contact

amurphy@chicousd.org

Work-891-3066 ext 212  
Cell phone 530-324-9200  
8am–3pm
Monterey Bay Aquarium
Open Sea | Live Cam

The San Diego Zoo
Check out all of the exhibits
LIVE!!!

Live Cams

Travel the world
LIVE!

Live Network of Webcams and Streaming Video Cameras
Music and Exercise

Relaxing Guitar Music, Calming Music

Sounds of Rain and Thunder

Go to the Beach and Listen to the Waves

Spell Your Name Exercise Fun

Roll the Dice Fun Exercise

14 Day Workout Program

Yoga For Teens-Fun!

Yoga For Beginners - The Basics - Yoga With Adriene
Art Exploration

COLOR

Silk – Interactive Generative Art

Neonflames

The Splendor of Color Kaleidoscope Video

Sonar Festival Set...super cool!!

Zen Photo Garden
You will be okay...It is called a Panic attack.

Talk to an adult or reach out to the Chico Junior Counseling Department

Use this Video to Stop a Panic Attack
Just Breath

How to Get Through a Panic Attack | Lifehacker
Depression or Sadness??

Calm Yourself With Breath
Deep Breathing Exercises for Kids

Depression (in Teens) KidsHealth

What does teen depression look like?

Identifying and helping with Teen Depression

Talk to an adult or reach out to the Chico Junior Counseling Department
Resources

Dial 911 for an Emergency

Butte County Mental Health
Help in Crisis

Youth Mental Health Services in Butte County
https://www.buttecounty.net/behavioralhealth/chico

Homeless Emergency Action Response Team
http://www.youth4change.org/?page=heart

211
24 hour help lines
http://helpcentral.org/24-hour-hotlines/