



The Whole School, Whole Community, Whole Child Model

Health Education

- Catch My Breath: <https://catchinfo.org/vaping-coronavirus/>
- Kids Health: <https://kidshealth.org/classroom/>

Nutrition Environment and Services

- Free Meal Site: <https://www.nokidhungry.org/find-meal-sites>
- Food Planning: <https://www.choosemyplate.gov/coronavirus>

Employee Wellness

- Tips for Working at Home with Kids: <https://www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19/>
- Blogilates: <https://www.blogilates.com/workout/>
- Fitness Blender: <https://www.fitnessblender.com/videos>

Social and Emotional School Climate

- Helping Children Cope with Coronavirus and Uncertainty: <https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>
- Sesame Street: <https://www.sesamestreet.org/caring>

Physical Environment

- Sidewalk Chalk Art: <https://www.youtube.com/watch?v=eGhglysnrbg>
- Cleaning and Disinfecting Your Home: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Health Services

- Handwashing: <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- Symptoms Self Check: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html#cdc-chat-bot-open>

Community Involvement

- Kids Meals Decorate Lunch Bags: <https://kidsmealsinc.org/wp-content/uploads/DIY-Bag-Decorating-Instructions-1-1-20-1.pdf>
- Donate Blood: <http://www.giveblood.org/>

Family Engagement

- Coping During COVID19: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Activities to Do At Home: <https://www.actionforhealthykids.org/covid-19-and-at-home-resources/>
- Marathon Kids for Families: <https://marathonkids.org/free-pe-resources-for-parents-families/>
- Conversation Starters: <https://thefamilydinnerproject.org/conversation/>

Counseling, Psychological, and Social Services

- Child Abuse Prevention Tips: <https://www.cachouston.org/sexual-abuse/child-sexual-abuse-facts/>
- Mindfulness Apps: Headspace, Insight Timer, Calm, Stop Breathe & Think, Mindshift, Sleptime
- NAMI Peer Support Groups: <https://namigreaterhouston.org/support-groups-2/nami-connection/>

Physical Education and Physical Activity

- At Home Resources: <https://openphysed.org/activeschools/activehome>
- GoNoodle: <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
- NFL Play 60: <https://aha-nflplay60.discoveryeducation.com/videos>
- ABL: www.Choosykids.com