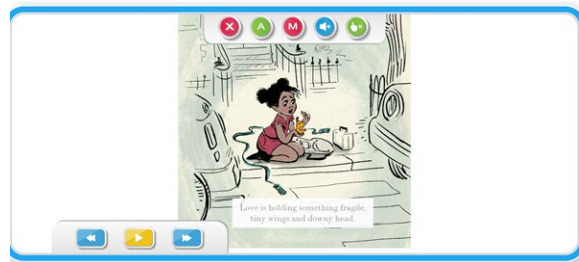


Hello SMMUSD families,

The PTA Council put together this reference to many Family Resources made available to us on the district and school webpages. There are lots of fun and engaging activities. You and your little one can watch a book come to life, teens can find a workout video or meditate, parents can listen to soothing sounds and relax. Take a look! We hope you find something to enjoy.

## 1. TUMBLE BOOKS LIBRARY

TumbleBooks Library is a database of children's e-books available through the Santa Monica Public Library. Tumblebooks are electronic versions of existing picture books featuring narration of the story, music, sound, and fun animation of the story's illustrations. [Click here](#) to access.



## 2. SMPL DIAL A STORY

Also offered by the Santa Monica Public Library, a new story can be heard over the phone each week.

A promotional banner for "Dial-A-Story February Picks 2021". On the left side, there is a grid of six colorful book covers. To the right of the covers, the text reads "GENERAL RECOMMENDATIONS" in small letters, followed by "Dial-A-Story February Picks 2021" in a larger font. Below this, there is a small box that says "Staff-created list". Further down, the text says "Wish you could have a story read to you at any time? YOU CAN! Call the Library's Dial-A-Story phone line each week to hear new stories read aloud by our storytelling squad: 424-610-8600, then come back here to check out the books we read throughout the month." In the top right corner, there is a logo for "Santa Monica Staff" and "Santa Monica Public Library".

**3. SAMOHI'S WELLNESS TEAM** has curated a large collection of videos to help you relieve stress and relax. [Click here](#) and try the many soothing sound videos, visual relaxation videos, and yoga workouts with SAMOHI's very own Jason Battung!

#### 4. Wellness Support



[Click here to go to UCLA Arts and Healing.](#) Learn how to use the arts to reduce your stress level.

#### 5. Mindfulness and Meditation (free access to both)



[Click here to go to Headspace](#)



[Click here to go to Calm](#)

#### 6. Sleep Support

[Click here for Mayo Clinic's 6 Steps for Better Sleep.](#)

#### 7. Movement



[Click here](#) to learn how to access the Down Dog Yoga app. They are providing free access to their app until July 1, 2021. They offer yoga, HIIT, meditation, and barre exercises.



[Click here](#) to access Group HIIT and see their collection of free workouts. There are filters to help you choose what body part you wish to target, the skill level, length of workout time, etc.