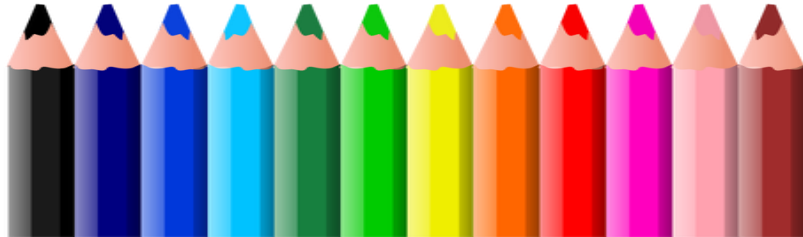




# Social Emotional Virtual Resources For School-Aged Parents



# 15 ways we can help kids who are **WORRIED ABOUT CORONAVIRUS:**



Be available to talk.



Acknowledge worries.



Limit news exposure.



Stick to routines and boundaries.



Start or continue mindful practices.



Set and track daily goals or habits.



Practice controlled breathing.



Try progressive muscle relaxation.



Use grounding strategies.



Set a timer for worries.



Write a story or draw a picture about defeating personified worries.



Use a journal or feelings tracker.



Avoid participating in worry rituals.



Avoid excessive reassurance.



Be mindful of your own worries.

**COUNSELOR***Keri*

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



# 7 Important Social Skills for Kids



**1. Sharing**



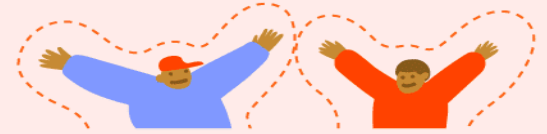
**2. Cooperating**



**3. Listening**



**4. Following directions**



**5. Respecting personal space**



**6. Making eye contact**



**7. Using manners**



# A Mindful Minute

There are lots of ways to take a mindful minute.

"What if I fail the test?"  
I have a worried thought  
It's drifting by.  
It's okay. I know it's  
temporary. I don't  
have to react to it.  
I am not my thoughts.

I'm paying attention  
to my breath. That's it.  
I'm observing my breath  
and if my mind wanders,  
that's okay. I'll just come  
back to my breath.



I'm bringing myself  
back from a worried  
future thought to  
the present by getting  
in touch with my  
senses. What do I  
touch, taste, smell,  
hear and see in  
this moment?



FREE

# Mindfulness Class for Kids!

LIVE  
ONLINE

Tues, Weds  
& Thurs

10am PDT / 1pm EDT

[CLICK HERE TO REGISTER!!](#)

# APPS and Websites for Mindfulness

- Breathe, Think, Do with Sesame : free app for children ages 2-5
- Headspace: the following link provides free usage during this time, [headspace.com/covid-19](https://www.headspace.com/covid-19)
- Stop, Breathe, Think : app for children ages 5-10, can try for free at <http://www.stopbreathethink.com/kids/>
- UCLA guided meditations:  
<http://www.uclahealth.org/marc/mindful-meditations>



# Quick ways to **CALM** down!

## Sea Life Sensory Solutions.



### Puffer Fish Puff

Puff your  
cheeks like a  
puffer fish!

Fill your  
cheeks with air  
and hold for 5  
seconds.



### Clam Cuddle

Cuddle  
yourself like a  
clam.

Place your  
hands on the  
opposite  
shoulders and  
squeeze.



### Turtle Tongue

Poke your  
tongue out like  
a turtle pokes  
out its neck.

Stick your  
tongue out and  
quickly hide it  
again.



### Starfish Stretch

Stretch out like a  
starfish.

Place your arms  
up over your  
head and stretch  
out wide. Stretch  
your legs out  
wide too.



# Self care for students



Organise your space



Stay hydrated



Get plenty of sleep



Use a planner or calendar



Spend time with your family & friends



Take breaks to refuel



Meditate & practice relaxation techniques



Move your body



More fruits & vegetables

@theself\_carekit

# things to be GRATEFUL for

FRIENDSHIP



LAUGHTER



SUNRISES



MUSIC



CONVERSATIONS



SLEEP



MEMORIES



STRENGTH



LOVE



SELF LOVE



SEASONS



FUN



@theself\_carekit

## 30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

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## DEALIN' WITH FEELING BORED



Being bored means that you have nothing fun planned to do or there is nothing going on that gets you excited. The best way to cope with boredom is by finding something to do that you enjoy. Read below to find out how you can start *dealin' with feeling bored*!



### LEARN A NEW HOBBY OR SKILL

Is there a skill or a hobby that you've been wanting to learn? This is your chance to do it! You can take time to learn the rules of a new sport and see how good you can get. You can watch videos or read books about learning to play an instrument. You could also start a collection or try other hobbies you may not have thought of such as photography, gardening, or hiking.

### CREATE SOMETHING

Being bored gives you a chance to get creative! Find materials around the house to work on a fun craft. Look for instructions for a special project or just make something up on your own. You can also use crayons, markers, or paint to create a work of art to hang in the house. You can try to create your own characters and write a short story, funny skit, or comic book.

### REACH OUT TO OTHERS

If you're bored, reach out to other people and see what they are up to. You can join their activity or invite them to come over and have fun with you. If your parents or guardians aren't busy, ask them if they'd like to play a game with you. There are a lot of fun things you can do with siblings as well. Activities that you can do with others include cooking, watching a show, playing a game, or doing something fun outdoors.

### LEARN TO RELAX

Sometimes having nothing to do can be a good thing! Rest and relaxation are good for your mind and body. Taking time to relax can help you cope when you're feeling stressed or overwhelmed. There are things that you can do to unwind when you're feeling bored. You can take a nap, read a book or practice meditation or yoga!



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<https://www.teacherspayteachers.com/Store/BuckeyeBeginnings>

# THE BIG LIST OF HOBBIES!

Looking for a new hobby? This is the place to start!



**EXERCISING**  
**PLAYING SPORTS**  
**COOKING**  
**PLAYING AN INSTRUMENT**  
**BAKING**  
**FISHING**  
**JUGGLING**  
**CANOEING**  
**MAKING VIDEOS**  
**PUZZLES**  
**LEGOS**  
**MAKING CRAFTS**  
**BIRDWATCHING**  
**DESIGNING CLOTHES**  
**CAMPING**  
**RUNNING OR JOGGING**  
**WOODWORKING**  
**WRITING STORIES**

**SINGING**  
**DRAWING**  
**PHOTOGRAPHY**  
**HIKING**  
**DANCING**  
**PUPPETRY**  
**WATCHING SPORTS**  
**WATCHING TV**  
**SEWING**  
**KAYAKING**  
**SCRAPBOOKING**  
**COLLECTING THINGS**  
**GARDENING**  
**ORIGAMI**  
**WATCHING MOVIES**  
**INVENTING**  
**BOARD GAMES**  
**ARCHERY**  
**VIDEO GAMES**  
**RIDING BIKES**  
**SWIMMING**  
**ASTRONOMY**  
**GEOCACHING**

**VOLUNTEERING**  
**KNITTING**  
**POTTERY**  
**CARD GAMES**  
**HORSEBACK RIDING**  
**JOURNALING**  
**READING**  
**SKATING**  
**TAKING CARE OF ANIMALS**  
**VISITING NEW PLACES**  
**ACTING**  
**EXPERIMENTING**  
**LISTENING TO MUSIC**  
**SURFING**  
**TRYING NEW FOODS**  
**CROSSWORD PUZZLES**  
**KITE FLYING**  
**MAGIC TRICKS**  
**ROCK CLIMBING**  
**WRITING SONGS**



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# At Home Learning Ideas

## WEEK 1

- MON** Go for a walk. Create a video journal of things you noticed.
- TUE** Read a new fiction book.
- WED** Build something from a cardboard box.
- THU** Create an Explainer Video. Use props from outside.
- FRI** Open the magnifier app on your phone. Observe bugs and plants.

## WEEK 2

- MON** Find a recipe. Change it. Bake something new.
- TUE** Create a book trailer of your new fiction book.
- WED** Pretend you're running for President. Create your plan.
- THU** Create your own podcast. Invite a parent as a guest.
- FRI** Create a mosaic using dry food or household materials.

## WEEK 3

- MON** Read a biography of a historical figure.
- TUE** Make ice cream in a bag.
- WED** Learn a new card game. Call a friend and teach them.
- THU** Take pictures of trees. Create a photostory.
- FRI** Dress up as your favorite fictional character. Act and record it.

## WEEK 4

- MON** Invent something using only toothpicks and glue.
- TUE** Run to the mailbox and back. Calculate avg speed.
- WED** Create an alternate ending to your fiction book.
- THU** Create a music video with a family member or friend.
- FRI** Create a stop motion video using toys or legos.

@drlangraad

# Tips to Increase Motivation!

## 1. Visualize the prize

Think of how things would look differently if you suddenly had all the motivation in the world. There would probably be a lot of positive effects! Every time you start to feel unmotivated, try to refocus on all the good things that will happen when you reach your goal. It might help to draw a picture of it or write it down.

## 2. Write down positive statements

It can be easy to feel like giving up when you're working really hard towards a goal. What are some positive things you can say to yourself to help you refocus? Write these statements down, and put them somewhere you can see it every day!

## 3. Take small steps

Motivating yourself can be hard if your goal seems so big and so far away! Rather than looking at how much work you have left to do, break it down into smaller steps. Every day set a new goal for yourself that will bring you closer to your big goal. Remember to 'pat yourself on the back' whenever you make any progress!

## 4. Make it a challenge

Challenges and competition are things that can get us excited and energized. Is there a way you can challenge yourself in reaching your goal? Maybe there's a friend or family member who has a similar goal. You can turn it into a fun and healthy competition. Remember, whenever people are working towards a goal, there are never any losers - just winners!

## 5. Reward yourself

Finding a way to reward yourself can help keep you motivated. Every time you reach a small or big goal, find a way to give yourself a prize. It doesn't have to be anything big or cost a lot of money. Talk to your parents and see if you can think of fun rewards for the progress you make towards your goals.



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# what's your name?

Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |                                                       |                                                                    |
|-------------------------------------------------------|--------------------------------------------------------------------|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups                                            |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

# what's your name?

Workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

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# GoNoodle

**offers educational, physical,  
and mental health activities!**

**[www.gonoodle.com](http://www.gonoodle.com)**



10 Days Of Live, Online Choose Love Lessons for  
Parents And Children

[Click here to register!!](#)

## **DIY Coping Skill and Sensory Crafts/Activities**

### **Sensory Bags**

<http://mamaot.com/40-fun-sensory-bags/>

### **Sensory Bottles**

<https://preschoolinspirations.com/how-to-make-a-perfect-sensory-bottle/>

<https://littlebinsforlittlehands.com/recycled-sensory-bottles-common-household-bottles/>

### **Edible Slime Recipes**

<https://www.kenarry.com/easy-edible-slime-recipe-without-glue/>

### **Stress Balls**

<https://www.wikihow.com/Make-a-Balloon-Stress-Ball>

### **Bubbles**

<https://www.diynetwork.com/how-to/make-and-decorate/crafts/the-two-best-homemade-soap-bubble-recipes>

<https://happyhooligans.ca/homemade-giant-bubbles/>

### **Sensory Fidget Beads**

<https://hubpages.com/family/how-to-make-sensory-fidget-beads>



# Bookends with Julia

**Mondays and Fridays**

**9:00 am CST on Facebook Live**

[facebook.com/juliacookonline](https://facebook.com/juliacookonline)

- 3/20 Wilma Jean the Worry Machine
- 3/23 I'm a Booger, Treat Me With Respect
- 3/27 Personal Space Camp
- 3/30 My Way or the Highway
- 4/3 The Great Compromise
- 4/6 Bubble Gum Brain
- 4/10 Baditude
- 4/13 Soda Pop Head

**JULIA COOK**



# Join Hamden PD on Facebook Live for Storytelling!

Each night at 7:30 PM, Hamden Police Officers Jeremy Brewer and Angela Vey will be reading a children's book via Facebook Live. Visit the Hamden PD Facebook site for more information.

\*Book will be read in both English and Spanish!

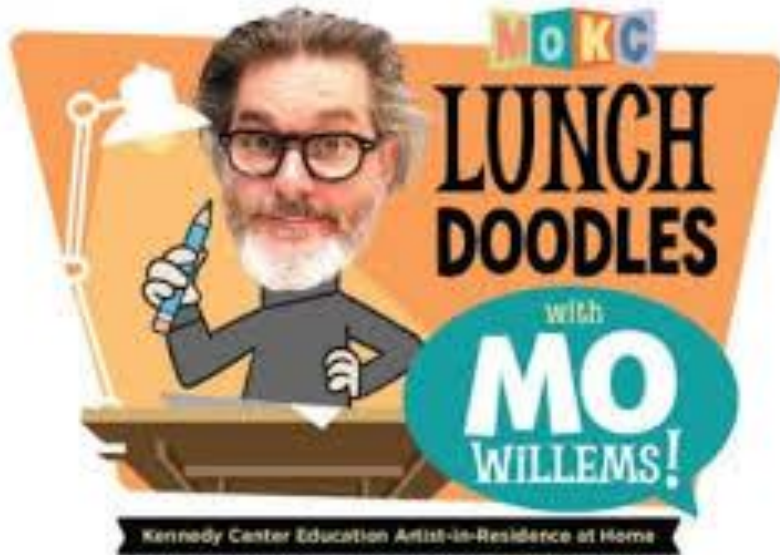
# Audible

As long as schools are closed, Audible is offering free access to stream stories on your desktop, laptop, tablet, or phone!

[stories.audible.com/start-listen](https://stories.audible.com/start-listen)



1:00 PM Weekdays @ <https://www.kennedy-center.org/education/mo-willems/>



# thank you

MEDICAL  
WORKERS

CIVIL SERVICE  
EMPLOYEES

delivery  
folks

sanitary  
workers

Bank  
WORKERS

FIRST RESPONDERS

JOURNALISTS farmers

PHARMACY  
WORKERS

factory workers

TRUCKERS

non-profit  
workers

GROCERY  
WORKERS

MAIL  
CARRIERS

military  
personnel

EVERYONE  
WHO IS WORKING  
TO KEEP THINGS  
GOING IN THESE TRYING TIMES

UTILITY  
WORKERS

# Stay healthy and stay in touch!

