



## How to support your families during school shut down due to COVID-19

### During times of heightened stress, you;

- May feel overwhelmed, anxious or helpless
- May experience a lack of sleep or oversleeping
- May have a shortened temper
- May experience relationship issues with family, colleagues or friends
- May change your eating habits (constant snacking and or binge eating)

### Ideas and strategies;

- Develop new routines/ways of being together and getting work/school done
- Healthy habits- sleep, food, daily hygiene and physical activity
- Manage your social media habits
- Set up a checklist that breaks daily tasks down for your child
- Recognize that it is a challenging time, forgive yourself and others
- If you are fighting with family members, take a time out and decide you will talk later

### Resources- recommended by the International School Counselor Association

- Navigating stressful times and anxiety as a parent <https://gozen.com/coronavirus-anxiety/>
- Ways to cope with fear /anxiety <https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>
- Brain pop for elementary-aged Children about COVID-19 <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Information for Upper Middle and High school students <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Short stories for children to relax <https://bedtime.fm/peaceout>
- Podcasts for anxious adults <https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/>

**Activities to do at home;** Art projects, board games, play an online game together, cook, bake, physical challenges, to name a few. There are many ideas online.

If you are a working parent leave a list of things that are options for when they finished their work, older elementary and up will be able to make a list with you.

Link with ideas for toddlers to tweens

<https://www.whatdowedoallday.com/indoor-activities-for-kids/>

Self-management checklist- example below

**My Weekly Checklist**

School related checklist Did I....	Well being checklist Did I...	My own checklist Did I...
<input type="checkbox"/> Check my emails daily during the school week?	<input type="checkbox"/> Plan a weekly schedule for myself?	<input type="checkbox"/>
<input type="checkbox"/> Ask my teacher questions when I was confused or unsure?	<input type="checkbox"/> Engage in any physical activity this week?	<input type="checkbox"/>
<input type="checkbox"/> Work collaboratively with my partner?	<input type="checkbox"/> Talk to my friends and/or family about any difficulties I am having?	<input type="checkbox"/>
<input type="checkbox"/> Complete all tasks that were set?	<input type="checkbox"/> Take a break from my screen time?	<input type="checkbox"/>
<input type="checkbox"/> Participate in online classes	<input type="checkbox"/> Have a balanced week between school work and my hobbies?	<input type="checkbox"/>

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