

## GENERAL RESOURCES

We are committed to offering you resources that can assist you and your family during stressful times. Maine's 211 service streamlines access to health and human service information and other resources that Maine families need to stay safe and healthy. Below, please find information on how to contact them if you are in need of assistance.

- Dial 211 or 1-866-811-5695
- Text your zip code to 898-211
- Email [info@211maine.org](mailto:info@211maine.org)
- Link to website: <https://211maine.org/#>

### CONNECTIVITY

Many schools in Maine have parking lot hotspots to promote learning. You can drive and connect all while staying safe in your car. Check out [www.networkmaine.net](http://www.networkmaine.net) for more information.

### SUPPORT

If you are a parent/caregiver in Maine who is raising children or youth with emotional and behavioral health concerns and you need to vent, want emotional support, resource information or need more intensive parent support call the G.E.A.R. Parent Network anytime 1-800-264-9224.

### FOOD PANTRIES & SCHOOL FOOD SITES

<https://www.amjambofrica.com/wp-content/uploads/2020/04/Food-Pantry-For-Web-Pandemic-1.pdf>

Good Shepherd Food Bank: [www.gsfb.org](http://www.gsfb.org)

## EDUCATIONAL ACTIVITIES

- <https://www.coolmath4kids.com/>
- <https://www.aqua.org/Experience/live>
- <https://nationalzoo.si.edu/> (Scroll to the bottom of the page for Live Webcams)
- <https://www.Highlightskids.com/activities>
- <https://www.Smithsonianeducation.org>
- <https://www.Squigglepark.com>
- New England Aquarium Virtual Visits: <https://www.neaq.com>, click on visits
- <https://www.Historyforkids.net>
- <https://www.Funbrain.com>
- <https://kids.nationalgeographic.com>
- <https://www.mysterydoug.com>

## ACTIVE MOVEMENT

Team Long Run is partnering with Camp Susan Curtis to provide sneakers for those who may need them and a Running Club this summer. Here are some great videos that they have generously shared to get you active and moving.

<https://www.videos.teamlongrun.org/>

This great website that has tons of games, activities, and movement.

[www.playworks.org/get-involved/play-at-home/](http://www.playworks.org/get-involved/play-at-home/)

## QUICK & EASY STRESS MANAGEMENT

### If you have 30 Seconds:

- Take 3 deep breaths
- Stretch
- Accept or give a compliment
- Smile
- Squeeze a stress ball
- Admire nature

### If you have 2 minutes:

- Take 10 deep breaths
- Stretch
- Do 5 Jumping Jacks
- Eat Chocolate
- Tell a joke or 2
- Look at the stars

### If you have 30 Seconds:

- Take 3 deep breaths
- Stretch
- Accept or give a compliment
- Smile
- Squeeze a stress ball
- Admire nature

### If you have 5 minutes:

- Write a note or journal entry
- Play a word game
- Pull some weeds, stack wood, or vacuum
- Draw a picture or color
- Check in with a friend
- Dance to a full song

### If you have 30 minutes:

- Take a nap
- Draw a picture or color
- Take a shower
- Work on a puzzle
- Check in with a friend
- Play A Game
- Play a word game
- Create an at home spa day
- Take a Walk

### 4-7-8 breathing

This exercise uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

- ⇒ To start, put one hand on your belly and the other on your chest.
- ⇒ Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
- ⇒ Hold your breath, and silently count from 1 to 7.
- ⇒ Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs
- ⇒ by the time you count to 8.
- ⇒ Repeat 3 to 7 times or until you feel calm.
- ⇒ Notice how you feel at the end of the exercise.

### The Body Scan

- Sit or lie down comfortably
- Close your eyes
- Start at your head
- Go through each body part and notice how it feels-tense/calm
- Spend a little time at each part, just noticing
- Then slowly relax each body part from head to toe
- Then slowly reopen eyes