

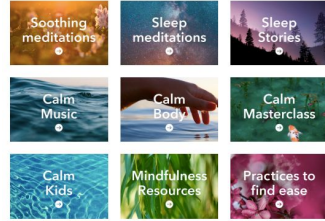






A Weekly Calendar for Mindfulness and Coping Activities

*Engaging in these activities can help us to feel better when we are stressed or worried

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	<p>Volcano Breaths: 1) Start with your hands in front of your heart with palms touching. 2) Keeping your hands together, lift your hands upward and over your head and breathe in. 3) Holding your hands together over the top of your Head, Hold your breath for two seconds. 4) As you Breathe out, Separate your hands and move your arms down to your side. 5) Repeat for five breaths.</p> 	<p>Sing/Dance: Sing or hum some of your favorite songs. Recruit friends and/or family to sing along with you. Do a silly dance or create some serious dance moves ;).</p> 	<p>Progressive Muscle Relaxation: 1) Take 3 deep breaths. 2) Squeeze your feet for 5 seconds, relax. 3) Squeeze your legs for 5 seconds, relax. 4) Squeeze your stomach for 5 seconds, relax. 5) Shrug your shoulders for 5 seconds, relax. 6) Squeeze your arm and hand for 5 seconds, relax. 7) Squeeze your whole body for 5 seconds, relax. 8) Take 3 deep breaths.</p>	<p>Meditation: Check out the free resources on Calm.com: www.tinyurl.com/freecalmresources.</p> <p>Calm shares short audio recordings that can help you to feel more relaxed.</p> 	<p>Art: Color, draw, paint, sculpt, etc. Engage in a creative art. Allow yourself to be fully present (not distracted by other things) while you engage in the activity. Encourage a friend or family member to join you. Share your art with a friend or family member. Post it in your room or in a common room.</p> <p>You can print free, coloring mandalas from this website: https://mondaymandala.com/m</p>
Activity 2	<p>Five Senses:</p>  <p>This activity can be helpful if you are feeling anxious or worried. It can help you feel more calm and grounded in the present moment. You can write down your answers, or think about them in your head.</p> <ol style="list-style-type: none"> 1) Name 5 things that you can see. 2) Name 4 things you can hear. 3) Name 3 things you can smell. 4) Name 2 things you can feel. 5) Name 1 thing you can taste. 	<p>Gratitude Statements: Write down or have a conversation with someone about your answers to the following:</p> <ol style="list-style-type: none"> 1) Something that's funny for which I am grateful is... 2) Something that money can't buy that I'm grateful for is... 3) A memory that I'm grateful for is... 4) Something that comforts me that I'm grateful for is... 5) a strength of mine for which I am grateful is... 6) A challenge that I'm grateful for is... 	<p>Go Noodle: Get singing and dancing on Go Noodle!</p> <p>https://family.gonoodle.com/</p>  <p>There are tons of videos to choose from. I can't watch them without a smile :). You can even challenge friends or family to competitions!</p>	<p>Positives Journal: Keep a list (in a journal or on a phone) of all of the positive things that you notice in the day. You can include good and kind things that friends, family members, neighbors, strangers, (maybe even tiktok/snap/insta/fb/twitter followers) have done for one another, or for you. You can also include kind or generous things that you've done for others. All positive things count:).</p> 	<p>Visualization:</p>  <ol style="list-style-type: none"> 1) Close your eyes and imagine a peaceful and happy place. Picture it as vividly as you can. 2) What do you see in this place? 3) What do you hear? 4) What do you smell? 5) What do you feel there? 6) What can you taste there? 7) Consider drawing a picture of this wonderful place, sharing it with a friend or family member, and putting it in your room.

Resource for Parents:

Talking to Kids About the Coronavirus

EN ESPAÑOL

Kids worry more when they're kept in the dark

Rachel Ehmke

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be.

Here is some advice from the experts at the Child Mind Institute.

- Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to [avoid encouraging frightening fantasies](#).
- Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that [you are feeling anxious](#), take some time to calm down before trying to have a conversation or answer your child's questions.

- Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.
- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The [CDC recommends](#) thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.
- Stick to routine. "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or [summer vacation](#). Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.
- Keep talking. Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>