

TWEEN/TEEN/YOUNG ADULT

Free YA Audio Books

AudioFile SYNS Audiobooks for Teens

<https://www.audiobooksync.com/2020-sync-titles/>

Light Saber

Terra Prime Light Armory

<https://www.youtube.com/channel/UCN3IsywwpbvOMkkCD2TFMAA>

Beginner Playlists:

1. Getting Started with Sabering (6 video sequence)
2. Formula I: Shii-Cho (6 video sequence)
3. Working at home: Training Hall Quarantine (1 video, designed for smaller spaces)

Yoga

"Do Yoga, Do You! Yoga for Youth"

https://www.youtube.com/watch?v=nEUdh_3q9OU

30 minute Beginner Yoga for Kids and Teens Class (has a cute puppers in the video too!)

<https://www.youtube.com/watch?v=wsfJnS79GO8>

Anime & Manga

Crunchyroll: the free account has limits, but does provide access to older anime and manga

<https://www.crunchyroll.com/videos/anime>

Funimation: the free account has limits, but does provide access to older anime

<https://www.funimation.com/shows/>

Mangakakalot: massive manga database, most of the collection is searchable and available for free

<https://mangakakalot.com/>

Epic Stream: Information on 450+ manga released to the public!

<http://epicstream.com/news/NobelleBorines/Coronavirus-Outbreak-Leads-to-Over-450-Manga-Volumes-Released-Online-for-Free>

D&D

FREE TO PLAY Explorer's Guide to Wildemount <https://marketplace.roll20.net/browse/module/5353/adventure-preview-explorers-guide-to-wildemount?fbclid=IwAR0LI5GUcbmcPJnb-bngyzroJsfLzGd08yQQbxQt7PeNA5oPBnJrTnODyE>

D&D Beyond: online RPG support, forums to connect players, and free digital gaming resources

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

Wizards of the Coast online Dice Roller: no dice? No problem!

<https://www.wizards.com/dnd/dice/dice.htm>

Learn American Sign Language!

<https://www.gallaudet.edu/asl-connect/asl-for-free>

All sorts of themes available through Good Reads Online Book Clubs:

<https://www.goodreads.com/group>

Mental Health for YOUTH

The Tribe Wellness Community: TEEN TRIBE

<https://support.therapytribe.com/teen-support-group/>

“It is our purpose to help people find key mental health resources like therapists, support groups, wellness tools, as well as an overall sense of community. In 2006 we began by offering our members safe, convenient, easy-to-navigate tribes focused on bringing together communities of individuals suffering from various mental health illnesses, addictions and diseases. We believe that communicating, sharing, and connecting with others in your community will have a positive effect on your healing and your life. TherapyTribe is now the amalgamation of several free health and wellness services provided to the community at large, as well as targeted marketing services for mental health professionals.”

Crisis TEXT line

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

1. **You text 741741** when in crisis, available 24/7 in the United States.
2. A live, trained Crisis Counselor receives the text and responds quickly.
3. The Crisis Counselor helps you move from a hot moment to a cool calm to stay safe and healthy using effective active listening and suggested referrals - all through text message, using Crisis Text Line's secure platform.

Reach Out (<https://au.reachout.com/>) "Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing. Everything we do is user-driven and evidence-based, available 24/7, from anywhere you can get the internet."

10 ways to take care of yourself during coronavirus

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>