

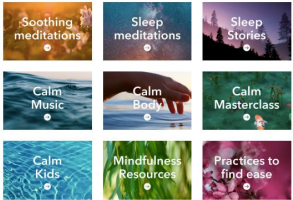




## Resource for Students and Parents:

# Week 2: 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																																																															
<b>Activity 1</b>	<p><b>Sudoku:</b> Solve this Sudoku puzzle! Rules: 1) Each row, column, and nonet (small box of nine) can contain each number (1 to 9) exactly once. 2) The sum of all numbers in any nonet, row, or column is equal to 45.</p> <p>Here is the puzzle. Good luck!</p> <table border="1"> <tr><td>2</td><td>6</td><td>5</td><td>4</td><td>8</td><td></td><td></td></tr> <tr><td></td><td></td><td>9</td><td>7</td><td></td><td></td><td></td></tr> <tr><td>8</td><td>7</td><td></td><td></td><td>4</td><td>5</td><td>9</td></tr> <tr><td>5</td><td></td><td></td><td>9</td><td>2</td><td></td><td></td></tr> <tr><td>7</td><td></td><td>2</td><td>1</td><td>3</td><td></td><td>5</td></tr> <tr><td></td><td>2</td><td>5</td><td></td><td></td><td></td><td>4</td></tr> <tr><td>9</td><td>5</td><td>8</td><td></td><td></td><td>7</td><td>6</td></tr> <tr><td></td><td></td><td>1</td><td>8</td><td></td><td></td><td></td></tr> <tr><td></td><td>1</td><td>7</td><td>6</td><td>2</td><td>8</td><td></td></tr> </table>	2	6	5	4	8					9	7				8	7			4	5	9	5			9	2			7		2	1	3		5		2	5				4	9	5	8			7	6			1	8					1	7	6	2	8		<p><b>Zumba:</b> Check out some dances on Go Noodle - Zumba Kids. You can learn some new dance moves and share them with friends and family!</p> <p><a href="https://family.gonoodle.com/channels/zumba-kids">https://family.gonoodle.com/channels/zumba-kids</a></p> 	<p><b>Body Scan:</b> Follow along with this 3 minute video to engage in body scan activity.</p> <p><a href="http://www.tinyurl.com/kidsbodyscan">www.tinyurl.com/kidsbodyscan</a></p>  <p>Body scan activities help you to notice any feelings or sensations you have, without judging them. The goal is to train your mind to be open to and aware of what you feel.</p>	<p><b>Meditation:</b> Check out the free resources on: <a href="http://www.tinyurl.com/freecalmresources">www.tinyurl.com/freecalmresources</a>.</p> <p>Calm shares short audio recordings that can help you to feel more relaxed.</p>  <p>I felt very relaxed listening to "Healing Piano" listed under "Calm Music."</p>	<p><b>Art:</b> 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 check out the "Art for Kids Hub" for some videos about "How to" draw animals, food, flowers, and more! <a href="https://www.youtube.com/user/ArtforKidsHub">https://www.youtube.com/user/ArtforKidsHub</a></p>
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<b>Activity 2</b>	<p><b>Get Active:</b> Jumprope, climb steps, do jumping jacks and push-ups, jog with your dog. If you can, play your favorite sport, roller blade, scooter, etc. Aim for at least 20 minutes per day of active movement that you enjoy! Channel your inner Mr. Linda, Ms. Lai, Mr. Stapes, Mrs. Allen, Ms. Parrot, Mr. McFadden, or Mr. Brown :).</p> 	<p><b>Creative Writing:</b> Write a story or poem about an issue that is on your mind. Consider creating your own problem/question for content. Or consider writing about a fun event or creating fan fiction related to your favorite novels/shows :).</p> <p>Share your creative masterpiece with others. Think about recruiting others to be actors in a play based on your content/script!</p>	<p><b>"How To"/DIY Videos:</b> Learn how to make a squishy stress ball, how to spin a basketball on your finger, how to make unicorn-goo slime, and more! Share your new skills with your family and friends. Learn all these things and more at <a href="https://family.gonoodle.com/channels/how-to">https://family.gonoodle.com/channels/how-to</a></p> 	<p><b>Stroll Down Memory Lane:</b></p> <p>Write down or have a conversation with a friend or family member about one happy memory that you have. Try to recreate it as vividly as you can.</p> <p>1) What do you see in this memory? 2) What do you hear? 4) What do you smell? 5) What do you feel there? 6) What, if anything, can you taste there?</p>	<p><b>Positive Mantra:</b> If you find yourself constantly stressed or feeling low, having a positive mantra that you repeat to yourself throughout the day can really help. Some example mantras are: "I will be okay," or "I am amazing!" or "I am enough."</p> <p>1) Select your mantra. 2) Repeat it to yourself three times in the morning and three times at night. 3) If you experience sadness or worry in the day, repeat the mantra to yourself three times.</p>																																																															

Resources for Parents:

# Supporting Kids During the Coronavirus Crisis

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[childmind.org/article/supporting-kids-during-the-covid-19-crisis](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis)

As schools close and workplaces go remote to prevent the spread of the new coronavirus, parents everywhere are struggling to keep children healthy and occupied. If you're anxious about how to protect and nurture kids through this crisis — often juggling work obligations at the same time — you're in good (virtual) company. I know, as I write this from home, with my 2-year-old hovering, that we have a lot to figure out.

Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.

## **Keep routines in place**

The experts all agree that setting and sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress. Kids, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when. The schedule can mimic a school or day camp schedule, changing activities at predictable intervals, and alternating periods of study and play. It may help to print out a schedule and go over it as a family each morning. Setting a timer will help kids know when activities are about to begin or end. Having regular reminders will help head off meltdowns when it's time to transition from one thing to the next.

## **Be creative about new activities — and exercise**

Incorporate new activities into your routine, like doing a puzzle or having family game time in the evening. For example, my family is baking our way through a favorite dessert cookbook together with my daughter as sous chef.

Build in activities that help everyone get some exercise (without contact with other kids or things touched by other kids, like playground equipment). Take a daily family walk or bike ride or do yoga — great ways to let kids burn off energy and make sure everyone is staying active. David Anderson, PhD, a clinical psychologist at the Child Mind Institute, recommends brainstorming ways to go “back to the 80s,” before the time of screen prevalence. “I've been asking parents to think about their favorite activities at summer camp or at home before screens,” he says. “They often then generate lists of arts and crafts activities, science projects, imaginary games, musical activities, board games, household projects, etc.”

## **Manage your own anxiety**

It's completely understandable to be anxious right now (how could we not be?) but how we manage that anxiety has a big impact on our kids. Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible.

“Watch out for catastrophic thinking,” says Mark Reinecke, PhD, a clinical psychologist with the Child Mind Institute. For example, assuming every cough is a sign you've been infected, or reading news stories that dwell on worst-case scenarios. “Keep a sense of perspective, engage in solution-focused thinking and balance this with mindful acceptance.” For those moments when you do catch

yourself feeling anxious, try to avoid talking about your concerns within earshot of children. If you're feeling overwhelmed, step away and take a break. That could look like taking a shower or going outside or into another room and taking a few deep breaths.

### **Limit consumption of news**

Staying informed is important, but it's a good idea to limit consumption of news and social media that has the potential to feed your anxiety, and that of your kids. Turn the TV off and mute or unfollow friends or co-workers who are prone to sharing panic-inducing posts. Take a social media hiatus or make a point of following accounts that share content that take your mind off the crisis, whether it's about nature, art, baking or crafts.

### **Stay in touch virtually**

Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded. And the same is true for your children. Let kids use social media (within reason) and Skype or FaceTime to stay connected to peers even if they aren't usually allowed to do so. Communication can help kids feel less alone and mitigate some of the stress that comes from being away from friends. Technology can also help younger kids feel closer to relatives or friends they can't see at the moment. My parents video chat with their granddaughter every night and read her a (digital) bedtime story. It's not perfect, but it helps us all feel closer and less stressed.

### **Make plans**

In the face of events that are scary and largely out of our control, it's important to be proactive about what you can control. Making plans helps you visualize the near future. How can your kids have virtual play dates? What can your family do that would be fun outside? What are favorite foods you can cook during this time? Make lists that kids can add to. Seeing you problem solve in response to this crisis can be instructive and reassuring for kids. Even better, assign kids tasks that will help them feel that they are part of the plan and making a valuable contribution to the family.

### **Keep it positive**

Though adults are feeling apprehensive, to most children the words "School's closed" are cause for celebration. "My kid was thrilled when he found out school would be closing," says Rachel Busman, PsyD, a clinical psychologist at the Child Mind Institute. Parents, she says, should validate that feeling of excitement and use it as a springboard to help kids stay calm and happy. Let kids know that you're glad they're excited, but make sure they understand that though it may *feel* like vacations they've had in the past, things will be different this time. For example, Dr. Busman suggests, "It's so cool to have everyone home together. We're going to have good time! Remember, though, we'll still be doing work and sticking to a regular schedule."

### **Keep kids in the loop — but keep it simple**

"Talking to children in a clear, reasonable way about what's going on is the best way to help them understand," says Dr. Busman. "But remember kids don't need to know every little thing." Unless kids ask specifically, there's no reason to volunteer information that might worry them. For example, our two-year-old daughter Alice is used to seeing her grandparents regularly, but right now we're keeping our distance to make sure everyone stays safe. When she asks about them we say: "We won't see Grandma and Grandpa this week

but we will see them soon!" We *don't* say: "We're staying away from Grandma and Grandpa because we could get them sick." Older kids can handle — and expect — more detail, but you should still be thoughtful about what kinds of information you share with them.

### **Check in with little kids**

Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset. Plan to check in with younger children periodically and give them the chance to process any worries they may be having. Children who are tantruming more than usual, being defiant or acting out may actually be feeling anxious. Pick a calm, undistracted time and gently ask how they're feeling and make sure to respond to outbursts in a calm, consistent, comforting way.

### **Sometimes the path of least resistance is the right path**

Remember to be reasonable and kind to yourself. We all want to be our best parenting selves as much as we can, but sometimes that best self is the one that says, "Go for it," when a kid asks for more time on the iPad. My daughter is watching *Elmo's World* — and possibly drawing on the wall — as I write this. That shrill red Muppet is the only reason I'm able to write at all. "We should forgive ourselves the image of perfection that we normally aspire to as parents," says Dr. Anderson. "Maybe your kids don't have TV or screens on the weeknights during the school year, but now that school is cancelled or online, we can give ourselves license to relax these boundaries a bit. We can explain to our kids that this is a unique situation and re-institute boundaries once more when life returns to normal."

### **Accept and ask for help**

If you have a partner at home, agree that you'll trade off when it comes to childcare. Especially if one or both of you are working from home and have younger children. That way everyone gets a break and some breathing room. Everyone who can pitch in, should. Give kids age appropriate jobs. For example, teens might be able to help mind younger siblings when both parents have to work. Most children can set the table, help keep communal spaces clean, do dishes or take out the trash. Even toddlers can learn to pick up their own toys. Working as a team will help your whole family stay busy and make sure no one person (Mom) is overwhelmed. "Be creative and be flexible," says Dr. Busman, "and try not to be hard on yourself. You have to find a balance that works for your family. The goal should be to stay sane and stay safe."

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