

# DYCD Community Centers Remote Programming Resource Guide

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NYC Department of Youth and  
Community Development  
Community Centers Unit



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# Introduction

This resource guide of tools and resources is intended to assist Community Based Organizations (CBOs) in Youth Development to develop strategies to support staff, families and communities during the Coronavirus-19 (COVID-19) pandemic.

This time warrants out-of-the-box thinking to support our communities. Current circumstances now may provide an opportunity to reach more youth and their families literally in their own homes. Unprecedented times calls for unprecedented innovative ways of reaching our communities. At the center of this approach is the creation a “Center-Without-Walls”.

This guide aims to offer CBOs tools and resources in the following areas:

- I. Online training and professional development for staff
- II. Ideas for virtual, online youth development programming activities
- III. Connecting families to resources
- IV. COVID-19 Safety Reminders

## Disclaimer

Links are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Websites listed in this guide are subject to change. These resources are suggested and should be used at your agency’s discretion.



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# Resources for Staff

First and foremost, your Community Center staff must feel continually connected to your agency and their fellow co-workers. Keeping each staff connected with each other and providing guidance on how they each can equip themselves with knowledge and/or resources is essential.

## Community Center Staff Working Remotely

1. Ensure all staff have adequate devices or means of working remotely. Anticipate that some staff may feel very comfortable working remotely, while others may resist the change. Help staff adjust to remote work given their comfortability.
2. Choose an online platform(s) that allows you to effectively communicate with staff and be able to hold virtual meetings and share documents. Develop set check-in times during the week for updates and to keep moral high.
3. Encourage staff to take advantage of slower non-instructional periods to complete online, e-learning opportunities. Offer staff tools and time to review the tools. Create opportunities to share what they have learned (staff meetings, and/or create written plans to support the content)

## Adjusting to Remote Work

The following resources offer tips on how to help yourself and your staff begin and/or continue to adjust to working remotely.

- **Remote Working Setting Yourself and Your Teams Up For Success** (Linked In Learning- subscription needed). This sixteen part learning path from Linked In Learning provides insights on optimizing time management, leading from a distance, managing stress, and navigating virtual tools, including WebEx. <https://www.linkedin.com/learning/paths/remote-working-setting-yourself-and-your-teams-up-for-success?u=81022338>
- **Mind Tools COVID-19 Support Pack.** Mind Tools offers free access to articles and videos packed with tips on areas such as working from home, dealing with anxiety, crisis management, and virtual meetings. [https://www.mindtools.com/pages/article/covid-19\\_support\\_pack.htm?trackingtag=hp\\_gc&utm\\_content=hp\\_gc](https://www.mindtools.com/pages/article/covid-19_support_pack.htm?trackingtag=hp_gc&utm_content=hp_gc)

## Choosing an Online Platform for Staff Communication

Based on your agency and staff needs, there are a number of platforms you can choose from to stay connect to staff. Microsoft Office 365 and Google G-Suite are two popular options.

### Microsoft Office 365

Microsoft offers a suite of applications for optimizing communication, Office 365.

- Microsoft Teams is the hub for team collaboration in Office 365 that integrates the people, content, and tools your team needs to be more engaged and effective.  
<https://products.office.com/en-us/microsoft-teams/group-chat-software>

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## Google G-Suite

Google offers a suite of applications for optimizing communication, G-Suite. There are many features that are free and do not require subscription. <https://gsuite.google.com/>

- [Google Meet](#) is a video conferencing app. It is the business-oriented version of Google's Hangouts platform and is suitable for businesses of all sizes. Google Meet integrates with G-Suite versions of Google Calendar and Gmail and shows the complete list of participants and scheduled meetings.
- [Google Hangouts](#) brings conversations to life with photos, emoji, and even group video calls for free. Use Hangouts to keep in touch with staff throughout your agency.

## Online Trainings and Professional Growth Opportunities

Several agencies and organizations continue to offer trainings for youth development staff.

### Resources for Youth Development Trainings

- NYC DYCD Capacity Building. DYCD continues to offer training for agency staff. <https://www1.nyc.gov/site/dycd/involved/funding-and-support/capacity-building-professional-development.page>
- NYS Office of Children and Family Services. OCFS provides free online trainings for SACC Staff. <https://ocfs.ny.gov/main/childcare/child-care-training.asp>
- NYS Network for Youth Success. NYS has resources for professional development for staff ranging from youth participation and engagement to program sustainability and growth. <https://networkforyouthsuccess.org/professional-development/>
- HSS Sports Safety Learning Center. This Learning Center provides free classes and educational resources for children, parents, teachers, and coaches throughout the world. <https://sports-safety.hss.edu/>
- LinkedIn Learning (Subscription needed). LinkedIn Learning offering video courses taught by experts across industries and subjects. <https://www.linkedin.com/learning>

### Resources for Facilitator & Instructor Trainings

- Character Strong provides curricula and trainings on social-emotional learning for schools internationally. <https://characterstrong.lpages.co/educator-resources>
- E-Learning Industry offers tips and webinars on aspects of the remote learning field. <https://elearningindustry.com/>
- Google's Teach From Home is a temporary hub of information to help teachers during the COVID-19 crisis. <https://teachfromhome.google/intl/en/>
- Linked In Learning offers a training series on teaching online. Online instruction requires different methods to help students learn. This course is designed to help corporate trainers and teachers update their skill sets to teach effectively online. [https://www.linkedin.com/learning/learning-to-teach-online-2?trk=share\\_android\\_course\\_learning](https://www.linkedin.com/learning/learning-to-teach-online-2?trk=share_android_course_learning)

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# Staying Connected to Your Community

While staff may not be on site, there are still a variety of ways a Community Center can engage youth and families. Contacting families and checking in with them is paramount.

## Types of Remote Family Engagement

**"Sometimes, all they want is to talk."**

- **Wellness Check** The main purpose of this wellness check is connecting and seeing how the family is doing.
  - This should be done first to assess how further interactions should look and feel.
  - You can do separate calls for adults, then calls for their children and youth.
  - Check with the parent/guardian for the best time to call.
- **Informational Engagement** This engagement shares information about resources locally and nationally. This may come before or after a survey to ensure you are customizing the information that is being given.
- **Survey and Feedback** This interaction would be to gather information from the participants and families.
  - Consider short surveys that are not too wordy.
  - In the initial survey be sure to ask the best mode of contact going forward (i.e. email, phone or tele-conference)

Regardless of the type of interactions chosen, consider the following:

1. **Call Outlines.** Develop general written call outlines for staff to ensure similar information and messaging is going out to youth, families, and the community.
2. **Familiar Person(s).** Organize the outreach to be with someone the participant is familiar with. Youth will connect with the person they are accustomed to seeing every day.
3. **Adults vs Youth outreach.** Adults (participants, and/or parents/guardians) may rather hear from a manager/administrator in the center that they have a relationship with. This may be the Director and/or Assistant Director.

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# Resources for Supporting Online Programming

1. Ensure that your CBOs Social Media Policy is aligned, up-to-date, and understood by all staff. Refer to DYCD's Policy as a baseline [DYCD Social Media Policy](#)
2. Equip staff with tools and resources to facilitate engaging and effective online, remote activities. Provide feedback and supportive supervision frequently.
3. When you are thinking about what types of online programming that can be offered, consider the following:
  - a. What can online engagement look like for the various cohorts you work with?
  - b. What can you replicate in your current workscope in an online platform?
  - c. Which online platforms are your participants familiar with already?

## Social Media

*"Social Media" includes, but is not limited to, Facebook, Twitter, LinkedIn, YouTube, Flickr, Pinterest, Tumblr, Tinder, Instagram, and other forms of social networks and user-generated media, such as wikis, blogs and other on-line journals and diaries, as well as chat rooms and bulletin boards"*

*-excerpt [DYCD Social Media Policy](#)*

Follow **DYCD** and encourage your members to follow us on our social media platforms:  
[Facebook](#) | [Twitter](#) | [Instagram](#) | [YouTube](#) @nycyouth



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## Popular Platforms for Online Programming Activities

The next step in engaging youth to participate in remote online activities is to choose a platform that works best for your agency, staff, and the communities you serve. Regardless of which one(s) you and your staff decide to use, ensure the privacy settings uphold the highest levels of safety for staff, youth, and their families.

- **Instagram**

Instagram, including IGTV, offers an opportunity for participants to contribute visual content to the center's account or using a hashtag (#). This is where most high school age participants "hang out". There may be dance challenges, photo contests and even cooking videos that could engage your staff and participants.

- **Facebook**

Staying connected to Youth Workers and each other on the Community Center Facebook page. Youth are able to say hello, post videos and pictures. Facebook can also be used by the center to give updates.

- **Google**

- Google Classroom, a free web service, developed by Google for schools, aims to simplify creating, distributing, and grading assignments in a paperless way.

[https://edu.google.com/products/classroom/?modal\\_active=none](https://edu.google.com/products/classroom/?modal_active=none)

- Google Hangouts and other online chat platforms give your learners the opportunity to talk about the eLearning course, ask questions, and even offer their feedback on the participant-produced videos. <https://hangouts.google.com/>

- **YouTube**

- YouTube Channel offers an opportunity for your community center to organize video content (i.e. lessons on dance combos or art projects) for your audience by adding videos, links, and info about your organization and staff for participants to explore. There is an opportunity to make your community center's channel private or public.

- Glance at some tips on "How To Effectively Use YouTube in eLearning"

<https://elearningindustry.com/8-tips-effectively-use-youtube-in-elearning>

Possibilities for the types of online programming that can be offered are endless. These following sites offer a plethora of ideas on activities and lessons.

- **Google Teach From Home**, a temporary hub offering information and tips for teachers during COVID-19. <https://teachfromhome.google/intl/en/>
- **YouTube Learn@Home** <https://learnathome.withyoutube.com/> In partnership with the Khan Academy, YouTube's Learn@Home is focused on video lessons. Learn@Home features dozens of channels from the platform's premium content creators, with programming aimed toward educating children preschool age and up. Channels like [Amoeba Sisters](#) feature two animated amoebas "on a mission to demystify science with humor," and language learning staple [Duolingo](#) offers users videos on how to say common phrases in a variety of languages.



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Other featured channels on Learn@Home include classics like PBS, Sesame Street, and Discovery Education.

- **Virtual Schools** Virtual School Activities are for all ages. This site offers a collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun educational sites.  
<https://virtuelschoolactivities.com/?fbclid=IwAR33WgohJOfHrLWkYeV4VgUQ0yAltuNowdtLB DwL2vE482b-MO0lkgaGNA0>

## Programming Examples From Other Community Centers

Some Cornerstone Programs have shared some of the strategies they implemented to connect to families to provide activities.

- ✓ Grab-and-Go Lesson Plans- *JCC Mariner's Harbor Cornerstone* added art supplies and lesson plans to their grab-and-go bags each week. The participants could then follow along with the lesson online.
- ✓ YouTube Zumba Class- *RFCUNY Saratoga Village Cornerstone* encouraged participants to log on and workout with staff they are familiar with.
- ✓ *RFCUNY Marcus Garvey Cornerstone* provided sports workout and a cooking class.
- ✓ Celebratory Conference- *JCC Carter Cornerstone Center* engaged the community in their celebration of the late Police Officer Gerald Carter, in the namesake of the Community Center name. They invited DYCD, DA's Office, other public officials, parents, youth and had a DJ who kept all in great spirits.
- ✓ Daily Email- *DFOY Butler Cornerstone* shared with their families updates for jobs, food pantry, Census links to resources on a regular basis.

### Provider Recommended Links:

- Brain Pop - Challenge: <https://www.brainpop.com/english/writing/theme/challenge/>
- Intrepid Remote Learning - <https://www.intrepidmuseum.org/education>
- Audubon Learning - <https://www.audubon.org/>
- Audible Books - <https://stories.audible.com/start-listen>

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# Connect Families to City Agencies

The agencies of the City of New York proudly offer a myriad of services and resources for individuals, families and communities across the city.

**Mayor Bill De Blasio** announces [Fun at Home](#), a free new digital platform to provide safe, fun, and entertaining virtual activities for New York City's teens and young adults. This first-of-its-kind campaign combines city and community resources to engage teens who are at home during the COVID-19 crisis, and also provides tips to cope with the public and mental health challenges that may arise during this difficult time. Users can access to dozens of diverse activities, including exercise videos, SAT practice sessions, and links to free NBA League Pass and Mario Kart tournaments.

- **Text “Fun” to 97743 to receive the latest updates on resources and activities or visit:**  
<https://growingupnyc.cityofnewyork.us/generationnyc/fun-at-home/>

## **NYC Department of Youth & Community Development (DYCD)**

Stay Connected with [#DYCDatHOME!](#) presented by DYCD's Strategic Partnerships team. While we are all staying home to stop the spread of coronavirus, youth and families across NYC can stay connected to DYCD – we are bringing dance, music, art, filmmaking, and more right to you!

Check out the opportunities below:

- Step It Up NYC
- Recipe Rescue
- My Voice NYC: Poetry & Spoken Word
- Art Activities & Contests
- DYCD Film Festival

If you are interested, there are a few different ways to get involved:

1. Send us a [text at \(347\) 349-4361](#) to receive opportunities directly to your phone.
2. Follow us on [Instagram](#), [Facebook](#), or [Twitter](#) at @NYCYouth to get the most up-to-date announcements via social media.
3. Fill out [this form](#) to get more information via email.

For more information visit: [https://www1.nyc.gov/site/dycd/services/special\\_initiatives.page](https://www1.nyc.gov/site/dycd/services/special_initiatives.page)

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## Other City Agencies:

### NYC Children's Cabinet

Mayor Bill de Blasio established New York City's first Children's Cabinet. The NYC Children's Cabinet created two complementary digital resource platforms, [Growing Up NYC](#) (for families with children aged 0-12) & [Generation NYC](#) (for teens and young adults aged 13-24). find many ways to stay connected and have fun while you stay home with [Fun At Home](#) virtual activities and resources.

<https://growingupnyc.cityofnewyork.us/generationnyc/fun-at-home/>

- [Text FUN to 97-743](#) to get a heads up when new free subscriptions are added, updates on summer, and other resources to help you through physical distancing.

### NYC Department for the Aging (DFTA)

To prevent the spread of COVID-19, senior centers are currently closed for congregate programming and meals are being provided through a centralized meal delivery system. Call your local senior center with questions about how to receive delivered meals. You can also call Aging Connect at 212-Aging-NYC (212-244-6469) or 311. <https://www1.nyc.gov/site/dfta/services/senior-centers.page>

### Help Now NYC

[COVID-19 Services and Resources](#) offers a list of resources for those who may be unemployed due to COVID-19 or are seeking additional assistance regarding employment, financial assistance, mental health and more. <https://www1.nyc.gov/site/helpnownyc/get-help/individuals.page>

### NYC Housing Authority (NYCHA)

NYCHA residents can report safety issues to (212) 306-7027. Residents can also call the emergency hotline at (718) 707-7771. (*Emergency Services include gas leaks, water leaks, local power issues, stoppages, and other hazardous conditions.*) Residents are asked to use automated and online systems, including [MyNYCHA](#), which is the Self-Service Portal, and kiosks to complete their transactions. Check out the NYCHA Journal for COVID-19 related information:

<https://nychajournal.nyc/information-about-coronavirus/>

### NYC Human Resources Administration/Department of Social Services (HRA/DSS)

HRA/DSS is dedicated to fighting poverty and income inequality by providing New Yorkers in need with essential benefits such as Food Assistance and Emergency Rental Assistance.

<https://www1.nyc.gov/site/hra/help/facing-eviction.page>

### NYC Labor Relations

Labor Relations features Work Well NYC, including the Wellness Anywhere program offering online activities include yoga, meditation, Zumba, and more to city employees. Check out the April Calendar:

<https://www1.nyc.gov/assets/olr/downloads/pdf/wellness/wellness-anywhere-april-calendar.pdf>

Don't see the city agency you were looking for? Check out the Directory of all City Agencies

<https://www1.nyc.gov/nyc-resources/agencies.page>

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# Connect Families to Community Resources

The following resources are services to share with your families in need of support in the following specialized areas: Special Education, Mental Health Services, Food Services, Child Safety, Domestic Violence, Substance Abuse, Internet Access, Business Assistance, & Pet Owners. In addition, there are a number of resources for online Fitness-Wellness, Arts-Culture-Recreation & Educational Activities.

## Specialized Resources

### Special Education

- **INCLUDEnyc** provides training and information for young people with any disability (age 0-26) in New York City, their families, and the professionals who support them.

<https://includenyc.org/resources/>

### Mental Health Services

- **NYC Well** Text. Call. Chat. Support is available 24/7 to provide a range of mental health support for all New Yorkers and can be reached by calling 1-888-NYC-Well (1-888-692-9355), texting “Well” to 65173, or on web at <https://nycwell.cityofnewyork.us/en/>
- **The Lifeline** -- The Lifeline provides 24/7, free and *confidential* support for people in distress. Prevention and crisis resources available to you anytime. (1800-273-8255 or text Got5 to 41741) <https://suicidepreventionlifeline.org/>
- **Mayor’s Office of ThriveNYC** on Twitter at @MentalHealthNYC. ThriveNYC's new guide to mental health services New Yorkers can access while staying home. [https://thrivenyc.cityofnewyork.us/mental\\_health\\_support\\_while\\_home](https://thrivenyc.cityofnewyork.us/mental_health_support_while_home)
- **MentalHealth.gov** Mental Health includes our emotional, psychological and social well-being. This site provides one-stop hub to U.S. government mental health information. <https://www.mentalhealth.gov/>
- **Mental Health First Aid** Identify. Understand. Respond. Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance abuse issues. <https://www.mentalhealthfirstaid.org/>
- **Healthy and Ready to Learn** (Collaboration of DOE and DOH) Resources for parents, educators, local resources for health, including emotional health, trauma information, etc. <https://hrl.nyc/>

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## Food Services

Some DYCD Cornerstone Programs are open and provide Grab-and-Go CACFP Food to the community. Additional resources include the following.

- **NYC Department of Education (DOE)** Select schools providing Grab-an-Go Breakfast and Lunch <https://www.schools.nyc.gov/school-life/food/free-meals-for-all>
- **Food Help NYC Locator** Emergency food assistance is available for individuals in need. <https://maps.nyc.gov/foodhelp/>

## Elderly and Vulnerable Food Services

- **City Meals on Wheels** Free deliveries for the most at-risk community members facing COVID-19. <https://www.citymeals.org/>
- **Invisible Hands** Free food deliveries for at-risk individuals. Apply online. <https://www.invisiblehandsdeliver.com>

## Child Safety and Well-Being

- **NYC Administration for Children's Services (ACS)** It takes all of us working together to give children healthy, happy, and safe childhoods. The resources in the link provide information to help keep children safe. <https://www1.nyc.gov/site/acs/child-welfare/keeping-children-safe.page>
- **NYS Child Protective Services (OCFS, CPS)** The abuse or maltreatment of children is against the law. Victims need an effective child protective service to prevent them from suffering further injury and impairment. <https://ocfs.ny.gov/main/cps/>
- **Safe Horizon** Although abuse and neglect can have lasting effects, with support, children can move beyond the harm they have suffered to lead healthy lives. <https://www.safehorizon.org/get-help/child-abuse/#overview/>

## Domestic and Gender-Based Violence

- **NYC HRA Domestic Violence Support** NYC 24-Hour Domestic Violence Hotline: [1-800-621-HOPE](tel:1-800-621-HOPE) Survivors of domestic violence may receive temporary housing, emergency shelter, and supportive services for themselves and their children. All programs provide a safe environment as well as counseling, advocacy and referral services. <https://www1.nyc.gov/site/hra/help/domestic-violence-support.page>
  - NYC HOPE Resource Directory online at <http://nyc.gov/nychope> or call 311.
- **NYC Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV)** develops policies and programs, provides training and prevention education, conducts research and evaluations, performs community outreach, and operates the New York City Family Justice Centers. <https://www1.nyc.gov/site/ocdv/about/about-endgbv.page>
- **Safe Horizon** is the nation's leading victim assistance organization. Our mission is to provide support, prevent violence, and promote justice for victims of crime and abuse, their families and communities. <https://www.safehorizon.org/>

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## Substance Abuse

- **NYC Department of Health (DOH)** Learn about the types of care and services available for problematic alcohol or drug use. Services vary depending on severity of need and individual circumstances. Addiction is a treatable health condition.  
<https://www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page>
- **NYS Office of Addiction Services and Supports (OASAS)** continues to provide programs and help those struggling with addiction to alcohol, drugs, or gambling <https://oasas.ny.gov/>
- **NYC Health + Hospitals** provide services to patients who suffer from addictive behaviors through outpatient Addiction Recovery Center and inpatient Drug Detoxification Program. All of their programs are licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS). <https://www.nychealthandhospitals.org/metropolitan/our-services/substance-abuse/>

## Internet Access

For customers facing financial challenges as a result of the COVID-19 pandemic, many internet service providers are suspending service cancellations and fee waivers, and/or offering free or enhanced internet service options. Customers should contact their service provider to confirm the latest details.

- Altice/Optimum: 1-866-218-3259 or visit [www.optimum.net/support/contact-us](http://www.optimum.net/support/contact-us)
- AT&T: 1-800-288-2020, dial 611 on their AT&T wireless device, or visit [www.att.com/help/covid-19/](http://www.att.com/help/covid-19/)
- Charter/Spectrum: 1-855-707-7328 or visit [www.spectrum.com/contact-us.html](http://www.spectrum.com/contact-us.html)
- Sprint: 1-888-211-4727 or visit [www.sprint.com/en/support](http://www.sprint.com/en/support)
- Starry: 1-888-231-9403 or visit [account.starry.com/login](http://account.starry.com/login)
- T-Mobile: 1-800-937-8997, dial 611 on T-Mobile phone, or visit [www.tmobile.com/support](http://www.tmobile.com/support)
- Verizon
  - Home Internet visit [www.verizon.com/support/residential/home](http://www.verizon.com/support/residential/home)
  - Verizon Wireless Call 611 on Verizon Wireless phone, or visit [www.verizonwireless.com/support/](http://www.verizonwireless.com/support/)
    - Verizon is requiring customers to fill out an online form to register for waivers, at: [myvpostpay.verizonwireless.com/ui/bill/secure/covid19](http://myvpostpay.verizonwireless.com/ui/bill/secure/covid19)

*\*Information Courtesy of NYC Mayor's Office of Chief Technology Officer (MOCTO)*

## Business Assistance

- **NYC Small Business Services** offers assistance and guidance for businesses impacted due to COVID-19 <https://www1.nyc.gov/site/sbs/businesses/covid19-business-financial-assistance.page>
- **Help Now NYC** offers assistance for organizations including healthcare facilities, small businesses, non-profits and more <https://www1.nyc.gov/site/helpnownyc/get-help/organizations.page>

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- **Restaurant Workers' Community Foundation** provides resources for restaurants and workers coping with the COVID-19 Emergency  
<https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency>

#### **Pet Owners**

- **ASPCA** New York City pet owners affected by COVID-19 can get free dog and cat food, and other supplies like cat litter, through the ASPCA's New York City pet food distribution center. New York City residents can call the ASPCA Helpline at 1-800-738-9437 for information and appointments. <https://www.aspca.org/>

## **Fitness & Wellness**

Self-care can be part of each day! These links offer free classes and/or advice to nourish the mind, body and spirit. Encourage staff and participants to take a few minutes to meditate and ground themselves with free mindful meditation through virtual classes or practice on their own. Try virtual workout classes to stay active and healthy.

#### **Mindfulness Meditation**

- **Headspace** offers articles and practices for mindfulness and meditation for everyday life. <https://www.headspace.com/>
- **My Virtual Meditation** teaches how to meditate in the comfort of your own home with a professional meditation expert. <https://myvirtualmeditation.com/>

#### **Fitness**

- **Fitness Blender** offers workout videos for every fitness level. <https://www.fitnessblender.com>
- **Go Noodle** engages kids with movement and mindfulness videos created by child development experts. <https://www.gonoodle.com/>
- **Planet Fitness Virtual** brings Planet Fitness gym to you with in-home workouts. <https://www.planetfitness.com/>
- **Yoga with Adriene** walks viewers through a 15-minute yoga routine about meditating to release anxiety. <https://www.youtube.com/watch?v=4pLUleLdwY4>

#### **Applications (Apps)**

- **Down Dog Yoga (App)** provides classes on Yoga for Beginners, HIIT, Barre, and 7-Minute Workouts free until May 1st. July 1st for all students and teachers (K-12 and college). <https://www.downdogapp.com/>
- **FitOn (App)** offers quick, effective workouts from celebrity trainers. <https://fitonapp.com/posts/>
- **Spark People (App)** is a weight loss program to help with weight loss and gain fitness tools. <https://www.sparkpeople.com>



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## Arts, Culture & Recreation

Travel across the globe in the comfort of home! Explore museums and zoos. Expand knowledge of the sciences and sports.

### Arts, Museums & Libraries

- **American Museum of Natural History (AMNH)** hosts a number of popular exhibitions online. <https://www.amnh.org>
- **British Museum** invites viewers to discover the British Museum as a unique resource to explore the history of humankind, its past and its present, and to think about a better future. <https://britishmuseum.withgoogle.com/>
- **Google Arts and Culture** provides virtual tours of over 500 museums <https://artsandculture.google.com/partner?hl=en>
- **Louvre Museum** -Visit the museum's exhibition rooms and galleries, contemplate the façades of the Louvre...Come along on a virtual tour and enjoy the view. <https://www.louvre.fr/en/visites-en-ligne>
- **Metropolitan Museum of Art (The Met)** presents #MetKids which is made for, with, and by kids at the Met. <https://www.metmuseum.org/art/online-features/metkids/>
- **National Gallery of Art, Art Zone (App)** this app contains eight interactive activities inspired by works in the collection of the National Gallery of Art <https://www.nga.gov/education/kids.html>
- **New York City Public Library** allows library card holders to discover the Library's wide range of digital resources including e-books, databases, Digital Collections, and more. <https://www.nypl.org/about/remote-resources>
  - **EBSCO eBook High School Collection/NYPL**-This database is geared toward high school students and educators. There is a selection of teacher resources and titles that align with Common Core Curriculum Standards. <https://on.nypl.org/2WJtx6g>

### Games & Sports

- **Discovery Education** gives opportunity to create your own word search puzzles. <http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp>
- **Jigsaw Explorer** provides online premium jigsaw puzzles. <https://www.jigsawexplorer.com/>
- **National Basketball Association (NBA)** allows viewers to watch a free preview of NBA League Pass. <https://www.nba.com/nba-fan-letter-league-pass-free-preview>
- **National Football League (NFL)** offers complimentary access to replay NFL games. <https://gamepass.nfl.com/packages?redirected=true>

### History & Science

- **Access Mars** allows viewers to explore a 3D replica Mars and its Martian surface. <http://accessmars.withgoogle.com>
- **Ask Dr. Universe** teams up with professors, researchers, and experts in the field, to tackle big questions of the universe. <https://askdruniverse.wsu.edu/>

- **Big History Project**, a joint effort between teachers, scholars, scientists, and their supporters, brings a multi-disciplinary approach to knowledge to lifelong learners around the world. <https://school.bighistoryproject.com/bhplive>
- **USGS Earthquake** provides fun and educational resources on earthquake science. <https://earthquake.usgs.gov/learn/kids/>

## Music

- **Music Theory** offers an enhanced version of music lessons. <https://www.musictheory.net/>
- **Smart Music** provides a suite of music education tools that support efficient practice, helping musicians to develop and grow. <https://www.smartmusic.com/>

## Parks & Zoos

- **San Diego Zoo** shares stories and videos about animals. <https://kids.sandiegozoo.org/>
- **National Park Service** offers a virtual tour some of the main attractions around Yellowstone park. <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **National Geographic** provides a virtual experience where kids can learn about various countries and animals around the world. <https://kids.nationalgeographic.com/>

## Educational Activities

Online community center activities can enrich the intellects of participants in fun and engaging ways. The following resources can expand staff, families, and participants knowledge on an array of subjects. Encourage staff to incorporate in their lessons and activities. *Arranged alphabetically as many of these resources cross subjects.*

- **ABC Mouse** -ABC Mouse Early Learning Academy. <https://ABCmouse.com>
- **ALL Kids Network** - Resources for parents, teachers and anyone who works with children. <https://www.allkidsnetwork.com/>
- **Code** -Provides the leading curriculum for K-12 computer science. <https://code.org/starwars>
- **Bamboolearning** Bamboo Learning is the leader in voice powered education, having won three national awards for voice-based e-learning tools. <https://bamboolearning.com/resources>
- **Code Academy** -Join the millions learning to code. <https://www.codecademy.com/>
- **Common Lit** -A reading program that reaches all students. <https://www.commonlit.org/>
- **Education Galaxy** -Education Galaxy provides online assessment for students to help prepare them for state testing. <https://educationgalaxy.com/>
- **Fun Brain** - Fun brain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy. <https://www.funbrain.com/>
- **Khan Academy** offers a library of standards-aligned practice and lessons covering math K-12 through early college, grammar, science, history, AP®, SAT®, and more. <https://www.khanacademy.org/>

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- **Mystery Science** -offering to help educators with free, easy science lessons for remote learning. <https://mysteryscience.com/school-closure-planning>
  - **Network for Youth Success** -All of New York State’s children and youth will experience high-quality expanded learning and development opportunities that support their success in school, college, work, and life. <http://networkforyouthsuccess.org/youth-participation-engagement/>
  - **New York City Public Library Online Tutoring** -The NYPL is offering free online homework help and one-on-one tutors, daily from 2–11 PM. **New York Public Library- free ebooks and a link to online tutoring**
  - **NitroType** -Improve your typing skills while competing in fast-paced races! <https://www.nitrotype.com/>
  - **PBS Kids for Parents** **https:** -School closed? Get daily activities & tips to help kids play and learn at home! <https://www.pbs.org/parents>
  - **Project Explorer** -Travel the world through the eyes of our storytellers. <https://www.projectexplorer.org/>
  - **Riveted**- Riveted offers young adult books for free online, either full books or excerpts on a time-limited basis. Users will need to sign into the site from Simon & Schuster and become a member. <https://rivetedlit.com>
  - **Scholastic** -Shop best-selling and award-winning books. <https://www.scholastic.com/home/>
  - **TED.Com** short video lessons worth sharing, aimed at educators and students. <https://www.ted.com/watch/ted-ed>
    - **TED Education** -Discover video-based lessons organized by age/subject. <https://ed.ted.com/>
  - **The Great Course Plus** - Embark on an educational endeavor. <https://www.thegreatcoursesplus.com>
  - **Typing Club** <https://www.typingclub.com/> -Web based Typing Club.
  - **Wonderopolis** -One of the most popular education sites today. <http://wonderopolis.org/>
    - **Camp Wonderopolis** - Camp Wonderopolis® is a free online summer-learning destination. <https://camp.wonderopolis.org/>
  - **Zearn Math** -Hands-on instruction. Immersive digital learning. <https://www.zearn.org/>

### Language Learning

- **Difusion** -A resources platform for Spanish speaking professionals. <https://www.difusion.com/campus/>
- **Memrise** -Learn a new language fast! <https://www.memrise.com/>

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# Connecting Families, Communities, and Programs to COVID-19 Resources

## COVID-19 Information

The links below provides information on how to take precautions and seek medical attention if you are noticing the symptoms of the virus.

To get regular updates:

- Text “COVID” to [692-692](tel:692-692)
- Para español, envíe un mensaje de texto con la palabra “COVIDESP” al [692-692](tel:692-692)
- Download the [Notify NYC app](#)
- NYC Department of Health <https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>
- NYS OCFS COVID-19 Updates and SACC FAQs – <https://ocfs.ny.gov/programs/childcare/#COVID19>
- US Center for Disease Control <https://www.cdc.gov/>
- National Child Traumatic Stress Network [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
- World Health Organization <https://www.who.int/>

## Detailed Disinfection Guidance from the CDC

If your community center is open to support the COVID-19 response, please keep yourself and the people around you safe. Share with staff how to clean and disinfect.

Wear disposable gloves to clean and disinfect high-touch surfaces. High touch surfaces including: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

- Use diluted household bleach solutions if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.  
Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.  
To make a bleach solution, mix:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water  
OR
  - 4 teaspoons bleach per quart of water
- Alcohol solutions with at least 70% alcohol.
- Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant. Follow the instructions on the label to ensure safe and effective use of the product. Most **EPA-registered household disinfectants** should be effective.



