

## COVID-19 Resources List

### Support & Coping

- [Calm](#)
- Faculty Factory podcast snippets – [website](#) and [YouTube](#)
  - [Tips on how to deal with uncertainty](#)
  - A brief, [guided meditation](#)
- [Join](#) a guided 15-minute breathing exercise to help you feel relaxed and centered with Dr. Harpreet Gujra on Tuesdays and Thursdays.
- Download guided mindfulness audio sessions with Dr. Neda Gould:
  - [Open awareness](#) (.m4a)
  - [Open awareness with birds](#) (.m4a)
- [Coping with Coronavirus fears](#) (JHU [Support Programs](#))
- [Supporting the Health and Well-Being of JHM Faculty and Staff](#) (PDF)
- Johns Hopkins Medicine [Wellness and Prevention Page](#)
- [Coping with Coronavirus: How Faculty Members Can Support Students in Traumatic Times](#) (The Chronicle of Higher Education)

### Volunteer

- [Volunteer to make face masks](#)
- [Know how to sew? Make and donate homemade cloth masks](#)
- [Donate and volunteer with Frontline Foods Baltimore](#)

### Childcare & Homeschooling

- **Childcare options**
  - [Y Central Maryland](#)
  - [Maryland Family Network](#)
  - [MySupport](#): daily life assistance counselor can offer resources and referrals for child care.
  - [Care.com](#)
  - Child care & other errands – fill out this [form](#) and you will be matched with a student volunteer. Download the [flyer](#) to help spread the word. (Health Professionals Mutual Aid Cooperative)
- **Homeschooling resources**
  - [PBS LearningMedia PreK–12 Resources for Emergency Closings](#): collection of resources organized by grade and subject area. Find videos, lesson plans, and activities that support learning at home.
  - [Khan Academy](#): daily schedules and resources for students ages 2-18 to keep them learning.
  - [TED-Ed](#) (K–12)
  - [Age of Learning](#) (preK–8th)
    - [ABC Mouse \\$5 first 2months](#) Code: ABCmouse5for2
    - [ABC Mouse \\$59.95 for 12 months](#)
  - [Scholastic Learn at Home](#): day-by-day projects to keep kids reading, thinking, and growing (preK–9th).

- [MIT Full Steam Ahead](#): “Join a global community of young explorers & lifelong learners as we move Full STEAM Ahead into digital teaching & learning.” (K–12)
- [Digital Promise Online Learning Resources](#): online learning resources for educators that can be filtered by type, grade, and subject – all are free and meet student privacy criteria.
- [Common Sense Education Resources for Families during the Coronavirus Pandemic](#)
- [PBS Kids Daily](#): new weekday newsletter offers activities and tips you can use to help kids play and learn at home.
- [NNPS Partnerships in the Time of COVID-19: Help All Children Keep Learning when School Buildings are Closed](#): from Professor Joyce Epstein and The National Network of Partnership Schools
- [IDEALS institute](#)
- [60+ Awesome websites for learning and teaching math](#)
- [Live Stream events calendar](#)
- [Home School Hideout](#)
- [Elephant Learning Math Academy](#)
- [Science Resources](#)
- Enoch Pratt Free Library (books, audiobooks, music and movies). [Register online for a free e-card.](#)
- Baltimore County Public Library (books, audiobooks, music and movies.) [Register online for a free e-card.](#)
- [Pinterest](#): can help to inspire you and give you fun ideas for activities at home.
- [50 ways to get through Coronavirus cabin fever](#) (Parents.com)
- [Virtual Park Tours](#)
- [Museum Tours](#)
- Reading Rainbow’s LeVar Burton reads stories on [his podcast](#) and will begin live streaming on [Twitter](#) for children, young adults and adults.

## Working from Home & Personal

- [Working remotely: Tips for managing teams, and more](#) (Hub)
- [8 tips to make working from home work for you](#) (NPR)
- [Order carryout safely](#) (Baltimore Sun)
- [Stand by Baltimore](#): Support Baltimore small businesses during the Covid-19 shutdown.
- Many gyms and local yoga studios are offering live classes via Facebook Live or Zoom!
  - [Burn Along at Hopkins](#) (\$39 for 12 months. They offer mommy & me workouts and workout routines with your pets!)
  - [BambooMoves in Baltimore](#)
  - True Balance Studio virtual training available – private and group sessions focusing on form, customized programs, live stream and recorded workouts [ali@truebalancestudio.com](mailto:ali@truebalancestudio.com), (410) 303-2951 (text or call).
  - Three-week JHU wellness classes in Cardio Fusion, Muscle Toning, Meditation, Yoga, and Zumba now available [online](#).
- **JH Parents During COVID** list, is a listserv that is open to **all faculty** who are parents and are managing work and childcare during social distancing as a result of COVID-19. This is also a community-run group, so only members contribute to the listserv content. To join: <mailto:jh-parents-during-covid-request@lists.johnshopkins.edu>.



- **JH Academic Mamas Group** provides support, resources, and friendly advice to **faculty who are also mothers**. While the group holds (semi) monthly meetings during normal circumstances, we also have a listserv available, which is especially relevant during social distancing. If you are trying to manage both motherhood and work as an academic, especially in these trying times, please join the list. This is a community-run group, so only members contribute to the listserv content. To join: <mailto:jh-academic-mamas-request@lists.johnshopkins.edu>.

**Find upcoming events supporting health and well-being, basic needs resources, and more on the [Office of Well-Being's website](#).**