

Underground Work from Home Tips (With Kids)

Includes - How to Help Your Neighbors

(Preparing You for the New Normal)

NEW Section: Your Mental Health in the Age of the Virus

Collection of Resources, Information & Tools (listed as resource links)

1. Subscribe for Updates

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2. Disclaimer

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LOCAL HELP RIGHT NOW ([here](#))

NEW SOCIAL PROTOCOL ([here](#))

How to help self-isolating neighbors

Advice from Nextdoor

NEW TOOL – Give & Get help

Database of localized resources

Handshake alternatives

The greater good

Do's & Don'ts of Social Distancing

FAMILY ([click here](#))

Kids Games | 150+ enrichment activities |

Free games | Podcast

PARENTS – Parenting together in age of the

virus | Quarantine resources for parents

EDUCATION – Online museums | Celeb hangouts online | Online meeting resources

SENIORS – Free courses on learning the internet (designed for seniors)

REMOTE WORKING ([click here](#)) – Collaboration | Distribution | **Emergency plan** | More resources

REMOTE WORKING TOOLS ([click here](#))

In the Ether | Online events platforms |
How to facilitate remote workshops |
Collective decision-making tool |

Email tips | Texting | Video Conference tools |
Remote working tips & tools |
Online event alternatives | Scheduling |
Coordinating teams

ONLINE COMMUNITIES & MUTUAL AID ([here](#))

Mutual aid by state

List of mutual aid groups

Student led mutual aid groups

Starting a local mutual aid group

Site for local gov

Crisis communication app

MENTAL HEALTH ([click here](#))

Resources for anxiety and your mental health

SANE - Mental health warning signs

Tips for maintaining your mental health

Mindfulness Guide for the Frazzled

Healthcare app, Ask-Talk-Get health checks

**Community supporting the mental health of
the self-employed**

Combating burnout, isolation, and anxiety in
the remote workplace

9 Ways to Make Working At Home Joyful

Your Mind Plan - quiz

L ocal help right now

We help you to help self-isolating neighbors.

Super simple - either offer things you can do for others, or say that you need help. The platform matches clients with volunteers. Think deliver food, collect urgent medicine, etc.

Built specifically for the COVID-19 situation and non-commercial. <https://localhelpers.org/>

Advice from Nextdoor on using their platform to help neighbors

<https://blog.nextdoor.co.uk/2020/03/13/how-can-you-use-nextdoor-to-help-your-neighbours-in-a-time-of-need/>

Tool: Dispatcher makes it easy for people to get help and give help to each other, improving trust and relationships that carry over seamlessly from everyday situations to crisis preparedness and resilience.

Part of local neighborhood, University, or workplace, Dispatcher can help you strengthen community cohesion and resilience. <https://www.getdispatcher.com/>

Community Mutual Aid Coronavirus Response Mapping

Created by GroundBreakers to spotlight & connect community efforts in response to Covid-19.

Each point is clickable and directs to local resources:

blue is student initiatives, green is fundraisers, and orange is mutual aid networks.

<https://www.arcgis.com/home/webmap/viewer.html?webmap=fa2668225f6c46408ec4016fd6cd5b09&extent=-136.6103,8.3024,35.6553,66.7501>

Database of Localized Resources During Corona Outbreak

https://docs.google.com/spreadsheets/d/1HEdNpLB5p-sieHVK-CtS8_N7SIUhlMpY6q1e8Je0ToY/edit#gid=1455689482

Viral Kindness – Printed card

<https://www.indy100.com/article/coronavirus-isolation-help-neighbours-viral-kindness-card-print-post-9404066>

New Social Protocol

Handshake Alternatives

<ul style="list-style-type: none">• Foot Tap• Bow/Curtsey• Vulcan Salute• Army Salute• Wakandan Salute (cross arms over chest)	<ul style="list-style-type: none">• Right hand on heart• Spectacles, testicles, wallet and watch• Elbow bump• Namaste• East Coast Wave
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[Watch how it's done here](#)

How to Keep the Greater Good in Mind During the Coronavirus

How we must look to each other to help us go through this panic around COVID-19.

Ways to encourage more altruism includes:

- (i) Look to the heroes
- (ii) Stay calm and focused
- (iii) Show gratitude
- (iv) Remember our common humanity and show compassion.

https://greatergood.berkeley.edu/article/item/how_to_keep_the_greater_good_in_mind_during_the_coronavirus_outbreak

The Dos and Don'ts of Social Distancing

An Atlantic article where experts weigh in on whether you should cancel your dates, dinner parties, and gym sessions. <https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/>



Kids – Parents – Games – Teaching – Seniors

Kids games

Coronavirus Comic for Kids

from CultureStrike

https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.instagram.com/p/B9pa9vGH16q/?igshid%253D1s10ntrri7jwi%26amp;sa%3DD%26amp;ust%3D1584413024034000&sa=D&ust=1584413024161000&usg=AFQjCNHyG6dhO6Z_OpiNdSp_LESql8Tfxw

Kids story about germbusting from the Little School

https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.littleschool.org/germ-buster?fbclid%253DlwAR0JRUMFGkc91aociv6gUCPDNa6819wGfybEikXKNkb1FjbOoIY9QFFvUHM%26amp;sa%3DD%26amp;ust%3D1584413024035000&sa=D&ust=1584413024162000&usg=AFQjCNHvPE_hb5zh-QUX8or9bvW8_sW5Q

A list of 150+ enrichment activities for children while caregivers are working remotely coded/categorized by age, screen or not, how much supervision, etc.

<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR35XGm8-6BiVmSu1hcS5ACN7oMgfAHjgGTFh7jn7YzEiBxNJlf9IYewxCg&sle=true>

Free Games & Stuff www.XRca.de

KORG Kaossilator **music-making app** free for a limited period

(iOS until 31 March, Android until 20 March): iOS: <https://apps.apple.com/app/korg-ikaossilator/id452559831>

Android: **To help you with a musical way** to occupy your mind we have decided to make the Kaossilator app for iOS and Android free of charge for a limited time.

<https://play.google.com/store/apps/details?id=jp.co.korg.kaossilator.android>

Web-based games: <https://www.js13kgames.com/>

A light-hearted podcast episode on what to do during the downtime:

https://www.buzzsprout.com/748181/2949838-30-canceled-shows-downtime?fbclid=IwAR2S_03VTuafHaPKh9r0BOEHbypR22LwellttmdKkpYac1K7DrZ-sE2xB9I

Kids Education

Online Museums

- <https://artsandculture.google.com/partner?hl=en>

- https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&utm_term=7728056

Chipotle hosts daily virtual hangouts during coronavirus

Chipotle is helping people stay connected while practicing social distancing by hosting virtual Together lunchtime sessions on meeting app Zoom, which will feature up to 3,000 customers and celebrity guests. **Links to the daily hangouts - available** (<https://twitter.com/ChipotleTweets>)
The first virtual event featured "The Bachelor's" Colton Underwood.

Comprehensive listing of resources for online meetings, classes and events, [via Randall Smith]

https://docs.google.com/spreadsheets/d/1VT9oiNYPyEsGHBoDKlwLIWAsWP58sGV7A3oluEUG3k/htmlview?usp=sharing&sle=true&mc_cid=7262139d15&mc_eid=55cec8ddab

Resources for Online Meetings, Classes, and Events

<https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://narrativeinitiative.us15.list-manage.com/track/click?u%253D83c0e24ff1e8ffa4cef159219%2526id%253D67d2766030%2526e%253D55cec8ddab%26amp;sa%3DD%26amp;ust%3D1584413024037000&sa=D&ust=1584413024162000&usg=AFQjCNFq9GReonmqnX1WoC5rIKImj98yng>

Grade 2-5, middle and high pre-school, tk-1st Slide decks and materials created by health education team at SFUSD to help students understand #COVID19. (There are materials in English, Spanish and Chinese for these levels: Preschool, Pre-K-1st grade , 2nd-5th Grade , Middle School, High School).

<https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://drive.google.com/drive/folders/1LnrS5LDbRCatO8sYLsbUjjiFui6VNAah0%26amp;sa%3DD%26amp;ust%3D1584413024036000&sa=D&ust=1584413024162000&usg=AFQjCNFwi8ORvqpH09b4Sah2RZ5jd8mKOO>

Bounce Works teaches compassion, emotional resilience, and well-being

Their vision is to 'make moments that count' through user-centered design.

Apart of Me is a crowdsourced product they crowdfunded to create a safe virtual space that helps families find their way through grief. <https://bounce.works/>

Parents

Parenting together - Coronavirus Parents

Parenting in a Pandemic is a group for parents, by parents, who are committed to supporting each other through the coronavirus pandemic. <https://www.facebook.com/groups/coronavirusparents/>

Coronavirus quarantine resources for parents and caregivers

https://docs.google.com/document/d/1hOQrtB3ae-Vbc_roGNRiKUncXjViA61xWQKbWWev5Bk/mobilebasic

Organize and schedule - Childcare coordination for a group/co-op Schools and daycare centers have begun to close in response to the COVID-19 pandemic.

<https://childcarecoop.org/index.html>

Resources for parents to do with their kids at home, specifically “educational resource packets organized by grade level.

These packets include a range of activities that students can work on at home independently, with family members, or with other adults. Some activities may require guidance from an adult to get started.” <https://cps.edu/oshw/Pages/EnrichmentLearningResources.aspx>

Seniors

Learn My Way has free courses on using a computer, sending an email and making video calls - though you need to register to use the material <https://www.learnmyway.com>

Helpful article on setting up a Skype account, aimed at hospital staff who may be helping inpatients get connected - Using Skype during Pandemic Isolation (15 March 2020)

<https://blogs.bmj.com/spcare/2020/03/15/using-skype-during-pandemic-isolation/>

Remote Working

Tools and best practice for working from home.

OMG I’m working remotely, now what?

Best practices and tips to help you stay sane, focused and boost your productivity while working from home <https://benediktlehnert.github.io/>

Distributed / Remote Working

This manual documents the knowledge about distributed collaboration (“remote work”, “telework”) that we developed in our organization [Edgyders OÜ](https://edgyders.eu)

<https://edgyders.eu/t/distributed-collaboration-manual/11263>

Gitlab Guide to having an all remote company & remote work emergency plan

GitLab is the world's largest all-remote company with over 1,200 team members located in more than 65 countries around the world.

On this page and subpages, we'll share what "all-remote" really means, how it works at GitLab, some tips and tricks for remote teams, and resources to learn more <https://about.gitlab.com/company/culture/all-remote/guide/>

Remote work emergency plan

What to do (and where to start)

<https://about.gitlab.com/company/culture/all-remote/remote-work-emergency-plan/>

Open Data Institute Remote Working Resources

The **Open Data Institute works with companies** and governments to build an open, trustworthy data ecosystem, where people can make better decisions using data and manage any harmful impacts. Open Data Institute - Resources to support working, collaborating and training remotely - #PUBLIC CAST/Catalyst guide to remote working for charities/nonprofits <https://theodi.org/>

R

emote Working Tools

In the Ether

In the Ether is an approach to fully remote meet-ups, meetings, conferences and events. It is a remote first approach to bring like minded people together from across the globe, to discuss, share and learn about topics they care about. Crowdcast.io <https://www.crowdcast.io/>

live video Q&As, interviews, summits, webinars and more. Konf.co <https://konf.co>

Smooth video streaming, chat and schedule management for live online events, conferences and meetups.

Online Events Platform

Hopin is the first all-in-one live online events platform where attendees can learn, interact, and connect with people from anywhere in the world. Hopin.to <https://hopin.to/home>

Run The World makes it easy and fun for all kinds of organizers to put together exciting events. Organizers can simply plug and play our events templates; attendees can interact and learn from each other and have meaningful conversations, entirely online. <https://www.runtheworld.today/>

THE DEFINITIVE GUIDE TO FACILITATING REMOTE WORKSHOPS -

Insights, tools and case studies from digital-first companies and expert facilitators <https://muFriral.co/ebook>

Training tools from Training for Change including online training tools

25+ tips for running successful remote meetings <https://blog.sli.do/remote-meetings-tips/>

Loom.io collective decision making

A collaboration platform radically transforming how groups make decisions, discuss ideas and collaborate online. Say goodbye to tedious meetings and inbox-clogging emails and try Loomio's decision-making tools for free! <https://www.loomio.org/>

Email - Email Transparency

Companies to make some or all email threads searchable within their company, which is especially helpful in remote work situations where you can't just turn to the person next to you to ask for help.

FWD Everyone is a tool for reading, searching, sharing, and discovering the most useful email discussions happening within your business. <https://www.fwdeveryone.com/>

TopicBox is a tool for sorting and storing knowledge within email by team, project, or topic.

One address to email the right people, every time. Endless CC lists drop people out (or force people in!). Share better knowing the right group gets the message. <https://www.topicbox.com/>

Turn your internal email into a company knowledgebase. Everything gets captured, threaded and indexed. Conversations are cleaned up, threaded and indexed so that anyone can search them too <https://copyin.com/>

Email Groups. Supercharged. Helps to manage email groups and communications.

A modern platform for online communities. Powerful management tools. Mobile ready. Free and paid plans. No ads, no tracking. <https://Groups.io>

Texting

Send tens, hundreds, even thousands of text messages at once.

Allows you create a set message which when you click the link it sends that message to all your contacts on Whatsapp for example. <https://forward-action.github.io/whatsapp-link-generator/>

Mass texting Getthru <https://www.getthru.io/> Hustle <https://www.hustle.com/>

Peer to Peer Texting Campaigns is built on peer to peer messaging to allow your volunteers or agents to manage multiple conversations hassle-free.

<https://callhub.io/peer-to-peer-texting-campaign/starter-guide/>

An open network for secure, decentralized communication. Communicate without being forced to install the same app. Create chatrooms, direct chats, chat bots, complete end-to-end encryption, file transfer, synchronized conversation history, formatted messages, read receipts... <https://matrix.org/>

Video conference tools

Zoom is free for up to 100 people for up to 40 minutes (you can then restart the call)

- <https://zoom.us/>

How to use zoom for online learning

- <https://blog.zoom.us/wordpress/2020/03/13/how-to-use-zoom-for-online-learning/>

Tico Powercall is the amazing one that enables you to set a video conference within 2 clicks in 3 secs. Without requirement of registration or download. Totally free for up to 65 mins and 20 members at the moment. <https://tico.chat/powercall>

Skype - video conferencing <https://www.skype.com/en/>

Shareable video via browser - Seamless screen, mic, and camera recording for Chrome. Reduces need for meetings or long emails. Free for Teachers and Students. They've also increased their free plan during the pandemic. <https://www.loom.com/>

Helps you keep track of all your meeting notes across all your projects - and it is entirely free during this time of crisis. <https://untwist.io/>

Transcribing video meetings into audio+text notes that you can playback, search and share. Integrated with Zoom, Dropbox, and Google/Microsoft calendar and contacts. www.Otter.ai

Online conferences/events with breakout rooms where participants can move themselves using Zoom + Google Docs + user profiles: example event on <https://qiqochat.com/about>

Jitsi is similar to Zoom and completely free but has some browser limitations with Safari and Firefox
<https://jitsi.org/>

Claims to work on all major browsers without requiring downloads, has nifty “agenda” and “notes” features, is free for up to 15 people. www.Team.video is in beta

Microsoft Teams is free for up to 300 people

<https://products.office.com/microsoft-teams/group-chat-software>

Cisco WebEx is free for personal use as of 3/12/2020

<https://www.webex.com/pricing/index.html>

Open source web conferencing app designed for learning situations

<https://bigbluebutton.org/>

Google Hangouts/Meet will work for smaller teams (generally up to 25 teams) but bandwidth overload if too many participants. <https://www.lifewire.com/top-video-conferencing-apps-3426687>

Remote working tips

Doist’s Twist Remote Work Guides

https://twist.com/remote-work-guides?utm_source=doist_blog&utm_medium=referral&utm_campaign=remote_work_guide

Trello’s Remote Work Guide

https://info.trello.com/hubfs/How_To_Embrace_Remote_Work_Trello_Ultimate_Guide.pdf

1Password’s Remote Work Guide

<https://blog.1password.com/remote-work-tips/>

Notes on hosting virtual meetings

https://docs.google.com/document/d/11EEmovZLlIj0j2V3MGTVvwB_3L39I-63xB9wpvSiE/edit#

How to work from home

www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips

Working Remotely in Slack: Getting Started (webinar)

<https://slack.com/events/webinars/working-remotely-in-slack-getting-started>

Basecamp book on remote working

<https://basecamp.com/books/remote>

90 minute interactive workshop on remote teams

Free 90-minutes interactive workshop on how to manage remote teams during Coronavirus pandemic. <https://www.daoleadership.com/managingremoteworkforce/>

Useful Online Meeting/Working Practices

https://docs.google.com/document/d/1NyrEU7n6lUI5rgGiflx_dK8CrdoB2bwyyI9XG-H7iw8/preview?mc_cid=7262139d15&mc_eid=55cec8ddab#bookmark=id.1z4doukhei6r

O nline Communities & Mutual Aid

Isolated and are seeking support, check whether there is a local mutual aid group in your community.

Mutual aid groups have formed all around the world in the wake of the COVID-19 pandemic to support the most vulnerable in their communities.

Mutual aid by state

<https://docs.google.com/document/d/1dpMzMzsA83jbVEXS8m7QKOtK4nj6gIUk1U1t6P4wShY/preview#heading=h.n6cthp2qwuz6>

List of Mutual Aid Groups in the US - The following resources provide links that may help to identify a group where users may want to volunteer or receive support from.

This article provides information about Mutual Aid Groups based in local communities all around the US. <https://itsgoingdown.org/autonomous-groups-are-mobilizing-mutual-aid-initiatives-to-combat-the-coronavirus/>

Information about a student-led mutual aid group that aims to provide help in the form of food, housing and transportation for members of the Duke community affected by the University's decision to close campus. <https://www.dukechronicle.com/article/2020/03/duke-university-student-facebook-group-mutual-aid-resources-community-coronavirus>

Website with guide to starting a local mutual aid group

<https://covidmutualaid.org/?fbclid=IwAR3qQmyPwlpzytT41BJQsnp7MfEiQHmZz5a021GPJyREkKqj92cagOpKg7Q>

The only platform that allows cities to share their public services with residents, alongside of those of local nonprofits, providing residents with real-time, location-based access.

The first ever platform to enable organizations to post, monitor and share live information by location on the mobile phones of their supporters and people they care for. <https://trellyz.com/>

Crisis communication implement your own Crisis Communication app

<https://powerapps.microsoft.com/en-us/blog/crisis-communication-a-power-platform-template/>

Key features include:

- Employees can report their work status (e.g., working from home) and make requests. This helps managers coordinate across their teams and helps central response teams track status across an organization.
- Admins can use the app to push news, updates, and content specific to their organization, and can provide emergency contacts specific to different locations.
- The app includes the ability to add RSS feeds of up-to-date information from reputable sources such as WHO, CDC, or a local authority.

Mental Health

Resources for anxiety and your mental health <https://www.virusanxiety.com/>

SANE - Mental health warning signs

Tips to know if friends, family or colleagues are having a hard mental health time - also applies to now during CV and self isolation or fear of infection

http://www.sane.org.uk/what_we_do/send_a_text/warning_signs/

Some assurances and tips for maintaining your mental health while adjusting to this new life. <https://twitter.com/alicegoldfuss>

A Mindfulness Guide for the Frazzled, Ruby Wax

An easy-to-understand introduction to mindfulness, weaved together with Ruby's trademark wit and humor. Let Ruby be your guide to a healthier, happier you. You've nothing to lose but your stress.

https://www.amazon.co.uk/Mindfulness-Guide-Frazzled-Ruby-Wax-ebook/dp/B015TTT0Jl/ref=sr_1_2?keywords=ruby+wax&qid=1584281996&s=digital-text&sr=1-2&srs=BCB371FA0AFF84D6A46898CC682D8460

Healthcare app that enables patients to 'Ask, Talk or get a health checks'. The app combines the power of Ai (that's Artificial Intelligence) with human medical expertise. They have a paid and free NHS plan. Unparalleled access to healthcare <https://www.babylonhealth.com/us>

A community supporting the mental health of the self-employed is gathering and sharing resources on positive mental health around remote working, working under isolation, and the challenges of coronavirus for the self-employed, who may have loss of business as a result.

Leapers <http://leapers.co/go/coronavirus>

Combating burnout, isolation, and anxiety in the remote workplace

<https://about.gitlab.com/company/culture/all-remote/mental-health/>

Coronavirus: 8 ways to look after your mental health <https://www.mhe-sme.org/covid-19/>

9 Ways to Make Working At Home More Joyful

<https://www.aestheticsofjoy.com/2020/03/9-ways-to-make-working-from-home-more-joyful/>

Your Mind Plan - An online quiz to get mental health tips on how to mind your mind

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=CjwKCAjwgbLzBRBsEiwAXVlygAtqQTmGAtamRxLtzc9rAnGWITq_hQsWN5pANMt1r0EmqZ5Ex3tIghoC4TsQAvD_BwE

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