

GGRC COVID-19 Related Resources for Providers

The following document holds updated resources for providers during the COVID-19 period. The newest resources will be highlighted in each section, and this will change with each update that is sent.

These are GGRC suggestions and not standards or requirements.

Free Classes with Online Instructions/Resources

10 Desserts with Three Ingredients	Banana + two other ingredients and dessert is ready! For any age and anyone who wants to prepare a good (but quick and easy) dessert to make.
Arts @ Home	These series of art lessons, prepared by SVMA arts education staff, can provide hours of stimulating and fun learning activities. Each week SVMA will release new ARTS@Home learning activities.
Science at Home	Sonoma Ecology Center's Education Department presents this interactive online series, offering free science lessons and activities on Tuesdays. Each lesson covers a different aspect of the natural world and features a talk by a scientist, naturalist or other expert.
Free Virtual Introductory Landscape Painting Class	<p>Join Museum of Sonoma County Teaching Artist Martín Zúñiga for a beginner-friendly landscape painting class right from your own home or backyard!</p> <p>This free class is open to all, but is best suited for teens and adults with beginning to intermediate level painting experience</p>
Free Zoom Guitar Workshops through the Sonoma County Library	<p>Want to learn or relearn guitar, strengthen your playing skills, learn new techniques, and learn how to better teach yourself?</p> <p>Join our free hour-long zoom workshop! Ages Teen to Adult. Beginning players are welcome.</p> <p>Sessions are bi-weekly!</p> <p>¿Quieres aprender o volver a aprender guitarra, fortalecer</p>

	<p>tus habilidades, aprender nuevas técnicas y aprender a enseñarte mejor a ti mismo?</p> <p>¡Acompáñenos a nuestra clase gratuita de zoom de una hora!</p>
CurioOdyssey presents First Friday Family Nights	Join Facebook Live events to see Kate the Chemist as she performs amazing experiments, listen to music, and learn more about musicians. Another event features animals and a professional animal keeper. Join the fun!
Earth School	30 Quests for students around the world to celebrate, explore and connect with nature.

Virtual Library Activities

Virtual Fun through the Santa Cruz Public Library	Join activities, book discussions, storytime, tech talks and virtual trivia from your home!
Library Story time and Activities at Home	<p>The library is offering online access to stories and activities. They are also available on Youtube and Facebook.</p> <p>www.youtube.com/sonomalibrary</p> <p>www.facebook.com/sonomalibrary</p>
Virtual Fun through the Santa Cruz Public Library	Join activities, book discussions, storytime, tech talks and virtual trivia from your home!

Movement Based Online Resources

Free Online YMCA Classes	A variety of health and fitness videos
Zumba Classes	If you want to get some socially distant exercise, join a Zumba class by Zoom on Thursday mornings from 10:30am to 11:30am, starting this week, as part of the Arc's remote learning Hub.

Online Videos and Podcasts

SF Environment Virtual Events and Education	Learn about History, Science, and Creating a Clean Environment!
Some Good News	John Krasinski highlights some good news around the world
Self-Determination Channel	A YouTube Channel created by individuals with DD to share information on advocacy and resources.
Dad, How Do I?	Practical Dad Advice for every day tasks – how to videos we all need.
All About The Brain	“The human brain is the most awe-inspiring ‘machine’ ever made. In this class, Mayim Bialik , a real-life neuroscientist who also played one on TV, will show students what the human brain is capable of, and how it performs such amazing feats.”
22.33 Let’s Connect Through Isolation Podcast	<p>“The podcast features first-person narratives and anecdotes from people who have been involved with U.S. Department of State’s Bureau of Educational and Cultural Affairs (ECA) exchange programs. New episodes are released every Friday, along with regular bonus episodes.</p> <p>Each week, 22.33 brings you tales of people finding their way in new surroundings. With a combination of survival, empathy, and humor, ECA’s innovative podcast series delivers unforgettable travel stories from people whose lives were changed by international exchange.”</p>
Marin TV – Educational Channel Live and Online	See what’s going on in Marin online from music classes to community information.
Best of SF Stand-up Comedy: Zoom Edition	A fresh line-up of SF’s Best Comics every Saturday for free on Zoom!
My Town Is Magical	<p>Bringing some fun and magical activities into your home. <i>All kinds</i> of displaced creatures are venturing back into our world.</p> <p>Magical creatures. Fantastical creatures. Creatures the likes of which most people have forgotten, ignored, or never thought to think of between their lattes, commutes, meetings and workouts. They’re coming back.</p>

Virtual Tours

Visit Castles, Stonehenge, and other English Sites	Enjoy virtual events and classes on their Facebook page.
San Francisco Parks and Recs – Virtual Programs	Virtual opportunities to explore the parks and exhibits.
A Wildflower Journey: California Wildflowers and Climate Change	Yerba Buena is offering a behind the scenes experience with internationally acclaimed conservation photographers on their 27-year journey photographing wildflowers throughout California.
Virtual Nightlight with the California Academy of Science	Livestream on Thursdays to bring you an eclectic mix of science, music, and art, and when NightSchool is in session, we'll take deeper dives into a single science-related theme.
Towns Where No Cars Are Allowed, Only Horses	Check out a few towns where people still ride their horses around town!
Travel Plans Activity	G Adventures offers activities to help your mind wander the world!
Earth School	30 Quests for students around the world to celebrate, explore and connect with nature.
Virtual Museum Tours We Are Teachers	Virtually visit museums all around the world!
Virtual Train Rides Around the World Travel and Leisure	Virtually travel by train to countries all over the world!
Haunted History Virtual Tour of New Orleans French Quarter	A documentary about New Orleans French Quarter, regularly referred to as the most haunted city in America.

Online Videos and Activities for All Ages

Kid Nation	A fun, safe, and educational media platform for kids. KidNation was built on the foundation of enrichment
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	through entertainment for the next generation.
A superhero kid with autism shines in new PBS Kids' series	Watch videos and play games with Hero Elementary students!
Sesame Street: Caring for Each Other	The site has ideas to find ways to breathe, laugh, and play together and filled with content you can use all day long to spark playful learning. After all, it's important that we take care of ourselves.
Stinky Tales	Growing caring and compassionate kids one story at a time. Videos about Hand Washing, social interaction, and other engaging content.

Virtual Community Activities

Global Pride 2020	<p>Global Pride will be live-streamed and you can watch anywhere with a computer or mobile device and an internet connection.</p> <p>On Saturday 27 June, Pride organizations from across the world will celebrate Global Pride 2020. With musical and artistic performances, speeches from activists and campaigners, and addresses by public figures, we will stream 24 hours of content that reflects and celebrates the beautiful diversity of LGBTI+ people everywhere.</p>
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Health and Wellness Online Resources

Name with Link	Notes
UNICEF – Healthy at Home	Here are five tips from Priyanka Pruthi at UNICEF to keep your spirits up during the COVID-19 outbreak.
Support for Families online Access to Adventure Celebration	Support for Families' annual Access to Adventure is now online with recreational, arts, and cultural organizations leading activities and talking about their programs on Zoom.
Find your Calm	An app for sleep, meditation, music, mindful, movement, and relaxation. Voted best in 2018.
Youth Mental Health Canada	Resources for mental health awareness and practices for

	all ages.
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Other Online Activities

Free Weekly Printables	Each week you'll receive FREE printables covering: <ul style="list-style-type: none"> • Optimistic thinking • Growth mindsets • Character strengths • Resilience • Well-being • ... and more!
Recommendations for Games, Books, Websites, and more!	Common Sense Media offers recommendations across many types of media.
List of Companies Offering Free Subscriptions	A List of Education Companies Offering Free Subscriptions Due to School Closings. Each of the websites listed will allow you to sign-up for FREE.

Sharing COVID-19 and Shelter in Place with Individuals Resources

Name with Link	Notes
COVID-19 Visuals and Social Narratives	Indiana Institute on Disability and Community have created a site which contains visuals and social narratives for different situations while practicing shelter in place (missing family, not being about to go out, bathroom visuals, etc.).
BrainPop Educational Video	A 4- minute, educational cartoon video regarding the COVID-19 virus.
ODDS YouTube Covid-19 Information	A short video by the Oregon Department of Human Services about Covid-19 and protocols associated with it.
Self Determination YouTube Clip	A short video about washing hands, cleanliness, and social distancing by the Self Determination Channel
Autism Speaks COVID-19 Events	Upcoming virtual events related to COVID-19 from Autism Speaks.

Hand Washing Resources

Name with Link	Notes
Hand Washing Social Story (different languages)	Printable social narratives for hand washing in different languages (English, Spanish, Arabic, Russian, and Mandarin) from Pennsylvania Department of Human Services.
Printable Hand Washing Sheet	National Autism Association has provided a visual that can be placed around sinks to help individuals follow hand washing steps.
Hand Washing YouTube Clip	A short animated clip demonstrating proper methods to wash hands, provided by the Montana Department of Health and Human Services.
How to Teach Hand Washing (for staff and caregivers)	Dr. Mary Barbara, BCBA-D provides a ~13 minute video made for staff or care givers on how to teach hand washing as a skill.

Other Resources

Name with Link	Notes
Visual Supports for Behavior and Emotions	Indiana Institute on Disability and Community's resources that include visual supports on various topics from anger management, grief, etc.
Alta Regional Center COVID-19 Resource Packet for Adults with DD in Adult Residential Living	A resource packet created by the Alta Regional Center including visuals to communicate with individuals in the home, resources that promote positive behaviors, activities, and trainings.
GGRC Wellness Check-In Resources	A list of resources and suggestions on how to check in with individuals to see how they are doing and how to create a positive and engaged environment
GGRC Sample Home-Day Program Schedule	A sample schedule that could be used to organize the day, while varying the daily activities.

Resources for Consultants

Name with Link	Notes
GGRC Remote Consultant Collaboration Guide	GGRC's suggestions on how to work with consultants remotely (behaviorist, recreation therapist, etc.).