

Counseling Connection

Dufur School District - Mid and High School Edition

Virtual Tours to Visit as a Family

Even though travel is not really an option right now, you can still explore some pretty awesome attractions all over the United States. We will go



international next week. There is a little something for everyone.

Theme Parks

-Walt Disney World - If you're missing Disney as much as we are, this [360-degree panorama](#) is just like a walk

through [Disney World's global Epcot "countries."](#), [Magic Kingdom](#), Animal Kingdom and more.

- **Legoland Florida Resort** - This [virtual tour](#) of Legoland in Florida is just like actually being there. Marvel at everything that can be done with the blocks, and definitely invite the kids to the couch for this trip.
- **SeaWorld Orlando** - SeaWorld's [interactive virtual tour](#) starts out high in the sky, giving you a full view of the park before diving into some interactive rides and activities.

Visit a Zoo

- **Atlanta Zoo** - Have some pandas keep you company with Atlanta Zoo's all-day [Panda Cam](#).

MS. TIFFANY'S ZOOM OFFICE HOURS

Tuesday - Thursday, 11:00 am - 12:00 pm

JOIN ZOOM MEETING

[HTTPS://ZOOM.US/J/630745387](https://zoom.us/j/630745387)

MEETING ID: 630 745 387

WANT TO CHECK IN? EMAIL ME AT TIFFANY.KENSLow@DUFUR.K12.OR.US

MIDDLE / HIGH SCHOOL

- **Cincinnati Zoo** - The daily Home Safari, a [Facebook live stream](#) that typically airs around 3 p.m., fills you in on the happenings at the Cincinnati Zoo. Plus, the Facebook page features The Fiona Show, a 4-season diary of the life Fiona, a baby hippo.
- **Georgia Aquarium** - If you've ever wanted to spend the evening with a beluga whale, Georgia Aquarium provides [live feeds](#) to improve your downtime.
- **Houston Zoo** - Plenty of habitats at the Houston Zoo include a [live webcam](#), so you and the kiddos can enjoy watching every four-legged creature frolic, from gorillas to rhinos to ants.
- **Monterey Bay Aquarium** - Keep an eye on the aviary, coral reef, kelp forest and so much more with Monterey Bay's [24-hour live cams](#). There's even a shark cam for those who love to live on the edge.



- **National Aquarium** - The National Aquarium in Baltimore offers an [interactive virtual tour](#) of all of their exhibits, one floor at a time. Warm up with tropical fish or cool down with penguins in the snow.

Take a trip to Hawaii

- As we go through high-tensioned times, keeping yourself relaxed is as important as keeping yourself clean. With the help of Google Earth, users can take [a tour of some of Hawaii's beautiful landmarks](#), such as Hawai'i Volcanoes National Park and Waikiki Beach.

RESOURCES:

Mid-Columbia Center for Living:

1-888-877-9147 for 24/7

for crisis support. Visit www.mccfl.org/services/mental-health/crisis/ for more info.

DHS Child Abuse Hotline: 1-855-503-7233

HAVEN: Serving victims of Domestic Violence and Sexual Assault, 541-298-4789 or 1-800-249-4789.

Open Food Pantries:

Dufur School Pantry, Thurs, 3-6 pm.

The Salvation Army, 623 E 3rd St., TD Mon and Wed, 1-3 pm and Tues and Thurs, 3-6 pm.

CGCC Chinook Campus Pantry, 400 E Scenic Drive, TD, Wed and Thurs, 2-5 pm

Dude's Corner



The Dude has didn't come to many Zoom meetings this week, he is feeling lonely and will be visiting this