FRAMING THIS MOMENT: Resources, Cautions, and Opportunities

Introduction
The COVID-19 pandemic has affected all of us, in our day-to-day lives, engagements, and work. As a School of Education grounded in equity, we often turn to community as an antidote to fear and worry. This is an opportunity for us to be generous with each other and gentle with ourselves. Being away from each other by geographic distance does not, in any way, preclude us from checking in on each other. If you know of someone in their elder years or who is immune-compromised, reach out in safe ways by using technology or by calling them. As human beings, we are social entities. We need contact and to receive and provide care through words and connections. The resources provided below cover a range of topics, all of them tethered to our mission-vision of staying well, being informed, and acting from a place of equity and justice.

Let us take this opportunity to remind ourselves and our communities that this virus does not have preference or protection for any nationality, race, or ethnicity. Many students, staff, faculty, and families, especially those who are read as Asian or Asian American in our School, at the University, and across the world have been treated poorly out of facile racism. It is both a frequent and misplaced move to name an entire group as suspect. It is important for us to learn from the many instances in history when people have made this mistake and have prioritized fear over facts. We are better than this and need to do better. Collectives, which we strive to be, are not possible if we are quick to demean anyone in our communities. We need collective support and that comes from each of us. We hope the following resources, among many others, will help guide in these efforts toward collectivity, engagement, well-being, and justice.

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1. | Resources on Safety (Physical)

- **The World Health Organization’s daily updates**

- While we are likely familiar with this, here are **basics on practicing social distancing, washing our hands frequently, disinfecting commonly used objects** (including our phones), etc.

- **Social isolation can increase fear and anxiety.** [This article](#) puts into perspective how our interconnectedness is core to us being social beings, not lone islands. Our emotional and mental health are intertwined with our physical health.

- **Connect with others, especially as we practice social distancing,** and reach out to mental health providers. Here are few resources to keep in mind:
  - [Helping Students in Distress](#)
  - [Manage Stress and Anxiety](#)

- **If you know someone who is social distancing in an unsafe environment:**
  - [Comprehensive Social Distancing is Difficult and Necessary. Here’s How to Keep Your Family Safe](#) (also includes information on communicating with children, healthy body practices while isolating, etc.)
  - [https://www.thehotline.org/](https://www.thehotline.org/)

- **Resource for those staying home, but are at risk of violence in the home:**
  - [The Hotline.org](#)

- Often, information is a strong tool for staying healthy, as it answers the many questions in our minds and for bodies. Through graphic designed images, [this article shows how social distancing can flatten the curve](#).

- **National Center for PTSD: Covid-19 Resources for Managing Stress**

- **Immigrant Justice Accompaniment Skill-Share, Covid-19/Coronavirus Resources**
2. | Resources on Integrated Health, Physical Activity, and Well-Being

- **Be Fit Pitt with the Healthy Lifestyle Institute – Remote Activity Options:** We recognize how working from home and/or not having access to Fitness Centers and Classes can disrupt our positive health and activity routines. In response to this, the Be Fit Pitt Team, through the Healthy Lifestyle Institute, has made activity remotely available. We encourage you to participate in the following:
  - Pitt Staff, Faculty, and Students can subscribe to daily email or text prompts with Be Fit Pitt:
    - **Steps to Enroll:**
      1. Log in to my.pitt.edu
      2. Choose "Profile" (top right corner)
      3. Choose "Pitt Text Messaging Updates"
      4. Go to "Opt-In" Tab
      5. Choose "Be Fit Pitt"
  - Visit or Subscribe to our [YouTube Page](#) for activity break and workout content:
    - Follow along for:
      - Over 500 Activity Break (under 2 minutes)
      - Workouts to follow along with between 5-40 minutes – no equipment needed
      - Tutorials and variations for all skill levels
  - **Coming Soon! Real-time fitness classes** you can join from home.
  - **Professors and Instructors:** As you develop online content, consider linking to our activity breaks and encourage students to break up their sedentary time with one of our easy to follow segments. After 1-2 minutes, they may come back more alert and hopefully productive. Email befitt@pitt.edu or r.j.rogers@pitt.edu for content related questions.

- **For our own health:** [Down Dog](#) is offering workout apps free until April 1, 2020.
  - Amazing site with yoga videos for beginners to advanced and for a whole range of needs.
  - [Yoga and meditation podcasts](#) by Dr. Sally Sherman.

- **The YMCA 360 Virtual Classes** offers on-demand videos to bring instruction into your home.
• Check in with each other and with students regularly (see communications recommendations, including asking students preferred ways of being in contact).

• This Editable Google Sheet includes references and links from various colleagues across the world on other wellness, collective care, and anti-racism resources.

• Talking to Children about Covid-19

• Taking Care of Your Mental Health in the Face of Uncertainty

• Mental Health and Coping during COVID-19

• Tips For Managing Your Anxiety About the Coronavirus

• Decolonizing Community Care in Response to COVID-19

3. | Resources on Mindfulness

• Practicing mindfulness is important in terms of managing stress in response to the coronavirus. The following articles provide guidance:
  o How Mindfulness Can Help You Navigate the Coronavirus Panic
  o A Mindfulness Practice for Facing Your Fears

• There are a number of tools/services to help with practicing mindfulness, including:
  o Insight Timer is a free smartphone app that has a large collection of free talks and meditations, including many on working with anxiety and stress.
  o 10% Happier (App/website) is providing free meditations and talks related to managing Coronavirus stress and anxiety:
    o Headspace
    o Calm

• For tips and resources on managing anxiety and stress related to COVID-19, the Centers for Disease Control offers a mental health resources website.

• There are a number of websites to explore nature from the safety of your home, including:
  o Explore Nature Live Cams
  o Yosemite National Park virtual tour
  o Yellowstone National Park virtual tour
4. | Resources on Anti-racism

- **Racial Equity and Social Justice Resources relevant to COVID-19 and its relationship with inequities**

- **Speaking Up Against Racism Around the New Coronavirus**

- **COVID-19: Your Voices against Stigma and Discrimination**

- **Coronavirus Does Not Discriminate, and Neither Should We**

- **5 Ways to Fight Racism and Xenophobia**

- **National Association of School Psychologists: Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers**

- **National Association of School Psychologists: Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators**

- **Coronavirus Fears Show How 'Model Minority' Asian Americans Become the ‘Yellow Peril’**

5. | Resources on Culturally Relevant Practices and Activities

- **Refusing xenophobia and racism, especially in these times:**
  - In Global Response to COVID-19, There’s No Room for Racism
  - When Xenophobia Spreads like a Virus

- **Accessible Teaching in the Time of COVID-19** (draws from lessons learned in dis/ability culture and community around accessible teaching)

- **Anti-oppressive and anti-racist Homeschooling Resources**

- **People’s Education Movement LA Teaching Resources**
6. | Resources on Teaching, Learning, and Leading in Trying Times

- Online resources from the Chronicle of Higher Education
- Talking with students about changes
- Pitt resources to support remote work
- “A Letter to Educators Teaching Online for the First Time”
- Why You Should Ignore All that Coronavirus-Inspired Productivity Pressure

7. | Resources on Joy

- The Joy of Teaching
- Some cooking blogs, for those working from home and dealing with worry (for more information, contact Dr. Katrina Bartow Jacobs at kbjacobs@pitt.edu).
  - https://smittenkitchen.com
  - https://pressurerluckcooking.com
  - https://www.pressurecookrecipes.com
  - https://www.markbittman.com/recipes
- The joy of singing, from a street in Italy on lockdown.
- The joy of drawing with Steve Harpster.

8. | Resources for Those Caring for Children and Teens

- Community Leisure Learns blog post for family resources. These resources are used in afterschool programming, Pitt’s Kids, and for in home learning.
- The National Child Traumatic Stress Network is highly reputable and informative for families.
• Project Reassure offers resources for adults to use while caring for young victims displaced or distressed by traumatic events

• Google Classroom Tutorial for Teachers 2019

• “150+ Enrichment Activities for Children While Parents are Working Remotely”


• National Association of School Psychologists: Responding to COVID-19: Brief Action Steps for School Crisis Response Teams

• NPR: Just for Kids: A Comic Exploring the New Coronavirus

• Teaching Tolerance: Teaching through Coronavirus

• National Literacy Trust: Family Zone web portal

• The Kennedy Center Artist-in-Residence Mo Willems: Lunch Doodles and Ideas for Writing

• National Geographic: Classroom Education Resources and National Geographic Kids

• The Weather Channel: Short videos for children (daily at 50 minutes past the hour)

• Scholastic: Learn at home day-by-day projects

• PBS: Nova Labs program

• NASA: Kid’s Club program

• Penn State offers a template for young learners

9. | Resources on Homeschooling

• Tips for children being homeschooled
• Facebook group with many ideas and links

• A huge resource list compiled by Cassie Brownell at the University of Toronto

• One family’s schedule with ideas for scheduling work, homeschooling, and fun, Courtesy of Dulari Tahbildar

• “Homeschool Hideout” offers a list of 150+ educational shows on Netflix

• “150+ Enrichment Activities for Children While Parents are Working Remotely”

• Coloring pages from Visit Pittsburgh

• Center for online learning for children with disabilities

• 10 Strategies for Online Learning During a Coronavirus Outbreak from the International Society for Technology Education

• Free learning resources for those with children at home:

10. | Resources for Museums, Libraries, and Other Sites to Virtually Visit

  ○ The New York Public Library Digital Collection
  ○ Metropolitan Opera
  ○ National Museum of African American History and Culture
  ○ Avery Research Center in Charleston, SC
  ○ National Gallery of Art, Washington, D.C.
  ○ British Museum of London
  ○ Guggenheim Museum, New York
  ○ Black Cultural Archives
  ○ Musée d’Orsay, Paris
  ○ National Museum of Modern and Contemporary Art, Seoul
• Pergamon Museum, Berlin
• Rijksmuseum, Amsterdam
• Van Gogh Museum, Amsterdam
• The J. Paul Getty Museum, Los Angeles
• Uffizi Gallery, Florence
• MASP, São Paulo
• National Museum of Anthropology, Mexico City
• https://artsandculture.google.com/
• These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch

11. | Resources on Analysis of Past Crises and Disasters

- This resource, written by Naomi Klein, who has long written about disaster capitalism, supports our social scientific knowledge about global crises and who suffers, who is at risk, and who benefits.

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