! Even better - share it with friends and family!

ENJOY YOUR FAVORITES

- Have a favorites night: watch your favorite movie or show while you eat your favorite food or dessert if you have it at home!
- Make a playlist of your all-time favorites song!

- Re-read one of your favorite books or poems!
- Go through your favorite photos!
- Ask someone you live with about all their favorites!

ORGANIZATION AND ROUTINE

- Feel like you need to get back into a routine? Take some time to develop a daily routine that works for your time at home -- including breaks and some time for fun and relaxing things (i.e. anything from this guide!). [Here](#) are some time management tips and info!
- For some people, organizing spaces or changing the layout of a space gives them energy. If this sounds like you, clean/organize your room or the area you spend the most time in!
- Set a goal(s) for the day!

JUST FOR FUN!!!

**BEING INSIDE DOES NOT MEAN YOU CAN'T HAVE FUN!
REMEMBER TO TAKE TIME TO HAVE FUN AND DO THINGS
YOU ENJOY! HERE ARE JUST SOME IDEAS!**

MOVIES/TV!

- Start a movie/TV club with your friends! Choose a movie or TV show to watch each week and then set up a time to video chat to discuss!
- Netflix now allows you to watch remotely with friends using [Netflix Party](#), a Google Chrome extension that synchronizes you and your friends videos and adds a group chat option to your favorite Netflix shows!
- Need Suggestions?
 - Netflix
 - [50 best TV shows on Netflix.](#)
 - [9 Shows for Social Distancing](#)
 - Hulu
 - [50 best TV shows on Hulu](#)
 - [30 best movies on Hulu](#)
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- [Shudder](#), home of horror movies, is offering a 30 day trial with code "Shutin"

GAMES

- [Here](#) is a list of 40 card games you can learn!
- [Words with Friends](#) is a fun way to play scrabble and stay connected with friends

DRAW

- Try one of these [drawing challenges](#) or create your own and share it with friends!
- [Check out this Art at Home Guide!](#)
- Another [30-day Drawing Challenge!](#)
- Beginner? Learn to draw using some basic techniques like [this](#) and [this](#) and [this](#)

TRY GRAPHIC DESIGN

- Make a free account on [Canva](#) and get access to templates and tools to make social media graphics, posters, cards, flyers, presentations and more! There is a premium account that you must pay for, but the free version offers tons of options!

TIK TOK COMPETITION

- Start a friendly [tik tok competition](#) with your friends!
- [learn a tik tok dance](#)

SING!

- [Do this 30-day song challenge](#)
- Write and sing your own song!

GOT YOUNGER SIBLINGS?

- [Here](#) are some fun activities to do with them
- [take them on a virtual field trip!](#)
- Take a [virtual ride](#) on some of Disney's most popular attractions!

LIST OF MENTAL HEALTH AND SAFETY RESOURCES

MANY PEOPLE FEEL STRESS AND ANXIETY IN THE FACE OF UNCERTAINTY, WHICH CAN ALSO LEAD TO FEELINGS OF LONELINESS AND/OR DEPRESSION. IT IS IMPORTANT TO ASK FOR HELP IF THESE FEELINGS BECOME OVERWHELMING. BELOW IS A LIST OF RESOURCES AVAILABLE FOR MENTAL HEALTH SERVICES AND RESOURCES.

DOWNLOADABLE APPS

- [Virtual Hope Box](#) is a great mental health app that helps with coping, distraction, relaxation, and positive thinking
- Here is a [list](#) of other mental health apps you can download

TIPS

- [CDC](#) shares their tips for managing stress and anxiety related to the coronavirus
- [How to](#) take care of your mental health in the face of uncertainty
- [Tips](#) for emotional resilience during coronavirus

SUPPORT SERVICES/HOTLINES

- [NYC Well](#) connects you with free, confidential mental health support via phone, text or chat. Services include counseling, suicide prevention, crisis intervention, peer support, referrals to care, assistance in connecting to the referral, and follow-up services. It operates 24 hours per day, 7 days per week
 - For more information call:
 - 1-888-NYC-WELL (1-888-692-9355)
 - 1-888-692-9355 (Español)
 - 1-888-692-9355 (中文)
 - 711 (TTY for hearing impaired)
 - Or visit [here](#)

- [Suicide Prevention Lifeline](#)
 - CALL 1-800-273-8255
- [Domestic Violence Hotline](#)
 - CALL 1-800-799-7233
 - Text loveis to 22522
- [Disaster Distress Helpline](#)
 - CALL 1-800-985-5990
- [Crisis text line](#)
- [List of hotlines and resources created by NIA](#)

ADDITIONAL RESOURCES: FOOD ACCESS

- [FoodHelp Locator](#) by zip code
- [Street Smarts NYC](#) (Manhattan)
- [Hunger Free NYC](#) (All 5 Boroughs)
- [Feeding America](#) (All 5 Boroughs)
- [Feeding Our Neighbors](#) (Manhattan, The Bronx, Staten Island)

CONNECTION/COMMUNICATION

If you need wifi/ipad for online learning see this link ASAP!

Please visit: [Remote Learning Devices - COVID19 to sign up. The DOE will give you a location and a time with which to come and pick up your tech.](#)

Free Access to Technology

[Altice USA](#) - families must apply for free wifi

[Comcast](#) - families must apply for free wifi

[Spectrum](#) - families must apply for free wifi

[Free Wifi Hotspots in New York](#)