

Centro de Bienestar de la Escuela

Personal de la Escuela

Dr. Gina Talbert, Superintendente de Escuelas
Dr. Habersham, Directora de Escuelas
Dr. Branch, MLK Asistente Principal
Mrs. Rice, LFH Asistente Principal
Ms. Rivera, LFH Annex Administradora
Mr. Afanador, MLK Psicologo
Mrs. Moshkovich, LFH/MLK Trabajadora Social

La Misión

El Centro de Bienestar Virtual está diseñado como una forma de apoyar y ayudar a nuestros estudiantes a encontrar formas de afrontar y manejar sus emociones a través de salidas saludables.

Recursos



Coloring



Meditación



Música y Sonidos

Coloring

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

Meditación

- 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=ZToicYcHI0U>
- 15-Minute Finding Peace - <https://www.youtube.com/watch?v=W19PdsIW7iw>
- 15-Minute Balancing Meditation - <https://www.youtube.com/watch?v=G6oLzlxHd3E>

Música y Sonidos

- 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>



Diario



Relajación



Rompecabezas y Juegos

Diario

Haga clic en los botones para probar diferentes actividades del diario.

Three Little Things

Time, Heart, & Mind

What It Feels Like to Be YOU

Reflect On Your Day

Find Joy

Let Your Mind Wander

Videos para relajarse



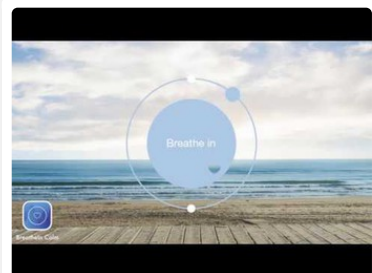
Coral Reefs

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



Fire Place

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



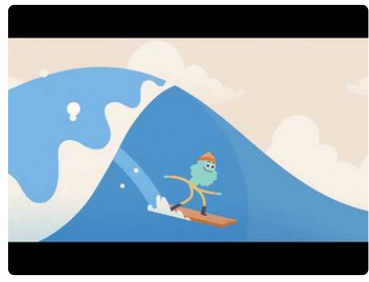
Breathing Bubble

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

Rompecabezas y juegos

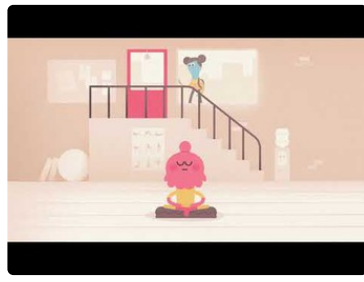
- Jigsaw - <https://www.jigsawexplorer.com/>
- Word Search - <https://thewordsearch.com/>
- Mind Games - <https://www.mindgames.com/Puzzle+Games>
- The Washington Post Games Page - <https://games.washingtonpost.com/category/allgames/>
- Go Noodle English: <https://www.youtube.com/user/GoNoodleGames>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

Meditación con 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

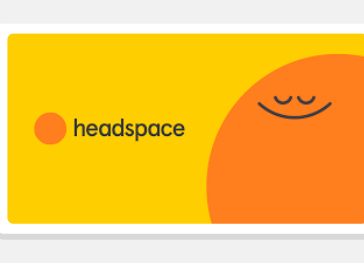
<https://www.youtube.com/watch?v=L7u5N2MfTNU>

Aplicaciones y recursos útiles



Insight Timer

<https://insighttimer.com/>



Headspace

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



Calm App

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

Información Importante

En estas circunstancias, puede sentir ansiedad. Estas son respuestas apropiadas para la situación. Si necesita recursos adicionales, tenemos algunos aquí.

Recursos de Consejería

- **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

Recursos de la Despensa de Alimentos

- **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.
Suffolk County Food Pantries

Recursos de salud mental y Covid-19

- **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>

