

Elementary School Wellness Center

School Personnel

Dr. Gina Talbert, Superintendent of Schools

Dr. Habersham, Principal of Schools

Dr. Branch, MLK Assistant Principal

Mrs. Rice, LFH Assistant Principal

Ms. Rivera, LFH Annex Administrator

Mr. Afanador, MLK School Psychologist (Web Designer)

Mrs. Moshkovich, LFH/MLK School Social Worker (Web Designer)

Our Mission

The Virtual Wellness Center is designed as a way to support and assist our students in finding ways to cope and manage their emotions through healthy outlets.

Resources



Coloring



Journaling



Music & Sounds

Coloring

- Mandala coloring pages - <https://mondaymandala.com/>
- Coloring pages in various categories - <https://www.justcolor.net/>
- Radici Studios - Coloring for Resilience - <https://radicistudios.com/>

Meditation

- 3-Minute Mindful Breathing - <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- 5-Minute Relaxation - <https://www.youtube.com/watch?v=8Xdwr4cRTVA>
- 5-Minute Anxiety Reduction - <https://www.youtube.com/watch?v=MR57rug8NsM>
- 5-Minute Meditation Anywhere - <https://www.youtube.com/watch?v=inpok4MKVLM>
- 10-Minute Powerful Meditation - https://www.youtube.com/watch?v=sJH6_ZbgeWQ
- 10-Minute Mindfulness Meditation - <https://www.youtube.com/watch?v=ZToicYcHIOU>
- 15-Minute Finding Peace - <https://www.youtube.com/watch?v=W19PdsIW7iw>
- 15-Minute Balancing Meditation - <https://www.youtube.com/watch?v=G6oLzlxHd3E>

Music & Sounds

- Piano - <https://www.youtube.com/watch?v=N7v2bMUN5n4>
- Rain & Thunderstorm - <https://www.youtube.com/watch?v=oxz8Nym9bmc>
- Waterfall - <https://www.youtube.com/watch?v=IE6RYpe9IT0>
- Relaxing Music - https://www.youtube.com/watch?v=8smMVZ1_GKw
- Nature Sounds - <https://www.youtube.com/watch?v=c2NmyoXBxmE>
- Soothing Sounds - <https://www.youtube.com/watch?v=IFcSrYw-ARY>
- Instrumental Music - <https://www.youtube.com/watch?v=CcsUYu0PVxY>
- Birds Singing - <https://www.youtube.com/watch?v=2G8LAIHSCAs>



Journaling



Visual Relaxation



Puzzles & Games

Journaling

Click on the buttons to try different journal activities.

Three Little Things

Time, Heart, & Mind

What It Feels Like to Be YOU

Reflect On Your Day

Find Joy

Let Your Mind Wander

Visual Relaxation



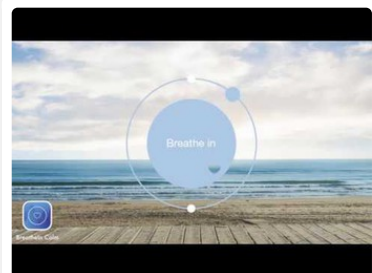
Coral Reefs

<https://www.youtube.com/watch?v=P7EB3ZxqjZg>



Fire Place

<https://www.youtube.com/watch?v=NiqM3IVirkw>



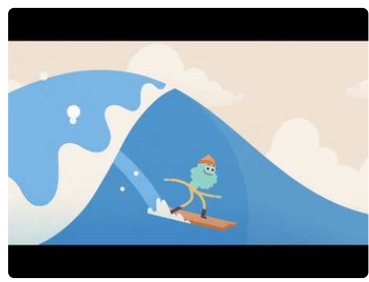
Breathing Bubble

https://www.youtube.com/watch?v=9tOJZQhO_Uw

Puzzle & Games

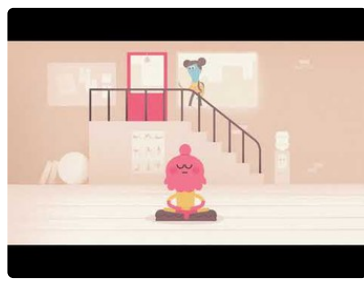
- Jigsaw - <https://www.jigsawexplorer.com/>
- Word Search - <https://thewordsearch.com/>
- Mind Games - <https://www.mindgames.com/Puzzle+Games>
- The Washington Post Games Page - <https://games.washingtonpost.com/category/allgames/>
- Go Noodle English: <https://www.youtube.com/user/GoNoodleGames>
- Go Noodle Espanol: <https://about.gonoodle.com/espanol>

Meditation With Headspace



This Too Will Pass

<https://www.youtube.com/watch?v=0ZKqLcWdG-4>



The Impatient Yogi

<https://www.youtube.com/watch?v=TgfycCiZl8s&t=4s>



Understanding Dark Thoughts

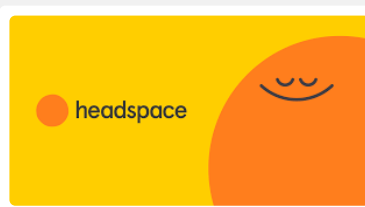
<https://www.youtube.com/watch?v=L7u5N2MfTNU>

Helpful Apps & Resources



Insight Timer

<https://insighttimer.com/>



Headspace

<https://www.headspace.com/>



Calm App

<https://www.calm.com/>

Important Information

Given these unprecedented circumstances, you may experience a heightened level of anxiety. These are situationally appropriate responses. If you need additional resources, we have provided some for you below.

Counseling Resources

- **Catholic Charities Mental Health**

9 Forth Ave.
Bay Shore, NY 11706
(631) 665-6707

- **Family Service League**

1444 Fifth Ave.
Bay Shore, NY 11706
(631) 647-3100

- **Federation of Organization**

240 Long Island Ave.
Wyandanch, NY 11798
(631) 782-6200

- **New Horizon**

445 Oak St.
Copiague, NY 11726
(631) 257-5173

- **South Oak Comprehensive Outpatient Behavioral Services**

400 Sunrise Drive
Amityville, NY 11701
(631) 608-5900

Food Pantry/Parrish Outreach Resources

- **COGOP Community Pantry**

168 Long Island Ave Wyandanch, NY 11798
631-242-2055
Saturday 1pm-3pm
Suffolk County Food Pantries

- **Well Life Network/Wyandanch**

234 Long Island Ave Wyandanch, NY 11798
631-920-8250
Friday 2:30 pm - 4:30 pm

- **Fellowship Baptist Food Pantry**

98 Levey Blvd Wyandanch, NY 11798
631-643-2712

Every other Tuesday 3pm-5pm
Suffolk County Food Pantries

- **Mercy Soup Kitchen of Wyandanch**

Trinity Lutheran Evangelical Church 17 S. 20th Street Wyandanch, NY 11798
631-643-5117
Monday-Friday 11:30am-1pm
Suffolk County Soup Kitchens

- **Salvation & Deliverance**

15 South 20th Street Wyandanch, NY 11798
631-491-1744
Mon 7:00 PM - 8:30 PM
Suffolk County Food Pantries

- **Gerald Ryan Outreach Center**

1434 Straight Path Wyandanch, NY 11798
631-643-7591
Monday-Friday 9:15am-12:30pm
Suffolk County Food Pantries

- **Wyandanch Church of God Food Pantry**

1477 Straight Path Wyandanch, NY 11798
631-491-1813
Thursday 11am-1pm

- **The Miracle Worship Center**

91 Lincoln Ave Wyandanch, NY 11798
631-920-7655
Saturday 12pm-2pm

- **Macedonia Sda Church**

27 Jackson Street Wyandanch, NY 11798
631-491-9021
Suffolk County Food Pantries

- **Loaves & Fishes/Bread Of Live**

1345 Straight Path Wyandanch, NY 11798
631-253-2117
Friday 10am-2pm.
Suffolk County Food Pantries

- **God's Provision 10**

61 Booker Avenue Wyandanch, NY 11798
631-790-3820
Every other Monday 12pm-1pm
Suffolk County Food Pantries

- **Resurrection House**

1650 Straight Path Wyandanch, NY 11798
631-491-3954 x4
Please Call First Monday-Friday 9am-3pm.

Mental Health & Covid-19 Resources

- **Response of Suffolk County 24/7 Crisis Hotline**

Crisis intervention/referral hotline open 24/7/365

631-751-7500

<https://www.responsecrisiscenter.org/>

- **New York State Mental Health Hotline**

New Yorker's can call the COVID-19 Emotional Support Hotline

1-844-863-9314

<https://omh.ny.gov/>

- **Crisis Text Line**

Anonymous texting service available 24/7

Start a conversation by texting HOME to 741741

<https://www.crisistextline.org/>

- **Long Island Crisis Center (LICC) - 24/7 Crisis Hotline**

(516) 679-1111

<https://longislandcrisiscenter.org/>

- **American Foundation for Suicide Prevention Covid-19 Resources**

<https://afsp.org/mental-health-and-covid-19/#social-sharing>

