

2020 BACK TO SCHOOL SURVIVAL GUIDE FOR TEENAGERS AND YOUNG ADULTS

Where to find help during this difficult time

At home

- > Managing Social Distancing is a comprehensive pdf of things to do, ways to connect, find responsible news, find calm, explore places of positivity, learn cool stuff, volunteering, helpful podcasts and virtual museums and aquariums. <https://transitioncoalition.org/wp-content/uploads/2020/04/Managing-Social-Distanacing-So-It-Doesnt-Suck.pdf>
- > Funnies/Comics for teens: <https://www.gocomics.com/comics/kids-teens>

Well-being & Self-Care

- > Social Emotional & Mental Health: https://www.pleasepassthe love.org/covid-19-resources?blm_aid=16689

Self-Care

- > Time to breathe! - 4-7-8 Breathing that helps with reducing anxiety and improving sleep: <https://www.healthline.com/health/4-7-8-breathing#1>
- > Take care of your own anxiety: <https://www.virusanxiety.com/free-meditations>
- > Taking care of your own mental health <https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak#Be-angry.-then-practical>

Mindfulness

- > Yoga online: <https://wufshanti.com/>
- > Teen Wellness Guide <https://www.dropbox.com/s/9uaqo84addnx09z/Wellness%20Guide%20for%20Teens%202020.pdf?dl=0>
- > Child Mind: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- > Mindfulness apps: <https://kdvr.com/news/coronavirus/10-apps-to-help-you-deal-with-stress-and-anxiety-during-covid-19-outbreak/>
- > Free mindfulness resources: <https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>
- > Mindfulness for kids and adults: <https://www.chop.edu/news/health-tips/try-mindfulness-calm-and-focus-your-kids-and-yourself>
- > Guided mindfulness (English and Spanish): <https://www.cigna.com/individuals-families/health-wellness/climb-mindfulness-podcasts>
- > Self-affirmations (printable daily cards): <http://www.kidshappyapps.com/wp-content/uploads/2013/05/Kids-affirmations.pdf>



Learning at school or at home

Free Educational Courses:

- > Harvard: www.online-learning.harvard.edu
- > Yale: www.yale.edu/online-learning
- > edX - 2000 free online courses from 140 leading institutions: www.edx.org
- > [Leading the Life You Want](#) from University of Pennsylvania
- > [Entrepreneurship and Healthcare in Emerging Economies](#) from Harvard University
- > [The Power of Team Culture](#) from University of Pennsylvania
- > [Creating a Team Culture of Continuous Learning](#) from University of Pennsylvania
- > [Fundamentals of Neuroscience, Part 1: The Electrical Properties of the Neuron](#) from Harvard University
- > [Fundamentals of Neuroscience, Part 2: Neurons and Networks](#) from Harvard University
- > [Fundamentals of Neuroscience, Part 3: The Brain](#)
- > [The Science of Well-Being](#) from Yale University
- > [Positive Psychology: Resilience Skills](#) from University of Pennsylvania
- > [Positive Psychology: Martin E. P. Seligman's Visionary Science](#) from University of Pennsylvania
- > [Introduction to Family Engagement in Education](#) from Harvard University
- > [The Science of Learning - What Every Teacher Should Know](#) from Columbia University
- > [Science of Happiness](#) from UC Berkeley

Note Taking

- > A slide show on note taking for use on iPads: <http://slideplayer.com/slide/6236098/>
- > University of Central Florida presents helpful ways to take lecture notes: [Notetaking Time Savers](#)
- > Journaling may serve as a living history and could become primary sources for research in the future: [Using journals for middle school students](#)

Personal Development

- > 35 Must-Watch TED Talks for Students of all ages: <https://www.weareteachers.com/ted-talks-students/>

Time Management/Focus Apps

- > Time Management apps from age 3 - 16+: [Top Time Management Apps](#)
- > 17 Apps to Stay Focused for Ages 5-13+: [17 Apps to Help Kids Stay Focused](#)
- > Free Educational Apps, Games, and Websites for Ages 2-13+: [Free Educational Apps, Games & Websites](#)
- > Meditation for Ages 2-13+: [Meditation Apps for Kids](#)

Giving Back

Virtual Volunteer Opportunities

- > 50 Community Service Ideas for Teen Volunteers:
<https://www.teenlife.com/blogs/50-community-service-ideas-teen-volunteers>
- > Volunteering with the Red Cross:
<https://www.redcross.org/volunteer/become-a-volunteer/youth-opportunities.html>
- > Unique volunteer opportunity ideas:
<https://www.collegetransitions.com/blog/virtual-volunteer-opportunities-for-high-school-students/>
- > Volunteer opportunities for the whole family:
<https://fordhaminstitute.org/national/commentary/ways-your-whole-family-can-volunteer-during-covid-19-crisis>

Together, all the way.®



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