



## Wellness Resources from the NYCDOE Yoga & Mindfulness Teacher Preparation Program YMTP<sup>2</sup>

### YOGA & MINDFULNESS / PHYSICAL EDUCATION

#### *YOGA & MINDFULNESS*

Movement and mindfulness videos created by child development experts  
<https://www.gonoodle.com/>

Mindful Classrooms: Mindful classes for kids  
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids>

Mindfulness Space for Students  
[Create Mindful Space for Students](#)

Heart & Mind Teaching 10 Free Mindfulness Resources  
<https://heartandmindteaching.com/2018/10/10-free-mindfulness-resources.html>

Calm app: Free resources for this uncertain time  
<https://www.calm.com/blog/take-a-deep-breath>

Ten Percent Happier: Free Daily Guided Meditations  
[https://www.tenpercent.com/live?utm\\_source=cv\\_response&utm\\_medium=email&utm\\_campaign=reminder\\_sharon\\_d4](https://www.tenpercent.com/live?utm_source=cv_response&utm_medium=email&utm_campaign=reminder_sharon_d4)

Yoga for Kids

<https://www.youtube.com/user/CosmicKidsYoga/videos>

Yoga for Kids Frozen Online Version

<https://m.youtube.com/watch?v=xlg052EKMtk&feature=youtu.be>

Free at-home kids yoga lesson plans

<https://littletwistersyoga.com/online-store/>

Free yoga for teens and adults

<https://greatist.com/move/free-yoga-videos#30-minutes-or-more>

Free yoga for teens

<https://yogawithadriene.com/yoga-for-teens/>

## ***PHYSICAL EDUCATION***

Online Physical Education Network

<https://openphysed.org>

Gopher Physical Education Site Resources

<https://www.gophersport.com/resources/physical-education-site-resources>

PE Central

<https://www.pecentral.org>

Fluency and Fitness for ages 4-8

<https://fluencyandfitness.com/register/school-closures/>

## **MENTAL HEALTH**

SAMHSA's National Helpline – 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

NYC Well: 1-888-NYC-WELL

<https://nycwell.cityofnewyork.us/en/>

Mental Health and COVID-19 – Information and Resources

<https://mhanational.org/covid19>

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

United Federation of Teachers Members Assistance Program

[UFT Member Assistance Program for NYC DOE UFT Members, 212-701-9620](#)

Mindful leader: Free Live & Online - Daily Meditation & Support Groups

<https://www.mindfulleader.org/>

Mount Sinai Adolescent Clinic

[Mount Sinai Adolescent Counseling Services](#)

CDC: Managing Stress & Anxiety

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

## HEALTH

Coronavirus: Frequently Asked Questions for families

[FAQ – COVID-19 for Students and Families](#)

NYS Department of Health: Protect you and your family

<https://coronavirus.health.ny.gov/home>

NYC Health Information on Coronavirus

[NYC Health Information on Coronavirus](#)

Just For Kids: A Comic Exploring The New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

## FOOD

School Meals

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

Invisible Hands: Free food delivery for most at risk community members

<http://www.invisiblehandsdeliver.com/>

Food Pantries

[Food Pantries.org](http://FoodPantries.org)

## ADDITIONAL RESOURCES

Charter Communications: Free Wifi Access to K-12 & College Student Households

<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

National Domestic Violence Hotline : 1-800-799-7233

<https://www.thehotline.org/>

NY State DV hotline: 1-800-942-6906

<https://opdv.ny.gov/help/dvhotlines.html>

Keeping Children Safe: Child Abuse Reporting

<https://www1.nyc.gov/site/acs/child-welfare/keeping-children-safe.page>