



Resource List

- **COVID-19 Information**

- State of California Information-
 - [COVID-19.ca.gov](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19.aspx)
- Los Angeles County Information-
 - [COVID-19 Media Page - LA County Department of Public Health](https://www.publichealth.lacounty.gov/media/Coronavirus/FAQ.pdf)
 - <http://www.publichealth.lacounty.gov/media/Coronavirus/FAQ.pdf>
 - <http://www.publichealth.lacounty.gov/media/Coronavirus/CleaningInfographic.pdf>
 - <http://www.publichealth.lacounty.gov/media/Coronavirus/GuidanceHandwashingEnglish.pdf>
- Lawndale Elementary School District Information-
 - <http://www.lawndale.k12.ca.us/updates>
 - What to do?
 - Social Distancing-
 - Cook a meal as a family
 - Watch a movie
 - Read a book
 - Take a walk
 - Do a puzzle
 - Do art projects - <https://artprojectsforkids.org/>
 - Virtually visit the San Diego Zoo- <https://animals.sandiegozoo.org/live-cams>
 - Home Safari w/ Cincinnati Zoo- <http://cincinnatzoo.org/home-safari-resources/>
 - Take a virtual museum tour- <https://www.educatorstechnology.com/2014/01/20-wonderful-online-museums-and-sites.html>
 - Listen to music
 - Utilize the public library online- <https://www.lapl.org/>
 - Clean your closet, bathroom, or bedroom
 - Check on an elderly neighbor
 - Call or facetime a family member or friend
 - Hygiene- Hand Washing Videos-
 - Information
 - <https://www.youtube.com/watch?v=YBGsoimPXZg>

- Pepper Experiment-
<https://www.youtube.com/watch?v=djxmuDz8c3s>
- Sid the Science Kid-
<https://www.youtube.com/watch?v=ghLkwSIWSXw>

- **Community Resources**

For Students

- Internet Access- <https://abc7.com/6011165/>

For Parents

- Internet Access- <https://abc7.com/6011165/>
- Community Health Resources-
https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/preview#

- Mental Health and Coping-

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

- Talking to Children about COVID-19-

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

- **Educational Resources**

For Students

- Scholastic-
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Coronavirus BrainPop-
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- LA Public Library Online (digital books, audiobooks, story recordings, access to streaming media)- <https://www.lapl.org/>
- Breathing Exercises (Video)-
https://www.youtube.com/watch?v=bRklLioT_NA
- Breathing Exercises (Video)-
<https://www.youtube.com/watch?v=fTzXFPh6CPI>
- Yoga for kids (Video)- <https://www.youtube.com/watch?v=X655B4ISakg>
- Mindfulness Worksheet-
<https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf>
- Gratitude Journal-
<https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>
- Wilma the Worry Machine story (Video)-
<https://www.youtube.com/watch?v=gpAijfP99Ng>
- Jack's Worry story (Video)-
<https://www.youtube.com/watch?v=TQ0wyzjr5mg>

- Mandalas (Worksheets)-
<http://www.supercoloring.com/coloring-pages/arts-culture/mandala/geometric-mandalas>
- Brain Breaks-
 - Go Noodle (Website)- <https://www.gonoodle.com/>
 - Energizers & Brain Breaks (Worksheet)-
<https://www.responsiveclassroom.org/wp-content/uploads/2017/10/Energizers-and-Brain-Breaks.pdf>
 - 20 Three-Minute Brain Breaks (Website)-
 - <https://minds-in-bloom.com/20-three-minute-brain-breaks/>
 - Just Dance 2020 (Video)-
https://www.youtube.com/results?search_query=just+dance+2020
- Mindfulness-
 - Just Breathe (Video)- <https://youtu.be/RVA2N6tX2cg>
 - Calm App-
<https://app.www.calm.com/program/qK3leghiJP/7-days-of-calm>
 - Mind Yeti! (Video)-
<https://www.youtube.com/channel/UC6Aicy3GqIHBgEvSpL2CWfA>
 - Online Counseling Programs-
<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/?fbclid=IwAR05Co-jw8ACUqiAiPs4JfmIQBokkvPhMml2hwdBO2q1cgcqdc7Mc2YrxSY>
 - Brain Pop (Website)-
<https://www.brainpop.com/health/?fbclid=IwAR0loQ7AumR69Ze5KD0F0CY9I877v-K7GqMWnISuV7C06AhqD-HMwIHmNPA>
 - PBS (Website)-
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

For Parents

- SEL Online Lessons link below-
https://docs.google.com/spreadsheets/d/1uLmHt3yxmUR4UacBsR8oEZ3bYgx2u8lqOb-RFhn_Rao/edit?usp=sharing
- Enrichment Activities Spreadsheet-
https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=google_thread&fbclid=IwAR0qxLIaYRYrkyEdetCHd18wttt1bm97qQkt_W3WXzb1e-2zYy0LewQP9_c&sle=true#
- Giant List of Ideas for being Home with Kids (Worksheet)-
<https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCI/prview?fbclid=IwAR3D17RnlpP6j3OPpUv3Mo0fks1QFIABDsVMFfMHkSMBariL0sYaOPI3ViM>
- Centervention-

<https://www.centervention.com/>

<https://www.centervention.com/social-emotional-learning-activities/https://www.centervention.com/>

- Behavior (Worksheets)-
 - <https://worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=1&id=31&link1=31>
- Coloring Apps-
 - Pigment.
 - Lake.
 - Colorfy.
 - Recolor.
 - Colorest.
 - Colorgram.
- Social Emotional Resources & Supports
 - For Students
 - **Preschool - 2nd grade (Worksheets)**
 - Feelings
 - Positivity-
https://drive.google.com/open?id=1r4huH12FH6Opjk9QEGD_cBhNw02xFbtM
 - Empathy
 - Gratitude-
<https://drive.google.com/open?id=1rXzuyzGBi3HmXyHqJ9K2IBYoPA7qy9yq>
 - Mindfulness
 - Kindness-
https://drive.google.com/drive/folders/12XWNiKuhjmTVTCNGiX094_ruZq0pL5_?usp=sharing
 - Perseverance-
https://drive.google.com/open?id=1R_tciDJ0OLczzIB3WCWKnV8jZTGrP2N
 - Resiliency-
<https://drive.google.com/open?id=1fSpZGakceB7NjtqBWO2-D1B-hXhQvjX>
 - Anxiety-
 - https://drive.google.com/open?id=175H1ZKvmt08IsUIPB7r2PQ2DK27_DqG2
 - Self-esteem-
 - https://drive.google.com/open?id=1fsy9IF4ZFy59Gc45vlgqvSXwbqBxk_au
 - Self-control
 - Managing Anger-
<https://drive.google.com/open?id=0B2fzvEvuobs8Z0hZRmF4eEtXYYxc>

- Conflict Resolution-
https://drive.google.com/open?id=1fzMA1QRAZOrZK5txtDThlleBRaXM_C1p
- Impulse Control-
https://drive.google.com/open?id=1Y0OeZYYR7dgGj_J_fnleyyXLCykMYdqJ
- Following Directions-
<https://drive.google.com/open?id=1mZ-xrBXlindPUSt9plfjBjg7T4AxyqQ1>
- Coping Strategies
 - Asking for help-
<https://drive.google.com/open?id=1NTY9C5FmSSkQRE0jxZfl8x77o9N2OUsB>
 - Assertiveness-
<https://drive.google.com/open?id=1UP23I9CThKP3vJWM9GGBj5ZJO5Kfb3dZ>
- Communication
 - Decision-making-
<https://drive.google.com/open?id=1PVr1MNZ3WIClqXWnGgvIPy1IPzSoXXIW>
- Grief & Loss-
<https://drive.google.com/open?id=12o3nfp4PDXwtzJpujdvP6Fo1gZIN1EnC>
- Self-care-
https://drive.google.com/open?id=1u9ADLGms_JMmq5OqdWWop_6GCJCE_Aqh
- **3rd - 5th grade (Worksheets)**
 - Feelings
 - Positivity-
https://drive.google.com/drive/folders/1r4huH12FH6Opjk9QEGD_cBhNw02xFbtM
 - Empathy
 - Gratitude-
<https://drive.google.com/open?id=1rXzuyzGBi3HmXyHqJ9K2IBYoPA7qy9yq>
 - Mindfulness
 - Kindness-
https://drive.google.com/drive/folders/1r4huH12FH6Opjk9QEGD_cBhNw02xFbtM
 - Perseverance-
https://drive.google.com/open?id=1R_tciDJ0OLczziB3WCWKnVV8jZTGrP2N
 - Resiliency
https://drive.google.com/open?id=1fSpZGakceB7NjtqBWO2-D1B-_hXhQvjX
 - Anxiety-
https://drive.google.com/open?id=175H1ZKvmt08lsUIPB7r2PQ2DK27_DqG2
 - Depression-
<https://www.verywellmind.com/childhood-depression-1066805>

- Self-esteem-
https://drive.google.com/open?id=1fsy9IF4ZFy59Gc45vlqgvSXwbqBxk_au
- Self-control
 - Managing Anger-
<https://copingskillsforkids.com/managing-anger>
 - Conflict Resolution-
<https://sunshine-parenting.com/5-steps-to-help-kids-resolve-conflicts/>
 - Impulse Control-
<https://www.centervention.com/social-emotional-learning-activities/>
 - Following Directions-
<https://drive.google.com/open?id=1mZ-xrBXlindPUSt9plfjBjg7T4AxyqQ1>
- Coping Strategies
 - Asking for help-
<https://drive.google.com/open?id=1NTY9C5FmSSkQRE0jxZfl8x77o9N2OUsB>
 - Assertiveness-
<https://drive.google.com/open?id=1UP23I9CThKP3vJWM9GGBj5ZJO5Kfb3dZ>
- Communication
 - Decision-making-
<https://drive.google.com/open?id=1Pv1r1MNZ3WIClqXWnGgvIPy1IPzSoXXIW>
 - Grief & Loss-
<https://drive.google.com/open?id=12o3nfp4PDxwtzJpujdvP6Fo1gZIN1EnC>
 - Self-care-
https://drive.google.com/open?id=1u9ADL_Gms_JMmq5OqdWWop_6GCJCE_Aqh
- **6th - 8th grade (Worksheets)**
 - Feelings
 - Positivity-
https://drive.google.com/drive/folders/1r4huH12FH6Opjk9QEGD_cBhNw02xFbtM
 - Empathy
 - Gratitude-
<https://drive.google.com/drive/folders/1rXzuyzGBi3HmXyHqJ9K2IBYoPA7qy9yq>
 - Mindfulness
 - Kindness-
<https://www.worksheetplace.com/index.php?function=Displ>

[ayCategory&showCategory=Y&links=2&id=480&link1=31&link2=480](#)

- Perseverance-
<http://characteredtools.com/pdf%20example%20pages/Perseverance%20Sample.pdf>
- Resiliency-
<https://positivepsychology.com/resilience-activities-worksheets/>
- Anxiety-
https://drive.google.com/drive/folders/175H1ZKvmt08IsUIPB7r2PQ2DK27_DqG2
- Depression-
<https://www.therapistaid.com/worksheets/supporting-someone-with-depression.pdf>
- Self-esteem-
<https://www.therapistaid.com/worksheets/strengths-exploration.pdf>
- Self-control
 - Managing Anger-
<https://www.therapistaid.com/worksheets/anger-warning-signs-children.pdf>
 - Conflict Resolution-
<https://www.worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=2&id=507&link1=31&link2=507>
 - Impulse Control -
https://drive.google.com/drive/folders/1Y0OeZYYR7dgGj_JfnleyyXLCykMYdqJ
 - Following Directions-
https://www.cowan.k12.in.us/UserFiles/Servers/Server_248890/File/Title%20I/Directions%20Grid%20Game.pdf
- Coping Strategies
 - Asking for help-
<https://www.centervention.com/asking-for-help-worksheet-and-lesson/>
 - Assertiveness-
<https://positivepsychology.com/self-esteem-worksheets/>
- Communication
 - Decision-making-
<https://www.aeseducation.com/blog/best-decision-making-activities-middle-school>
- Grief & Loss-
<https://childmind.org/guide/helping-children-cope-grief/>

- Self-care-
<https://www.kiddiematters.com/80-self-care-activities-teens/>

○ For Parents

■ Feelings

- Positivity- Positive Behavior Supports (Website)-
<https://www.parentcenterhub.org/pbs-resources/>
<https://www.apbs.org/about/families>

■ Empathy

- Gratitude- 5 Gratitude Practices (Website)-
<https://sunshine-parenting.com/a-grateful-family-is-a-happy-family-5-practices/>

■ Mindfulness

- Kindness- 52 Acts of Kindness for Families(Website)-
<http://www.momentsaday.com/acts-of-kindness-for-families/>
- Perseverance- How to Encourage Perseverance (Website)-
<https://familiesonthehomefront.com/how-to-encourage-perseverance-in-your-child/>
- Resilience- Resiliency Guide for Parents (Website)-
<https://www.apa.org/helpcenter/resilience>

■ Anxiety- Tips for Parents and Caregivers (Website)-

<https://adaa.org/living-with-anxiety/children/tips-parents-and-caregivers>

■ Depression- - Depression for Parents (Website)-

<https://kidshealth.org/en/parents/understanding-depression.html>

■ Self-esteem-Your Child's Self-Esteem for Parents (Website)-

<https://kidshealth.org/en/parents/self-esteem.html>

■ Self-control

- Managing Anger- Anger Management for Parents (Website)-
<https://centerforparentingeducation.org/library-of-articles/anger-and-violence/parents-anger-turning-down-the-heat-in-your-home/>
- Conflict Resolution- Conflict Management for Parents (Website)-
<https://raisingchildren.net.au/guides/first-1000-days/looking-after-ourselves/conflict-management-for-parents>
- Impulse Control- Impulse Control Techniques that Work for Children(Website)-
<https://www.verywellfamily.com/ways-to-teach-children-impulse-control-1095035>
- Following Directions-10 Tips to Help Kids Follow Directions(Website)-
<https://www.understood.org/en/learning-thinking-differences/understanding-childrens-challenges/talking-with-your-child/10-tips-to-help-our-child-follow-directions>

■ Coping Strategies

- Asking for help- The Importance of Asking for Help (Website)-
<https://www.soberlink.com/blog/parenting-the-importance-of-asking-for-help/>
- Assertiveness-10 Steps for Teaching Your Kids How to Be Assertive (Website)-
<https://afineparent.com/strong-kids/how-to-be-assertive.html>

■ Communication

- Decision-making- Parenting Decision Making (Website)-
<https://www.psychologytoday.com/us/blog/the-power-prime/200910/parenting-decision-making>
- Grief & Loss- Helping a Grieving Parent (Website)-
<https://americanhospice.org/working-through-grief/helping-a-grieving-parent/>
- Self-care- 15 Self-Care Strategies for Parents (Website)-
<https://www.verywellfamily.com/self-care-for-parents-4178010>

■ Tips

- Working from home- Everything to Know about working from home during Coronavirus (Website)-

<https://nypost.com/2020/03/17/everything-you-need-to-know-about-working-from-home-during-coronavirus/>

<https://www.cnn.com/2020/03/16/how-to-work-from-home-with-your-kids-during-the-coronavirus-outbreak.htm>

- Time Management-
 - Create a structure or routine for your day
 - Schedule Maker-
<https://www.mercurynews.com/2020/03/15/what-to-do-with-kids-out-of-schools-closed-by-coronavirus-use-this-free-schedule-maker-to-plan-the-day/>
- Family Time-
 - Have regular meals and hydrate
 - If possible get outside or open windows
 - Stick to a sleep routine
 - Keep up with chores
- Staying Active-
 - Go Noodle Free App
<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>
 - Indoor Recess Go Noodle (Video)
https://www.youtube.com/results?search_query=indoor+recess+gonoodle



CORONAVIRUS

FREQUENTLY ASKED QUESTIONS FOR IMMIGRANTS

TESTING || TREATMENT || IMMIGRATION IMPACT || CONSUMER PROTECTION

Immigrants in Los Angeles County, like all Angelinos, are worried about the coronavirus outbreak. Moreover, some immigrants are afraid that getting tested or treated will affect their immigration status. Below are answers to common questions. You should seek available testing and treatment, **regardless of your immigration status.**

❑ What should I do if I want to be tested or treated?

- If you have insurance or Medi-Cal, call your doctor about testing and treatment. Avoid visiting your doctor until you speak with them. If you have an emergency, go to an emergency room or call 911. You can get current information here: publichealth.lacounty.gov
- If you are uninsured, you can still get free testing and treatment regardless of immigration status. You may also qualify for **My Health LA**, a health care program for low-income LA County residents. Call 844-744-6452 for more information. Visit dhs.lacounty.gov/MyHLA for a list of their clinics.

❑ Will getting tested or treated for coronavirus affect my immigration status?

- **No.** Your medical information is confidential. Your doctor may not share it with immigration officials. Also, the federal government has announced they **will not** consider coronavirus testing or treatment in the **public charge** test.

❑ Need other public benefits such as Food Stamps?

- The Department of Public Social Services provides a number of services. Contact them here: yourbenefits.la-dhs.org/ybn/index.html. If you don't qualify for benefits due to your immigration status, other people in your home might. USCIS will not consider benefits received by household members in the **public charge** test.
- **Free food** is also available at pantries throughout Los Angeles County: lafoodbank.org/find-food/pantry-locator/. Many school districts also offer free meals for students. Check with your school district office.

❑ I lost my job or my hours were cut. What can I do?

- If you have a work permit, you may apply online for Unemployment Insurance with the California Employment Development Department (EDD): edd.ca.gov/about_edd/coronavirus-2019.htm
- While undocumented immigrants cannot receive Unemployment Insurance, they may be eligible for Disability Insurance or Paid Family Leave. File with EDD: edd.ca.gov/about_edd/coronavirus-2019.htm
- The LA County Business & Worker Disaster Help Center provides tools and direct support to access emergency resources. Call 833-238-4445, email your question to DisasterHelpCenter@lacounty.gov, or visit www.lacounty.gov/covid19.

❑ Is it true that there is a cure for coronavirus?

- There is currently no cure or vaccine for coronavirus. Many scammers are taking advantage of the pandemic to prey on consumers. Report suspected scams to the Department of Consumer and Business Affairs (DCBA): 800-593-8222, dcba.lacounty.gov.

❑ Sellers are charging high prices for things like hand sanitizer and medical supplies. Is this legal?

- It is illegal for sellers to raise prices for basic necessities by more than 10% after authorities declare an emergency. All consumers, including undocumented immigrants, are protected against price gouging. Report violations to DCBA: 800-593-8222, dcba.lacounty.gov.

❑ My landlord is trying to evict me because I can't pay the rent. What should I do?

- Los Angeles County passed a temporary ban on all residential and commercial evictions, effective **March 4 to May 31, 2020**, for the unincorporated areas of the County. The City of Los Angeles and other cities have passed similar measures. These protections apply to all tenants, regardless of their immigration status. Contact DCBA for help: (800) 593-8222, dcba.lacounty.gov.



LOS ANGELES COUNTY
CONSUMER &
BUSINESS AFFAIRS

Contact your Office of Immigrant Affairs
for help: 800-593-8222, ola.lacounty.gov

CORONAVIRUS TESTING & TREATMENT FOR UNINSURED L.A. COUNTY RESIDENTS



☐ **AVAILABLE FOR
UNINSURED L.A.
COUNTY RESIDENTS**

☐ **AVAILABLE
REGARDLESS OF
IMMIGRATION
STATUS**

☐ **DOESN'T COUNT IN
"PUBLIC CHARGE"**

☐ **INFORMATION:**



**oia.lacounty.gov
(800) 593-8222**

☐ **SIGN UP FOR CARE:
Health Services Dept.
(844) 804-0055**

**My Health LA
(844) 744-6452**



**LOS ANGELES COUNTY
CONSUMER &
BUSINESS AFFAIRS**