

COMPASS Resource Guide

To follow is a collection of online resources that align with COMPASS program components. These resources are suggested learning tools and should be used at your agency's discretion. For a variety of other resources, click on these official NYC links:

DYCD At Home

Text us at (347) 349-4361 to receive updates

Growing Up NYC

Age-appropriate resources across NYC

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Academic Enhancement

Primary Category	Resource Name	URL	Snapshot
Academic Enhancement	Arcademics	https://www.arcademics.com/	Provides academic games in various subjects.
Academic Enhancement	Arts Education	https://www.humbleisd.net/Page/135	Youth friendly interactive art websites
Academic Enhancement	Bamboo Learning	https://bamboolearning.com/	Amazon-based educational apps that can be enabled in Alexa-powered devices.
Academic Enhancement	Bedtime Math	http://bedtimemath.org/fun-math-at-home/	Several lesson plans to support in non-screen time mathematics learning.
Academic Enhancement	Big History Project	https://www.bighistoryproject.com/home	An online social studies course emphasizing scaffolded learning as youth draw connections between past, present and future.
Academic Enhancement	Brightly	https://www.readbrightly.com/	A collections of age-appropriate literacy activities that encourage reading.
Academic Enhancement	EverFI	https://everfi.com/	Free online resources broken down by age range that cover a range of topics.
Academic Enhancement	Makedo	https://www.make.do/	A cardboard-based engineering kit.
Academic Enhancement	History/Cultural Tour: The White House: Washington D.C.	https://artsandculture.google.com/partner/the-white-house	Allows viewers to take a look into historical rooms in the White House.
Academic Enhancement	Mecabricks	https://www.mecabricks.com/en	Build and render digital LEGO kits from a web browser. This advanced system allows young people to explore building models on a virtual level.
Academic Enhancement	New American History	https://learn.newamericanhistory.org/	Archives of history topics, broken down by reading level and subject matter.

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Academic Enhancement	Pixton	https://edu.pixton.com/solo	Create a graphic novel, storyboard, or comic strip then share it on the web.
Academic Enhancement	Scholastic Activities & Printables	https://www.scholastic.com/parents/kids-activities-and-printables.html	Academic articles for various grade levels to promote daily reading for young people.
Academic Enhancement	Scratch	https://scratch.mit.edu/ideas	A programming language and an online community to create games, animations, or interactive stories, sponsored by the MIT Media Lab. (STEM)
Academic Enhancement	Seuss Ville	https://www.seussville.com/	Young learners will love the stories and interactive literacy games based in Dr. Seuss characters. (Literacy)
Academic Enhancement	Wonderopolis	https://wonderopolis.org/	Young people can learn about 2,000 plus wonders of the world and test their knowledge after reading or listening to various topics.

Arts and Culture 🏹

Primary Category	Resource Name	URL	Snapshot
Arts & Culture	Art Integration	https://www.oercommons.org/curated-collections/582	Arts Integration is an approach to teaching in which students construct and demonstrate understanding through an art form.
Arts & Culture	Arts Edge	https://artsedge.kennedy-center.org/artsedge.html	Arts Edge is the Kennedy Center's free digital resource for teaching and learning through the Arts. It provides Art lessons, videos, how-to guides and many more for free.
Arts & Culture	CommonSense	https://www.commonsense.org/education/search?contentType=flows	These lesson plans are digitally focused and integrate a number of educational web tools and mobile apps to provide teachers with practical working examples of the effective use of technology in classroom.
Arts & Culture	Draw Space	https://www.drawspace.com/	A free collection of online drawing classes contains dozens of illustrated lessons for beginning, intermediate and advanced artists. This collection of online drawing classes contains dozens of illustrated lessons for beginning, intermediate and advanced artists.
Arts & Culture	Google Earth Tour Builder	https://tourbuilder.withgoogle.com/	Tour Builder allows users to create stories using text, graphics, pictures, videos and Google Maps.
Arts & Culture	How to Draw (basics)	http://www.drawingcoach.com/	Guides and tips on how to sketch.

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Arts & Culture	How To Draw It	https://www.howtodrawit.com/	This site also offers drawing lessons.
Arts & Culture	KinderArt	https://kinderart.com/grades/grades-6-8/	A great resource packed full of Art lessons for teenagers. Lessons are categorized by age, medium and grade.
Arts & Culture	Sound Trap	https://www.soundtrap.com/edu/	SoundTrap is a collaborative platform for creating music and podcasts online. Several schools have already been implementing this tool in their projects to foster deep learning and develop student's creative, collaborative and communication skills.
Arts & Culture	Sutori	https://www.sutori.com/teachers	A platform that allows the educator to bring a variety of works online to the youth live and direct.
Arts & Culture	Art activities	http://www.oercommons.org/courses/capturing-light-the-science-of-photography-beginning-level/view	Youth can learn different art activities with items from their home.
Arts & Culture	Arts Education	https://www.humbleisd.net/Page/135	Youth friendly interactive Art websites
Arts & Culture	Arts Education	http://artsedge.kennedy-center.org/educators/lessons/grade-5/Haunting_Music	Youth learn how to manipulate music and work with sound
Arts & Culture	Photography Introduction	http://www.oercommons.org/courses/capturing-light-the-science-of-photography-beginning-level/view	Youth learn about photography.
Arts & Culture	Exhibitions and Collections on Google Arts & Culture Platform: Musée d'Orsay: Paris	https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en	A virtual tour through a museum!

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**Arts &
Culture**

Vincent Van Gogh

<https://coe.nevada.edu/mphillips/index.htm>

In Search of Vincent Van Gogh is a web quest where students form teams and complete the assignment as an Investigative Reporter, Art Critic and Suicide Prevention Expert.

Healthy Living 🦋

Two articles supporting in this time of crisis, how to talk to youth, and parents supporting youth in remote learning.

<https://www.newyorkfamily.com/how-to-talk-to-kids-about-the-coronavirus-tips-from-an-expert-new-york/>

<https://www.psychologytoday.com/us/blog/its-all-relative/202003/helping-your-teen-succeed-remote-learning>

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Healthy Living	American Foundation for Suicide Prevention	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?utm_source=newsletter&utm_medium=email&utm_content=this&utm_campaign=Benchmark%3A%20Now%20what%3F	Tips to protect mental health during times of uncertainty.
Healthy Living	American Psychological Association	https://www.apa.org/topics/resilience	A roadmap for adapting to life-changing situations, and emerging even stronger than before.
Healthy Living	Breathing Exercise for Children	https://childhood101.com/fun-breathing-exercises-for-kids/	Fun breathing exercise for children to help them manage their emotions with pictures.
Healthy Living	Calm	https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times subs 031720	Regularly updated curation of meditations, sleep stories, music and more, all hand-picked to support mental and emotional wellness through this time.
Healthy Living	Center for Disease Control & Prevention	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html	Strategies to stress and cope as parents, those released from quarantine, and first responders.
Healthy Living	Headspace	https://www.headspace.com/covid-19	Meditations, sleep, and movement exercises to help during this time.
Healthy Living	KQED	https://www.kqed.org/arts/13876619/self-care-tips-to-get-you-through-the-new-coronavirus-normal	Self-care tips to deal with the new Coronavirus normal.

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Healthy Living	National Child Traumatic Stress Network	https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf	A guide to helping families deal with COVID.
Healthy Living	New York State Office of Mental Health	https://omh.ny.gov/omhweb/covid-19-resources.html	A state website focused on managing anxiety and stress. You can also call 1-844-863-9314 for more support.
Healthy Living	NYC Department of Education	https://coronavirus.schools.nyc.gov/RemoteLearningDevices	Learn how to gain access to devices for remote learning.
Healthy Living	NYC Department of Education	https://www.schools.nyc.gov/school-life/food/free-meals	Details on where to get meals while schools are closed.
Healthy Living	Vibrant Emotional Health	https://www.vibrant.org/covid-19/	A trove of resources on mental health, managing anxiety, caring for behavioral health, and more.

Leadership

Primary Category	Resource Name	URL	Snapshot
Leadership	Annenberg Classroom	https://www.annenbergclassroom.org/	Annenberg Classroom's free resources include over 65 videos on constitutional concepts and Supreme Court cases as well as games, lesson plans, timelines and more. (Grades 6-12)
Leadership	Be Internet Awesome with Google	https://beinternetawesome.withgoogle.com/	Google's newly developed platform provides resources for educators to teach kids how to be safe online. To make the most of the Internet, kids need to be prepared to make smart decisions. Be Internet Awesome teaches kids the fundamentals of digital citizenship and safety so they can explore the online world with confidence (3-12)
Leadership	Digital Civics Toolkit	https://www.digitalcivicstoolkit.org/	The Digital Civics Toolkit is a collection of resources for educators to support youth to explore, recognize, and take seriously the civic potentials of digital life. (Grades 6-12)
Leadership	Ed.ted.com	https://ed.ted.com/daily_newsletter	To support the millions of students, parents and teachers affected by the COVID-19 pandemic, TED-Ed is working with expert educators and TED speakers throughout the world to create and share high-quality, interactive, video-based lessons on a daily basis, for free.
Leadership	Facing History and Ourselves	https://www.facinghistory.org/	Empowering teachers & students to think critically about history & to understand the impact of their choices. (Grades 6-12)
Leadership	Global Nomads Group	www.gng.org	Youth share stories, ideas, and information with global peers online. Youth learn about themselves and our world in new, meaningful ways. Youth

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			become Global Nomads, curious about our world. (Grades 6-8)
Leadership	iCivics	https://www.icivics.org/	iCivics exists to engage students in meaningful civic learning. They provide teachers with well-written, inventive, and free resources that enhance their practice and inspire classrooms.
Leadership	iEARN USA	https://us.earn.org/	iEARN-USA is a member of iEARN (International Education and Resource Network), the world's largest, most experienced online K-12 non-profit network that enables young people worldwide to use the internet and digital media to collaborate on educational projects. (Grades K-12)
Leadership	MY HERO	https://myhero.com/	Discover & share inspiring stories, art, & films. Join millions of teachers, students & media producers taking part in MY HERO.
Leadership	National Geographic Education	http://www.nationalgeographic.org/education/	At National Geographic, we teach kids about the world and how it works, empowering them to succeed and to make it a better place. (Grades K-12)
Leadership	National Geographic Kids	https://kids.nationalgeographic.com/	Find amazing facts about animals, science, history and geography, along with fun competitions, games and more (Grades K-12)
Leadership	PenPal Schools	https://www.penpalschools.com/	PenPal Schools connects students from 150 countries through project based learning. (Grades 6-12)
Leadership	Soliya	https://www.soliya.net/	Soliya is an international nonprofit organization preparing the next generation with the skills, attitudes, and commitment to engage with difference. (High School+)

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Leadership	TED Student Talks Program	https://ed.ted.com/student_talks	The TED Student Talks Program supports students as they discover, explore and present their big ideas in the form of short, TED-style talks.
Leadership	The GLOBE Program	https://www.globe.gov/about/overview	GLOBE, or the Global Learning and Observations to Benefit the Environment Program, is expands the idea of science and diplomacy. (Grades 3-12)

Physical Activity

Primary Category	Resource Name	URL	Snapshot
Physical Activity	10 Minute Workout for Teens	https://www.youtube.com/watch?v=pj4TVbnIEgk	10-minute full body workout for teens without equipment or jumping.
Physical Activity	The Deliberate Mom: 15 Indoor Physical Education Ideas	https://thedeliberatemom.com/indoor-physical-education-ideas/	Fun educational ideas for homeschoolers.
Physical Activity	58 Child friendly Chair Yoga Poses	https://www.kidsyogastories.com/chair-yoga-poses/	A list of basic chair yoga poses that could be used in the classroom, homeschool or in small spaces.
Physical Activity	Fitness-health Apps for teens	https://www.teenvogue.com/story/health-fitness-apps	7 health and fitness apps suggested for teens.
Physical Activity	Fun Indoor Exercises for Children	https://littlebinsforlittlehands.com/get-moving-kids-exercises-gross-motor-play/	Simple ways for children to burn some energy.
Physical Activity	Homeschool PE Activities	https://www.thehomeschoolmom.com/homeschool-lesson-plans/physical-education/	In door physical activities with links to external resources.
Physical Activity	Pilates for Children	https://www.youtube.com/watch?v=FHXcR7Pjwyg&list=PL1RZJPKJqudqaDkj9HA3P7X84SeWmNyam	YouTube playlist of pilates exercise for youth.
Physical Activity	Yoga Ed.	https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A	YouTube Channel that offers yoga classes for Children, Teens and Adults.

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Social Emotional Learning

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Social Emotional Learning	BrainPOP	www.brainpop.com	SEL and Health - K-12 animated short films, quizzes, learning games
Social Emotional Learning	Centervention	www.centervention.com	SEL online games to improve SEL skills K-8
Social Emotional Learning	Collaborative for Academic, Social Emotional Learning (CASEL)	www.casel.org	SEL Resources for educators from PreK-HS including specific resources during COVID-19
Social Emotional Learning	Committee for Children	www.cfchildren.org	SEL Classroom Activities, bullying prevention including specific resources during COVID-19
Social Emotional Learning	Common Sense	https://www.commonsense.org/education/toolkit/social-emotional-learning	SEL worksheets and lesson plans, resources for families
Social Emotional Learning	Sanford Harmony	www.sanfordharmony.org	No-cost social emotional learning program, webinars and training for at home learning, schools and districts
Social Emotional Learning	Share My Lesson	sharemylesson.com/collections/social-and-emotional-learning	SEL learning resources, lesson plans and webinars

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CBO Spotlight! 🏡

This section celebrates the efforts of our agencies in providing support amidst this pandemic. See below for resources and strategies they're deploying to continue to support our city's youth.



Asian Americans for Equality *Regular Updates on AAFE Programs & Services*

Please visit [AAFE news page](#) for up-to-date information and resources for the entire community during this time.

Asian Americans for Equality (AAFE) provides support to families for various services including housing, counseling, workforce and remote youth programming such as online chats, individual counseling, emotional support, gaming, and hangouts. The agency implements virtual group games such as [Skribbl](#) and [Spyfall](#) to bring youth together in a fun and engaging way!



A Fresh Youth Initiatives *FYI COVID Resource Page*

Please visit FYI's [COVID Resource Page](#) for up to date information for the entire community, both in English and Spanish.

The team at Fresh Youth Initiatives collaborated on their COVID resource page, highlighting community resources specific to their neighborhood, food and COVID-19 testing access, activities and videos for youth to complete at home, and vital SEL resources for both youth and families. In addition, they've created a virtual activity hub for youth to view, along with their remote check-ins and activities, and staff office hours.

Right: FYI Senior Group Leader, Moises Torres, instructs FYI participants on strengthening their arms and core.



Left: FYI Group Leader, Amy Aviles, introduces the "evaporation" and "condensation" by making potions at home!



Girls Incorporated of New York City *Best Practices for Virtual Programming Resource*

Girls, Inc. collaborated internally to create a list of best practices for virtual programming. This list builds on remote icebreakers for participants and tips for keeping participants engaged in a virtual space. This guide is a great support tool for program staff as they take their programs virtual.



Global Kids *Providing Virtual Spaces for Youth Collaboration*

Global Kids continues to use the latest technology to bring youth voices together, and create spaces where these voices are heard.

This organization is using the NING website for youth to collaborate, work together and maintain communication. It gives youth a virtual and safe space to collaborate and meet youth from other schools, as well as participate in fun activities and daily actions. Combined with a calendar and an area for resources, it's a one-stop shop for GK participants.



Above: a screenshot of GK's NING Platform.

In addition, Global Kids facilitated a live YouTube video where youth shared their experiences in "Life Under COVID." Three GK youth shared experiences on their lives during the pandemic. This live video puts youth experience first during this challenging time, provides a space to share their experiences, and lead their peers on what they can do during this time.

Right: GK Census Squad Members spreading the word on completing the NYC Census.



Left: 3 youth participants sharing their stories in the Life Under COVID live video.

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New York Edge *Teach Rock*

NY Edge has collaborated with multi-platinum producer Little Stevie Van Zandt and his Rock and Roll Forever foundation to provide participants with [music-driven after school programming](#) online!



The program gathers participants online and used popular music to [introduce key concepts remotely](#) alongside regular after-school offerings for all ages of youth! Music brings participants and staff together while also teaching important concepts such as SEL, math, STEAM, and language arts to young people.



SCO Family of Services *CFL at 50's and Sunset Leaders*

*Right: A picture from
SCO's Group Time.*



In addition, SCO presents "Group Time" sessions to engage participants in purposeful activities and guided conversations, providing an important opportunity for youth to express themselves and connect with one another during this period of social isolation. Activities range from kids and staff introducing pets, to talking about how much they miss one another, to creating a space where people can safely express feelings and ask questions.

The organization introduced "Sunset Leaders," offering a variety of programs and services to the community, including operating Recreation Center and Food Pantry programs during the pandemic. The Sunset Leaders team launched virtual after-school program activities that include virtual clubs for participants, such as fashion, visual arts, and music troupes, mentors in training programming, gender and sexuality groups, and TGIF options for participants. The staff are also supported through trainings in online policies, individual supervision and mindfulness spaces to alleviate mental stress.



*Left: A picture from
a streamed art
activity.*