Supplemental Resources for Virtual Independent Learning: Grades 9-12

The following resources are free to access and contain content that students can access independently or supported by a teacher. These resources can be used by teachers, students, and parents to support additional, supplemental learning experiences.

Accessing Google Classroom

- Google Classroom will be the main avenue for teachers and students to communicate and collaborate with each other. Students can access Google Classroom through Clever.
- Resources below denoted with * can also be accessed through Clever.

Independent reading

We recommend a minimum of 30 minutes a day of reading for students in grades 9-12. To check out ebooks, visit the following websites:

- Sora (free)
- Aurora Public Library (free)

Language Arts ✓ StudySync - Adopted high school resource - via Clever ✓ Khan Academy: SAT Prep (free) ✓ Khan Academy: Narrative writing (free) ✓ Khan Academy: Grammar (free) ✓ Language Arts ✓ Khan Academy: SAT Prep (free) ✓ Khan Academy: Narrative writing (free) ✓ Khan Academy: Grammar (free) ✓ Language Arts ✓ Khan Academy U.S. History, Khan Academy World History, Khan Academy Civics (free) ✓ Big History Project (free) ✓ Current events: Newsela (subscription 7/2026) ✓ Current events: Smithsonian Teen Tribune (free) ✓ Current events: CNN 10 (free) ✓ Current events: CNN 10 (free) ✓ Current events: EverFi Financial Literacy* (free) or Marketplaces* (free) ✓ Online Museum Exhibits: Google Arts and Culture (free) ✓ PBS Learning Network: Social Studies (free)	Math ✓ Khan Academy (free) ✓ PBS Learning Network: Mathematics (free) ✓ Desmos (Free)	Science ✓ CK-12 Sience (free) ✓ NEWSELA Science* (ends 6.30.20) ✓ Exploratorium (free) ✓ PBS Learning Network: Science (free) ✓ Khan Academy (free)
	 ✓ StudySync - Adopted high school resource - via Clever ✓ Khan Academy: SAT Prep (free) ✓ Khan Academy: Narrative writing (free) ✓ Khan Academy: Grammar (free) ✓ Aurora Public Library at Aurora Public Schools* (free) ✓ PBS Learning Network: English Language Arts (free) ✓ NY Times Learning Network (free) 	 ✓ Khan Academy U.S. History, Khan Academy World History, Khan Academy Civics (free) ✓ Big History Project (free) ✓ Current events: Newsela (subscription 7/2026) ✓ Current events: Smithsonian Teen Tribune (free) ✓ Current events: CNN 10 (free) ✓ Economics: EverFi Financial Literacy* (free) or Marketplaces* (free) ✓ Online Museum Exhibits: Google Arts and Culture (free)

Electives

- ✓ Art (free)
- ✓ Music (free)
- ✓ <u>PE</u> (free)

Mental Health

- During the summer break, call Colorado Crisis Services at 844-493-TALK (8255), or text "Talk" to 38255. This service is available 24/7 year-round. If this is an emergency, please dial 911.
- The walk-in clinic is available from 8:00 am-11:00 pm daily at Anschutz Medical Campus 2206 Victor Street, Aurora, CO 80045
- Aurora Mental Health is open for business. Call them at 303-617-2300 for services and care.
- <u>HealthONE</u>: https://auroramed.com/campaigns/behavioral-health HealthONE is open at this time. Some doctors may want to see patients in person. If you would like to self refer your student, make an appointment at 303-360-3650 (no busy signal or voice mail), they are available 24/7 every day of the year.

Online Resources For Families

- <u>Helen and Arthur E. Johnson Depression Center</u> has great resources for you including weekly articles, videos and podcasts on how to continue to connect and support your children during this time
- WHO Infographic Helping Children Cope
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019
- National Association of School Psychologists Helping Kids Cope (English)
- National Association of School Psychologists Helping Kids Cope (Spanish)

Online Resources for Students

- Calm (online and an app) has guided meditations and bedtime stories, as well as nature scenes and other sounds scapes
- Smiling Mind (online and an app) has sleep, focused, and relaxed meditations
- Mood 24/7: a texting service where you can record your mood each day and look back at the trends over time. This can also be shared with a school social worker or doctor, if interested. Appropriate for ages 11-21
- Ok2Talk: supported by the National Alliance on Mental Health and others, this site provides a space for adolescents to share their experiences and discuss topics such as mental illness, stress, and coping with challenges.
- <u>The Trevor Project</u> offers numerous ways to talk to someone confidentially 24/7, including a toll-free phone number (1-866-488-7386), online chat, and a text line (text START to 678678) for young people who identify as lesbian, gay, bisexual, transgender, queer, non-binary, asexual or other related identities. They also have an online, international discussion-based community.
- <u>Love is Respect</u>: This website is a resource for young people who are interested in or experiencing intimate partner violence. The site offers numerous ways to reach out directly to someone to talk about their experiences, including online chat, text (Text loveis (capitalization does not matter) to 22522), and phone call (1-866-331-9474 to talk to a peer advocate). They also have informational articles and guizzes, as well as other resources.

• Mental Health America has a variety of <u>resources</u> if you are or think you may be living with a mental illness or are struggling mentally or emotionally. They have information, activities, and quizzes to help you manage your emotions on your own, tips for talking

Mindfulness Apps, Blogs, Podcasts, and Websites

- Breath Ball
- Tap and Wiggle: Lazy Eight
- Mindful Moment at home
- Square or 4 Part Breath
- Keeping your bottle full with self-care
- Student Wellness Week