**Resources, Ideas, And Other Things**

* <https://palousemindfulness.com/>
* <https://healthmatters.nyp.org/a-road-map-to-finding-calm-amid-coronavirus-anxiety/>

* Headspace is now free for medical providers. Have your NPI and email handy to log in.
* “Attachment-Based Tele-PLAY Training”, which will be based on principles of Theraplay, Polyvagal Theory, and Attachment-Regulation-Competency (ARC) interventions.
  + <https://www.renewingmindstherapy.com/training-events?fbclid=IwAR0KibiMQcTSe3QO7wH-gbmHK9mlAWlah5pkAoZ41OYtojrZHexwR9aQodE>
* Red Cross is desperate for blood donations.
  + <https://www.redcrossblood.org/give.html/find-drive>
* Many pet shelters are super, super desperate. BARCS and SPCA need money, food/supplies, foster families. Help if you can!
  + <https://barcs.org/donate/>
* micFree/low cost internet options:
  + <https://www.internetessentials.com/apply>
  + <https://www.spectrum.com/browse/content/spectrum-internet-assist>
* Telehealth Free 2 day Training
  + Use discount code: TELEFREE
  + <https://catalog.pesi.com/item/52191/?utm_source=featuredad&utm_medium=banner&utm_campaign=BH_telehealth_POS055645>
* Here is updated information on emergency food pantry sites/Pantry On-the-Go sites available in Anne Arundel County in the coming weeks:

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| Host | Date | Time | Location |
| Kingdom Celebration Center | Thu 3/19/2020 | 10am- 2pm | 1350 Blair Dr.  Odenton, MD 21113 |
| Empowering Believers Church | Fri 3/20/2020 | 11am-2pm | 7566 E Howard Rd.  Glen Burnie, MD 21060 |
| Friendship Community Baptist Church | Sat 3/21/2020 | 11am-4pm | 37 Jewell Rd, Dunkirk, MD 20754 |
| Kingdom Celebration Church | Mon 3/23/2020 | 10am- 2pm | 1350 Blair Dr.  Odenton, MD 21113 |
| H2O for Life | Wed 3/25/2020 | 3pm - 5pm | 5317 C Ritchie Hwy Brooklyn Park, MD 21225 |
| H2O for Life | Wed 4/1/2020 | 3pm- 5pm | 5317 C Ritchie Hwy Brooklyn Park, MD 21225 |
| AA Co. Partnership for Children, Youth & Families at St. Matthews Church | Sat 4/5/2020 | TBD | 6234 Shady Side Rd, Shady Side, MD 20764 |

**Questions to Ask to Start Discussions**

What is the best compliment you have received?

In your opinion, what is the best song ever written?

If you could know one thing about the future, what would it be?

What is something you feel nervous about right now?

What is your happiest memory?

What is something that you did that you are proud of?

If you had to pick one song to play continuously, non-stop, in the background of your life, what would it be?

I get mad when… What calms you down when you get mad or upset?

What is your favorite animal and why?

My favorite sound is…

What is your favorite green thing?

If you could travel anywhere in the world, where would you go and why?

If your house was burning down, what one item would you grab and why?

Name two anger management techniques.

Name two positive values.

Name two ways you can show self-control in the school setting?

What would be the title of your autobiography?

Do you think guys/girls talk differently online than they do in person? Why?

What is one item you can’t live without?

What would you do if you were hungry and a lunch box was left open and unattended?

What is better, giving your money or giving your time?

If you could add, change, or cancel one rule in your school, what would it be?

What does “habit” mean and why is it hard to change?

Who do you trust the most and why?

Where do you feel the most safe and why?

If you could change one rule that your family has, what would it be and why?

What is one word you would use to describe your family and why?

How do you think others view you and why?

If you could travel back in time threw years ago and visit your younger self, what advice would you give yourself?

What five words best describe you?

If you could make one rule that everyone in the world had to follow, what would it be and why?

What does respect mean to you? Give an example.

What do you like the most about yourself?

If you could give one gift to every child in the world, what would it be and why?

What do you think is the most important job in the world? Why?

Tell us about a time when you felt sad. What helped get you through it?

What is the first symptom you notice when you feel mad?

Give two examples of acts of kindness.

Who is someone you consider a real-life hero and why?

Where do you see yourself in 10 years?

Who do you wish you had a better relationship with, and what would make it better?

Share a time where you sought attention in an appropriate way. In a negative way?

Choose one person in your life and give them a compliment.

Give two examples of how to positive communication with a teacher who accuses you of something you didn’t do.

Talk about a time when you witnessed someone being teased.

What effect did the teasing have on that person?

What is one POSITIVE thing about the Coronavirus quarantine?

What scares you about the Coronavirus quarantine?