

# SOCIAL DISTANCING RESOURCE GUIDE



## HOW TO USE THIS GUIDE

Cannon Falls Area Schools is committed to helping all employees enhance their self care during this rapidly evolving situation.

This guide is a list of resources that are intended to help with the effects of social distancing that we are all feeling, whether we are still on-site at our work locations or working from home.

The majority of this guide provides external resources to help you care for yourself, your family, and household members during social distancing. Participation in resources listed is voluntary and we encourage doing your own research on resources listed.

We are adding to our bank of resources daily so please send any additional resources you recommend to Lori Hanson at [hanson.lori@cf.k12.mn.us](mailto:hanson.lori@cf.k12.mn.us)

# Staying active at home...

If you find yourself wondering how to continue your physical activity without a gym, we've compiled a list of offerings to try out.

There are tons of ways to keep up with your physical fitness while at home and bonus - it's great for your immune system!

## Online Fitness Resources

- [Chris Freitag Get Healthy U](#)
- [Peloton](#) - offering a free 90-day trial of their app
- [Well+Good YouTube](#) - free classes
- [YMCA On Demand](#) - free classes
- [FitOn](#) - always free fitness app
- [Obe Fitness](#) - free 30-day trial with code 'ATHOME'
- [Planet Fitness](#) - daily live stream 'work ins' at 6pm CT
- [List of companies/apps offering free trials or free workouts](#)
- [List of free YouTube fitness channels](#)
- Check with your gym to see if they offer any online options during this time!

## Online Yoga

- [Yoga With Adriene](#)
- [CorewPower Yoga](#) - free classes on demand right now
- [YogaWorks](#) - live stream yoga classes

## At-Home Workouts

- Run up and down the stairs a few times
- Turn on some music and dance around
- Take a walk with your dogs and/or family
  - Just be sure to avoid super crowded areas so you can stay at least 6 feet away from non-household members
- Do some squats or sit-ups during commercial breaks
- Stretch while listening to a podcast

# Caring for your mental health during this time...

Without your typical social supports and interactions in place, it can be difficult to stay positive so it is especially important to care for your mental health right now. Use the following resources to build your resiliency during these uncertain times.

## Resiliency Resources & Ideas

- [Start a gratitude journal](#)
- Try [expressive writing](#)
- Utilize the district's Employee Assistance Program
  - Call 866-472-2734
  - Visit [www.niseap.com](http://www.niseap.com)

## Online Meditation Resources

- [Calm](#) - app offering free meditations right now
- [Headspace](#) -app offering free meditations right now
- [CorewPower Yoga](#) - free meditations right now

## Websites

- [NAMI COVID-19 Resource Guide](#)
- [Coronavirus Anxiety Toolkit](#)
- [CDC tips for managing stress and anxiety](#)
- [National Suicide Prevention Lifeline's tips for emotional well-being during the COVID-19 outbreak](#)

## Podcasts

Find and listen to these podcasts in your favorite podcast app (i.e. Stitcher, Apple Podcasts, Spotify, etc.)

- The Happiness Lab with Dr. Laurie Santos
- Unlocking Us with Brene Brown
- Coronavirus: Fact vs. Fiction with Dr. Sanjay Gupta

# What to do with the kids during this time...

The million dollar question on every caregiver's mind! We've compiled a large list of kid-friendly resources to keep the kiddos in your household entertained and active.

## Online Exercise, Songs & Dance

- [Go Noodle](#)
- [Koo Koo Kangaroo Dance Videos](#)
- [Jumping Jax Exercise Videos](#)
- [Cosmic Kids Yoga](#)
- [Brain Breaks](#)

## Learning & Exploration

- [Ranger Rick](#) - free access until end of June
  - Includes ideas for outdoor activities
- [ABCYA](#) - educational games pre-k to 6th grade
- [ABC Mouse](#) - learning through phonics
- [Ted-Ed](#)
- [PBS Kids](#)
- [123 Homeschool 4 Me](#) - educational games & activities
- [Read Write Think](#) - reading & writing education resources
- [Additional ideas for kids at home](#)

## Activities

- Download your local library's online app, like Libby, to listen to audiobooks or borrow e-books
- [Daily lunch doodles with Mo Willems](#)
- [Free virtual museum tours](#)
- [Free night at the opera](#)
- [Live stream concerts](#)
- [Monterey Bay Aquarium Live Streams](#)
- [List of activities to try](#)

# Building community and staying connected during this physically disconnected time...

Cultivating, re-engaging, and building your social supports are more important than ever right now. Find ways to stay connected to your community and friends/family by socializing from a distance!

## Building Community

- Check your local neighborhood association
- Download the [Nextdoor app](#)
- Write sidewalk chalk messages to neighbors
- Have a driveway party with your neighborhood (Neighbors sit at the edge of their driveways and chat.)
- Look into community support and volunteer efforts
- Join a community Facebook group
- [Check out the Unlonely Project](#)

## Staying Connected

- Call loved ones in nursing homes and care facilities
- Write a card and post it in the mail
- Have a virtual meet-up with friends and family via video chat
- Get outside and explore Mother Nature
- Play board or card games virtually or with those in your home
- Join a virtual book or podcast club
- If you are working from home, try to have a video chat with your co-workers at least once a week

# Learn, explore, create!

## When boredom sets in, try learning something new...

Utilize this time at home to learn a new skill, try something new, or explore a topic that has always interested you. Many companies are offering free or reduced ways to learn and explore during this time.

### Learning Opportunities

- [Brit.co](#) - use code 'selfcare' at check-out for a free class
- [Ted-Ed](#)
- [TED Talks](#)
- Listen to podcasts
- Download your local library's online app, like [Libby](#), to listen to audiobooks or borrow e-books

### Activities & Exploration

- [Free virtual museum tours](#)
- [Free night at the opera](#)
- [Live stream concerts](#)
- [Monterey Bay Aquarium Live Streams](#)
- [Join an OpenIDEO Challenge](#)
- [Write a Novel in a Month with NaNoWriMo](#)

# Adjusting to work changes...

## Working From Home

- Stick with your routine – wake up, shower, get dressed, etc.
- Dedicate a spot to work - try not to work in multiple places
  - Why? It is hard to distinguish your 'work' from your relaxation space and work could creep into those places when you're trying to relax
- Close your laptop and leave it in the room/area you dedicate when your day is done
- Set your office hours. Decide on a start and stop time or when you will be working. Practice good boundaries around this.
- Limit distractions – tv, other people in the house (work with your partner to maybe switch on and off care of children), use headphones, etc.
- Video conference and check-in with co-workers when possible
- Sit next to natural light if possible to help keep energy levels high
- MOVE! Every 30-60 minutes do some type of movement
- Get out of the house and go for a walk or just sit in the yard for a few minutes – maybe have lunch outside
- Keep up on your hygiene like you would if people had to see and smell you
- Take sick time if / when you need it
- Communicate with your co-workers and administrators on expectations and realities of what working from home looks like for you