



Teacher, take care.

A Resource Guide for Taking Care of You.

*Created for Closter Education Association Members (and teachers everywhere).
Made by Amy Kenny-Whritenour and Francesca Rivellini
of the Closter Education Association*

take care of your

Mind

LEARN SOMETHING NEW

45 online classes you can take for free

HarvardX

Learn the Science of Wellbeing

Instructables STEM Classes

Explore Arts and Culture

Take a cooking class

EXPLORE ENTERTAINMENT

Prairie Home Companion Joke Show

Bird Song Opera

READ & REFLECT

10 Virtual Book Clubs you can join right now

How Book Clubs are flourishing during COVID-19

The Pandemic Book Club

TRANSPORT YOUR MIND

11 Best Meditation Apps

The Great Empty

take care of your

Body

GET MOVING

Fitness apps to use during COVID-19

Virtual Gyms

Free online workout classes

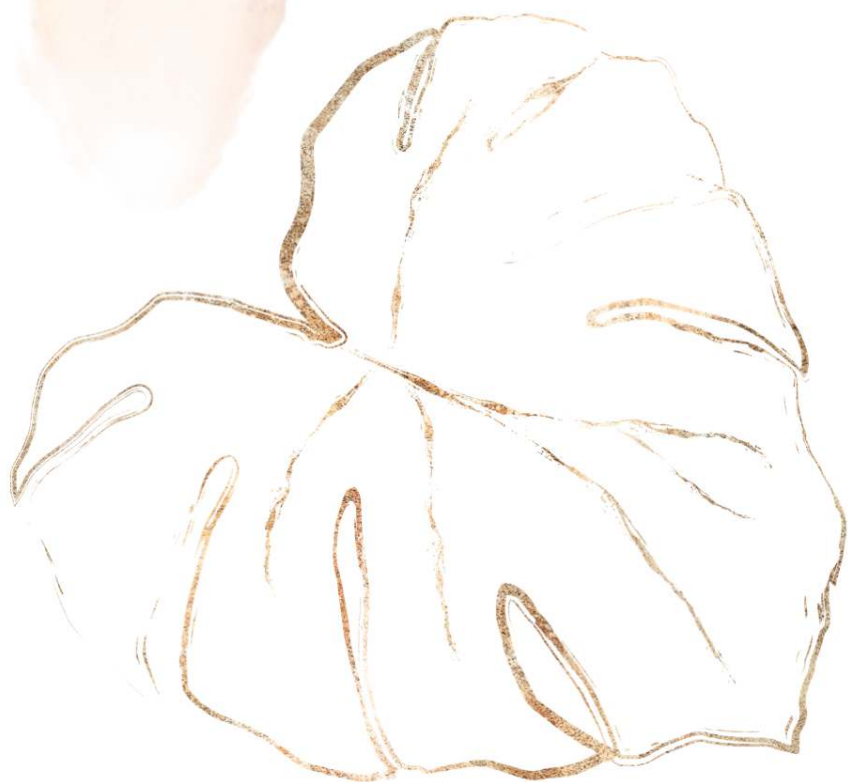
FUEL YOUR BODY

COVID-19 Nutrition

Getting your kids involved

Immune Support Shopping List

Eating Right and Eating Smart



take care of your

Spirit

MEDITATION & MINDFULNESS

Mindfulness Apps Worthy of Your Attention

Best Meditation Apps

STREAMING SOCIALLY

How to use Netflix Party

Best Movies on Netflix, Amazon and Hulu

10 Best Movies to Watch with Friends

VIRTUAL HAPPY HOUR

Virtual Happy Hour Ideas

How to Plan a Great Virtual Happy Hour

GET IN THE GAME

Multi-player Online Games

Online games to try with friends

Virtual Trivia – with Real Cash Prizes!

Long Distance Games with Friends



take care of your

Space

CHANGING IT UP

Renovation Projects to Keep You Busy

Get Organized

Organize like a Pro

SPRING CLEANING

Why You Should Spring Clean Every Room in Your House

Make Your Space Feel Clean in 15 Minutes or Less

Declutter Your Mind

DECORATION & DESIGN

20 Unexpected Color Palettes that Work

(Almost) Free Bathroom Updates

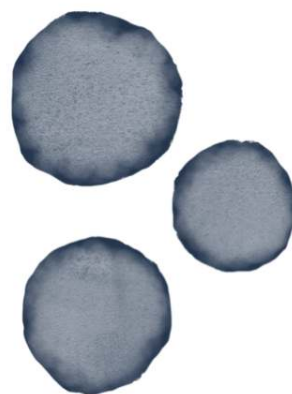
(Almost) Free Living Room Updates

GARDENING

How to Start a Garden During COVID-19

Encouraging Gardening During the Pandemic

Gardening Tips for Beginners



take care of your

Family

RESOURCES FOR PARENTS

Coping during COVID-19

Talking to Your Children about COVID-19

Helping Children Cope with Changes

SPENDING TIME TOGETHER

Ways to Spend Time with Family during the Pandemic

Creative Ways to Keep Your Family Sane

TAKING CARE OF RELATIVES

5 Tips for Talking to Older Parents about Social Distancing

take care of your



VOLUNTEER

9 Places to Volunteer Online and Make a Real Impact

Becoming a Virtual Volunteer

Virtual Volunteering Opportunities

MENTAL HEALTH SUPPORT

Mental Health Telephone Support during COVID-19 Outbreak

AID-NJEA Can Help

