

Enrichments and Resources for while social distancing, especially before classes start back for LHS:

Stress Management:

1. Yoga and Meditation via Zoom (Both places have student discounts):
<https://www.blossomyogastudio.com/index.php/schedule/> (Blossom Yoga)
<http://www.ahimsawyoming.com/> (Ahimsa Yoga)
2. From *Psychology Today*:

Here are some examples:

- Craft
 - Meditate
 - Clean
 - Play with a pet
 - Read a book
 - Call a loved one
 - Watch your favorite movie
 - Practice [gratitude](#)
 - Take an online class
 - Host a virtual gathering
3. From Sources of Strength:
 - The Tangled Ball of Emotions coloring page: https://sourcesofstrength.org/wp-content/uploads/Tangled_Ball_Of_Emotions.pdf
 - Strengths Check Lin coloring page: https://sourcesofstrength.org/wp-content/uploads/Strength_Check_In_Coloring_Sheet.pdf
 - Peer Leader Resource Inventory: https://sourcesofstrength.org/wp-content/uploads/PL_Self-Care_Card.pdf

For Seniors:

Some **scholarships** still have April or May due dates:

1. <https://www.acsd1.org/lhs/scholarships/> (LHS Scholarship site)
2. Advice from Scholarships.com: <https://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/top-10-tips-for-writing-effective-scholarship-essays/>
3. Advice from Princeton Review: <https://www.princetonreview.com/college-advice/scholarship-essays>

For Juniors:

Some helpful study and practice sites for **ACT**:

1. Crack ACT practice tests—short 10 – 15 minute practices and full tests:
<https://www.crackact.com/>
2. ACT Webinars and basic advice: <https://www.act.org/>
3. Naviance. Reach out to counselors for more details. Link is available on your ACSD1.org classlink.

4. Strategies for Success from Peterson: <https://www.petersons.com/blog/high-act-scores-need-to-know-tips-and-strategies/>
5. Strategies for Success from Princeton Review: <https://www.princetonreview.com/college-advice/4-act-tips>

For AP Students:

Youtube lessons are being released by the College Board in all subjects Wed – Friday, March 25 – 27. More details can be found here: <https://apstudents.collegeboard.org/coronavirus-updates>

Boredom Distractors for all of us:

1. 24 fun free things to do (Virtual museums, mountains, rollercoasters, exercise classes, and even Disney): <https://www.insider.com/free-things-online-while-at-home-during-the-coronavirus-outbreak-2020-3>
2. 14 Crafts that combat anxiety: <https://www.favecrafts.com/Techniques/Crafts-Ideas-to-Combat-Anxiety>
3. 7 Soothing Crafts to try if you are looking for a new hobby: <https://www.buzzfeed.com/emilyshwake/strangely-soothing-crafts-art-therapy>
4. Free Online Books Library: <https://openlibrary.org/>
5. Free Streaming concerts (Every genre of music and tons of really famous artists): <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
6. Free online workouts: <https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>
7. 22 Poetry Writing Prompts: <https://www.readpoetry.com/22-poetry-prompts-to-help-you-write-your-next-great-poem/>
8. 32 Self-Love Journal Prompts: <https://tiaharding.com/32-self-love-journal-prompts/>
9. 365 Creative Writing Prompts: <https://thinkwritten.com/365-creative-writing-prompts/>
10. Generosity and community service: Making masks for health care workers, people vulnerable to coronavirus, and grocery store employees. (Please note these are not as effective as the hospital grade N95 masks, but many individuals have been grateful and some doctors have stated being relieved to have at least this as there is a national mask shortage): <https://www.cleveland.com/news/2020/03/how-to-help-sew-masks-for-hospital-in-coronavirus-crisis.html>
11. Some Ways to Build Community by Mizzou News: (Generosity and community service): Cook a treat or a meal and leave it at someone's door; call or video chat friends, family, grandparents; write a letter and mail it in snail mail.
12. AND—You can still go outside while Social Distancing. <https://www.afar.com/magazine/you-can-still-go-outside-while-social-distancing> If you are on quarantine—try walking around a backyard or small space away from others. If you are social distancing—you can be outside as long as over 6 feet away from other people.