

WORKBOX Faster.
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PERSONAL RESOURCES

www.workboxcompany.com



Crises Text Line

Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



Design Dance Virtual Dance Studio

Meet our Virtual Dance Studio - a brand new space to connect with our team of instructors and keep your little ones moving while at home. Class fees are on a sliding scale to accommodate the growing uncertainty we all have around income, while allowing us to compensate our instructors. Visit www.movementthatmatters.co and share with families in your world who could use an extra boost of movement and some much needed fun!



Gucci Osteria's Massimo Bottura is offering free virtual cooking classes on Instagram

https://www.timeout.com/los-angeles/news/gucci-osterias-massimo-bottura-is-offering-free-virtual-cooking-classes-on-instagram-031620?utm_medium=Social&utm_source=Facebook&cid=~newyork~natsoc~facebook~echobox&fbclid=IwAR2T2al0vo9qNhfRyErcDGYHaoFfO4yGETAFhz11Re2joCDz0KLEvijdM#Echobox=1584459296



Download over 300,000 books from the NYPL for free

<https://www.timeout.com/newyork/news/you-can-now-download-over-300-000-books-from-the-nypl-for-free-031820>



Daily meditation at 9am and 12noon, Central Time

https://www.instagram.com/chill_out_chi/

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The Social Distancing Festival

This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever. Check it out:

<https://www.socialdistancingfestival.com/>



150+ Educational Shows to Stream on Netflix

<https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR0Tzgc9767qM9kq-6lR-EcbajEyxUlwsy7lX7DsLc0hA2UySg3YlS-bho>



Education Companies Offering Free Subscriptions due to School Closings

https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&sle=true&fbclid=IwAR3MaLu2dai8FnVj0k1greBbKqTf_0UHvJsAGss-CWlF2oA24TzfrasnMU0



Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/u/0/d/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCl/mobilebasic?fbclid=IwAR3cXy8ZBgLBTM0PxEyT5DSHexc-oVbRx-7y1DspjWXYD-SLgde4qufDK5M>



The Big List of Children's Authors Doing Online Read Alouds and Activities

https://www.weareteachers.com/virtual-author-activities/?utm_content=1584565321&utm_medium=social&utm_source=facebook&fbclid=IwAR1mED4CkR3FDTOVCer7eeRzJUJyewPLWn3v64xXCjQbug7OFyksuWraRUY



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Scholastic Learn at Home: Day-by-day projects to keep kids reading, thinking, and growing

https://classroommagazines.scholastic.com/support/learnathome.html?utm_campaign=Clifford%20Launch%20%28Kt8H5C%29&utm_medium=email&utm_source=Baby%20Buyers%20who%20Subscribed&_ke=eyJrbF9lbWFpbCI6ICJhaGxlZWV1aEBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJ5WUZoVTMifQ%3D%3D



Food Coverage for K-12 Students (During COVID-19 School Closures)

https://docs.google.com/document/d/1JGHUro6lcjAKYSzOTAZIAU1W0nc8WWaX7Etr86uuDb0/mobilebasic?fbclid=IwAR2wRIV8XflX9lkQN_yzk0arvWU8_AahcGpeHNrju_X9VTsk4luqQpS8UTc



Yale University is offering a free course online, The Science of Well-Being

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

Register [HERE](#)