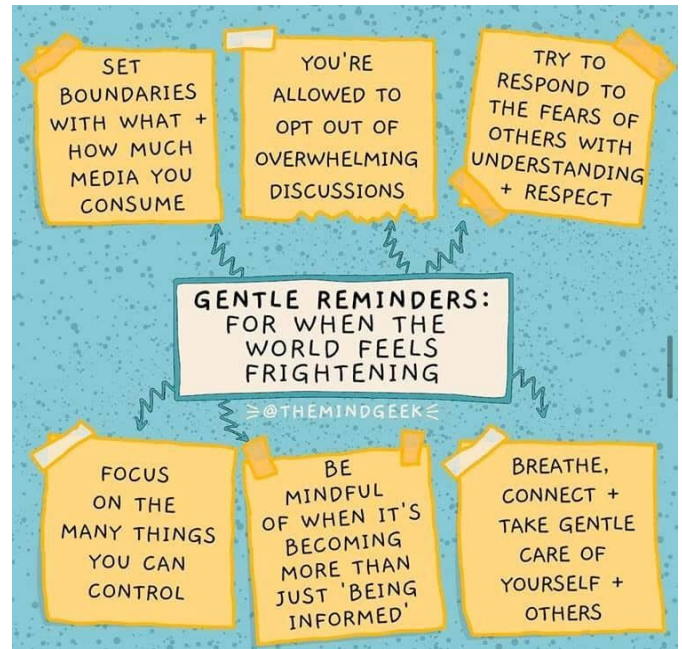


# Positive Things You Can Do During Distance Learning 2020

- [30 Things You Can Do for Your Emotional Health](#)

- Practice Mindfulness: [Mindfulness for Teens](#)
- Read a digital book: [Junior Library Guide](#)
- Renville Library: [Our Library](#)
- Science: [Radiolab](#) or [Science Friday](#)
- History: [Brains on!](#)
- Meteorology: [Weather](#)
- Art: [Virtual Tour of the Louvre in Paris, France](#)
- Storytelling: [This American Life](#)
- Coding: [Learn Coding](#)
- Athletes: [NCAA](#)
- Free virtual workouts: [Planet Fitness](#)
- Free on-line courses: [Free Code Camp](#)
- Practice for the ACT: [ACT Academy](#)
- Virtual Tour of Museums: [Street View](#)
- Live Animal Cameras at the [San Diego Zoo](#)
- Virtual Tour of [Yellowstone National Park](#)
- Virtual Tour of the [Cincinnati Zoo](#)



- Character Strong: [30 Days of Kindness](#)- free kindness activities with videos and printables!
- Second Step: [MIND YETI](#) (Mind Yeti is a research-based digital library designed to help kids and their adults calm their minds, focus their attention, and connect better to the world around them. 15 mini lessons on mindfulness)
- Class Dojo: [Social-Emotional Videos](#)
- Social Skills Book List: [Read Alouds](#)
- Emotional [ABCs](#)
- BrainPop Jr.: [Feelings](#)
- Youtube: Julia Cook Books- [Readalouds](#)
- Youtube: Rocketkids - [Social Emotional Kid Videos](#)
- Youtube: What Should Danny Do? - [The Power to Choose](#)
- On-line stories: [Storyline](#) (read by famous people!)
- PBS Kids: [Activities, Games, Stories and more.](#)
- More Activities: [60 Self Care Activities for Teens](#)

