CORONAVIRUS CARE: AMAZING ACTS OF KINDNESS DURING A PANDEMIC

In the middle of Covid-19 when the news is full of worrying statistics and advice on social distancing; it’s easy to feel fear and uncertainty. But during this stressful time many people are stepping up to demonstrate acts of generosity and kindness. Check out the stories below for examples of how people are practicing love and kindness during these challenging times.


“The world is going through a period of crisis, but whether we look at it as a crisis or as an opportunity to reshape our thinking, depends on us. So use this period as a lesson on how to live life with a concern for human kind.

–Abhijit Naskar

National Children’s Mental Health Awareness Day

The Substance Abuse and Mental Health Services Administration (SAMHSA) will be premiering a virtual event on Tuesday, May 7, to launch National Children’s Mental Health Awareness Day (Awareness Day), which is being celebrated throughout the country on May 9.

The video will debut on https://www.samhsa.gov/

TIRED OF BEING STUCK AT HOME?

If so check out the live feeds below! This should help you feel as if you’re in the zoos and aquariums yourself!

Aquarium and zoo live feeds:

Monterey Bay Aquarium
Maryland Zoo
The National Aquarium
San Diego Zoo
Reid Park Zoo
Woodland Park Zoo
Smithsonian’s National Zoo

For the latest info on resources go to: https://www.ok.gov/odmhsas/ find the box labeled COVID-19 information