Recreation Resources for Parents & Student Services

**Social :**

[Go Noodle](file:///C:\Users\Maureen\Downloads\Go%20Noodle) Go Noodle falls under all of the Recreation Categories and works towards a Holistic approach for students.

[Baltimore Library Events](file:///C:\Users\Maureen\Downloads\Baltimore%20Library%20Events) Baltimore Library offers monthly events such as storytelling, resources assistance and clubs.

[Josh Gad on Twitter](file:///C:\Users\Maureen\Downloads\Josh%20Gad%20on%20Twitter) If you have twitter tune in with Actor Josh Gad every night. He offers a 10 minute story with different voices.

**Physical :**

[Home Commands with Google](file:///C:\Users\Maureen\Downloads\Home%20Commands%20with%20Google) A list of commands that can be used with Google. Allows to track calories, healthy tips, mind a body etc.

[No Equipment Workout](file:///C:\Users\Maureen\Downloads\No%20Equipment%20Workout) You Tube workout with no weights

[Latin Dance Workout](file:///C:\Users\Maureen\Downloads\Latin%20Dance%20Workout) Instructor Nicole offers various dance workout through YouTube

[Planet Fitness Home Workout](file:///C:\Users\Maureen\Downloads\Planet%20Fitness%20Home%20Workout) Free Daily Livestream on Facebook @ 7pm

**Emotional:**

[Mental Health First Aid](file:///C:\Users\Maureen\Downloads\Mental%20Health%20First%20Aid) Red Cross is offering an online class for FREE. Recognizing & How to manage Stress

[National Federation of Families for Children Mental Health](file:///C:\Users\Maureen\Downloads\National%20Federation%20of%20Families%20for%20Chilrdren%20Mental%20Health) Videos, toolkits, and activities to support parents

[Meditation Music During Quarantine](file:///C:\Users\Maureen\Downloads\Meditation%20Music%20During%20Quarantine) Live Meditation Music 24/7 with no ads ( helps during sleep)

**Cognitive:**

[Virtual Field Trips](file:///C:\Users\Maureen\Downloads\Virtual%20Field%20Trips) We are the Mighty is a website that offers various resources to virtual field trips to museums and zoos with description

[Save The Students](file:///C:\Users\Maureen\Downloads\Save%20The%20Students) This website gives students money tips, useful for our High School students.

**VIRTUAL HORSEBACK RIDING!**

**Introduction:** <https://www.youtube.com/watch?v=rUdDMSD076E>

**Warm Ups:** <https://www.youtube.com/watch?v=MeGCzQc7OPI>

**Lesson Set Up:** <https://www.youtube.com/watch?v=2byybPuB0-s>

**Virtual  Lesson:**  <https://www.youtube.com/watch?v=MwARlpnxnAM>

**Horse Powered Learning:** <https://www.youtube.com/watch?v=7BVg1k_Eacg>

**Back into the Pasture:**<https://www.youtube.com/watch?v=uKnw6TKDKag>

Chesapeake Therapeutic Riding located in Harford County are offering classes for $180 per month through June. Packets are given through links in a private You Tube Channel.

[*www.ctrchanginglives.org*](http://www.ctrchanginglives.org/)

[*FaceBook*](https://www.facebook.com/pages/CTR/291294469124?ref=hl)

*(443) 528-7793*

**APPS APPS APPS APPS**

[Fitbit Coach](file:///C:\Users\Maureen\Downloads\Fitbit%20Coach) Fitbit Coach is offering a 90 day free trial. Offering workouts, wellness reports & relaxation tools.

[Stop Breath Think](file:///C:\Users\Maureen\Downloads\Stop%20Breath%20Think) This meditation app has activities categorized by feelings such as grief, compassion, anxiety etc. Ease your mind through this app all based on a self evaluation.

[House Party](file:///C:\Users\Maureen\Downloads\House%20Party) This is a social app allows video calling to be used through groups of friends! Games already set to be played. ( Heads up, Trivia of all sorts)

[Project Foodie](file:///C:\Users\Maureen\Downloads\Project%20Foodie) Need help cooking? Step by step recipes led my pro Chefs ! Yum!

**Recreation News!**

For those students or parents who have Facebook we encourage joining our [Student Facebook Group](file:///C:\Users\Maureen\Downloads\Student%20Facebook%20Group). We are currently offering

* Circle Cardio
* Name That Tune
* Tell me something Good!
* Workout with Homemade Weights
* Corny Jokes
* Morning Meditation
* Stretching & Body Awareness
* & More to come!

For those who do not have Facebook or do not feel comfortable. No Worries!!! Activities will also be set for our students through Google Meets!!

We will continue to send updated resources; any suggestions would be greatly appreciated.

Stay Positive, you are all amazing!

* The Rec Girls !