











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>Family Bucket List</p>  <p>Sit together as a family and see if you can brainstorm a list of 25 things you want to do together this year. Get creative and collaborative! Make sure the items range from totally doable in a day to something that may seem silly or impossible. Work to check things off each month until you make your next one.</p> <p>Video 1: English 5th Grade Read Aloud https://www.youtube.com/watch?v=ogoFpqfdVaw&list=PLdxi8DDwgeV941CG0_VnMIIR1jif9aeps Video 1: Spanish :El cuento del Coronavirus El cuento del Coronavirus</p>	<p>Take a Hike</p>  <p>Search for hiking or walking trails in your area and pick one you haven't tried before. Even if it's just walking around the block, get some family fresh air and keep technology or distractions at home. See if your kids want to come up with the topic or theme of the conversation while you walk.</p> <p>Video 1: English Inspirational Short Clip Inspirational Video- Be a Mr. Jensen- MUST WATCH!! Video 1: Spanish ACTIVIDADES para hacer con niños EN CASA durante la CUARENTENA del coronavirus</p>	<p>Look at old pictures/home movies/videos</p>  <p>This family fun activity is a good way to connect to our past through memories of the good old days. Learn about your family and its ancestry through this activity and you may find you have more in common with your family than you ever knew!</p> <p>Video 1: English Riddles for Kids Good Riddles for Kid With Answer - Funny Questions - EGMines Riddles -4 🗝️🚲🕒 Video 1: Spanish El Diario de Yucatán - hace 1 día Actividades en casa para niños de 1 a 12 años, durante la cuarentena</p>	<p>Family board game day</p>  <p>It's time to unplug the Xbox and give the old board games a try again. From Monopoly, to Sorry to Life, see how much fun these games can be played with your whole family.</p> <p>Video 1: English Hobbies and Interests Video 1: Spanish 10 Actividades para Hacer con tus Hijos Durante la Cuarentena</p>	<p>Home Scavenger Hunt</p>  <p>SIMPLE SCAVENGER HUNTS</p> <p>OUTDOORS</p> <ul style="list-style-type: none"> • colors/shapes nature walk • beginning sounds in nature • rough, soft and smooth objects • living and non living things • fragrant objects • sound walk • rock hunt • bird hunt • bug hunt <p>INDOORS</p> <ul style="list-style-type: none"> • alphabet hunt • sight word hunt • color hunt • shape hunt • number hunt • magnetic hunt • sound hunt • book hunt • grocery store hunt <p style="text-align: right;"><small>PROVIDE FUN & LEARNING</small></p> <p>Scavenger hunts can be a blast with you and your family. One person could design the list of 10-15 things on the list for the others to find in a short period of time. Simple fun and good competition as well.</p> <p>Video 1: English Kid President Message: Kid President's 20 Things We Should Say More Often Video 1: Spanish -MINDEFULNESS: Técnicas de Relajación para Niños</p>

<p>Activity 2</p>	<p>Love Language</p>  <p>Ask each family member how they prefer to receive kindness and love from other people in the family. Some people prefer words of affirmation or acts of service, whereas others may prefer a hug each day. Post a list of people's preferences in a place everyone will see and be reminded.</p> <p>Video 2: Kids Exercise Exercises for different parts of the body, Jumping, Stretching, Aerobics, Funny Game for Kids</p> <p>Video 2: Spanish El juego del coronavirus para que los niños se laven las manos</p>	<p>Coloring Books/Pages</p>  <p>Kids of any age and adults find coloring with crayons, colored pencils and markers both fun relaxing, and colorful! . For pages to color click on Funprintablesforkids.com</p> <p>Video 2: Magic trick Learn Five Easy Magic Tricks for Kids - Vanish, Money, Levitation and More</p> <p>Video 2: Spanish ¿Cómo explicarles a los niños lo que está pasando con el coronavirus?</p>	<p>Play Charades</p>  <p>A family classic, this game uses hand gestures to help children guess a popular movie, book, person or saying. This doesn't require much material or set up. Just a willingness to be a bit silly and creative. For rules on how to play charades click here</p> <p>Video 2: Kids Zumba Zumba Kids (easy dance) - I like to move it</p> <p>Video 2: Spanish Actividad Física durante la cuarentena #Coronavirus</p>	<p>Grow a Container Garden</p>  <p>It's spring time in San Jose, and the best time to grow plants and herbs. It's fun and easy to grow a container garden.All you need is a windowsill, a small pot, some seeds, of a plant of your choice, some water and sun. Good choices would include parsley, chives, rosemary.</p> <p>Video 2: Guided Imagery Guided Imagery - Age 6 to 12</p> <p>Video 2: Spanish ¿Qué hacer con los niños en casa por el coronavirus? Cuatro consejos clave</p>	<p>Decorate a cake or cookies</p>  <p>This is a delicious activity for you and your family. Bake a cake or cookies and have fun putting frosting, sprinkles and decorations on them. It will be just as fun to eat them as it is to make them.</p> <p>Video 2: Two minutes Mindfulness: Balloon Breaths/Belly Breaths - Breathing exercise for Children</p> <p>Video 2: Spanish El juego de las esponjas: mindfulness para niños Gemma Sánchez</p>
--------------------------	--	---	---	--	--

Resource for Parents:

Self-Care in the Time of Coronavirus

childmind.org/article/self-care-in-the-time-of-coronavirus

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help.

Make time for yourself

Right now, much of the personal time that was part of daily routines — commutes, time alone at home or at the store, social time with friends — is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

Prioritize healthy choice

The added stress and lack of structure we're all experiencing right now can make it easy to slip into habits that feel good in the moment but can be detrimental in the long term. "Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity," recommends Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binging your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

Be realistic

"Perfectionism and the coronavirus don't mix," says David Anderson, PhD, a clinical psychologist at the Child Mind Institute. "It's time to be exceedingly realistic, both at work and as a parent." Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. "Practice forgiveness and self-compassion," says Dr. Anderson. Parents should remind themselves that these are unprecedented times. "There's no playbook for this. Remember you're doing your best during a very difficult time. Cut yourself some slack."

Set boundaries

Anxiety is rampant right now. With so much worry and uncertainty floating around it can be easy to absorb other people's fears and concerns without even realizing it. If you have a friend or family member who's in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you're taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.

Reconnect with things you enjoy

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill. Maybe there's a knitting project you've always wanted to try, but you've been too busy. Or you've been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it's been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Finally, remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you're running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you're filling the tank, emotionally and physically, and that means you'll be in a position to offer comfort and care to others when they need it most.

****Resources from Child Mind Institute** Sign up to receive daily tips in your inbox about how to support kids during the COVID-19 crisis. Child Mind Institute Clinicians will share advice about structuring the day when kids are stuck at home, managing behavior, balancing work and child care, practicing mindfulness, and much more. <https://signup.e2ma.net/signup/1917784/1800565/>