
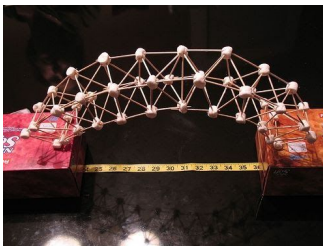





A Weekly Calendar for Mindfulness and Coping Activities

Engaging in these activities can help us to feel better when we are stressed or worried. This week we are focusing on creating positive thoughts, happy feelings, and moving our body!

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	 <p>Write a thank you letter to 5 people</p> <p>Email is nice, but who wouldn't want a good old thank you letter in the mail. Here is your chance. Send some thanks to that special family member or friend.</p> <p>English Video: Dial Direct "The Notebook" [Responsibility] Dial Direct - The Notebook</p> <p>Spanish Video: Los niños y las tareas del hogar [Responsabilidad] Los niños y las tareas del hogar: cómo volverlos responsables y disciplinados</p>	 <p>Build a bridge or building out of toothpicks and marshmallows</p> <p>Here is your chance to create a masterpiece out of just a few materials. Toothpicks and marshmallows.</p> <p>English Video: "Bridge" [Cooperation] "Bridge" by Ting Chian Tey Disney Favorite</p> <p>Spanish Video: Trabajo en equipo :LA COOPERACIÓN TRABAJO en EQUIPO:LA COOPERACION...por afpcortes@hotmail.com</p>	 <p>Play card games</p> <p>Crazy 8's , Fish, Spoons, Memory. The card games of yesterday, are still fun today. Click the link for additional game choices.</p> <p>Easy Card Games for Kids</p> <p>English Video: Empathy vs Sympathy This video shows the difference between empathy and sympathy explained in an easy to understand way. Become an empathetic person (empathy for kids)</p> <p>Spanish Video: Educación del carácter: compasión Educación del carácter: compasión</p>	 <p>Make your own home radio station</p> <p>Be a DJ at your own home radio station. Come up with the name of your station, write commercial jingles, and take song requests from your family!</p> <p>English Video: Manners This video is a good reminder to use or touch up on our manners! Use Polite Words (Signing Savvy) S3 E23</p> <p>Spanish Video: EL VALOR DEL RESPETO PARA LA SOLUCIÓN DE PROBLEMAS!! EL VALOR DEL RESPETO PARA LA SOLUCIÓN DE PROBLEMAS!!</p>	 <p>Knock knock jokes</p> <p>Did you know knock knock jokes can be traced back to the 1600's? Have fun with these funny knock knock jokes to tell your family and friends. Best Knock Knock Jokes for Kids - Printable Jokes for Kids</p> <p>English Video: Overcoming Adversity A boy is faced with a physical disability yet he doesn't let it get him down or stop him from doing what he loves to do. The Inspirational Story Of 9-Year-Old Ezra Frech</p> <p>Spanish Video: EL VALOR DE LA EMPATÍA!! EL VALOR DE LA EMPATÍA!!</p>

Activity 2

STEM Marble Run



PIC+COLLAGE

Cardboard tube Marble Run

Not only are matchbox cars fun to race. So are marbles. Create your own cardboard tubes to race your marbles. All you need are towel rolls, some tape and of course the marbles.

English Video: Telling the Truth is cool [Honesty]

[Telling the Truth is Cool Video](#)

Spanish Video:

Moneda de oro - Cuento sobre el valor de la honestidad
[Moneda de oro - Cuento sobre el valor de la honestidad](#)



Juggling!

Impress family and friends with your new talent. Juggling. Be patient and enjoy the process!. Click the link below for the tutorial.
[Learn to JUGGLE 3 BALLS - Beginner Tutorial](#)

English Video: Above and Beyond [Creativity]

https://www.youtube.com/results?search_query=Above+and+Beyond+Creativity

Spanish Video:

CREATIVIDAD E INICIATIVA DE LOS NIÑOS !!
[NO MATEMOS LA ALEGRÍA. CREATIVIDAD E INICIATIVA DE LOS NIÑOS !!](#)



Dice games

Dice can help you count and provide some fun as well. Click on the link to find some fun and educational dice games.

[10 Fun Dice Games for Kids and Families](#)

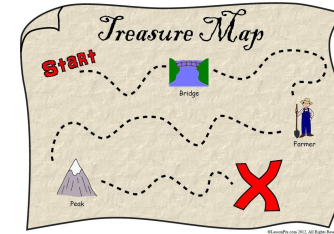
English Video: Believe in Yourself

In this video several people prove the importance of not giving up and to believe in yourself.

[Never give up , Believe in yourself!](#)

Spanish Video:

El agradecimiento cambia la vida
[El agradecimiento cambia la vida](#)



Create your own treasure map

Have fun creating your own treasure map either inside or outside. Time to put on your detective hat!!

English Video: 5210 Guide to Good Health

This video promotes good health and wellness for kids and their families.
[Kids! Small Steps to a Healthy You](#)

Spanish Video:

El Poder de Perseverar - no rendirse
[Power of Not Giving Up](#)



Be an expert!

Find a subject that interests you (such as your favorite singer, athlete, hobby or activity). Research it and present it to your family. You may find some cool and interesting facts you didn't know before!.

English Video: Attitude of Gratitude

This video reminds us to appreciate all we have even when it seems like life is giving us some challenges.
[What is Gratitude? Written & Voiced by Stephanie Bierman, Program Director](#)

Spanish Video:

El Valor de tener Valentía
[Cortometraje acerca del miedo](#)

How Mindfulness Can Help During COVID-19

 childmind.org/article/how-mindfulness-can-help-during-covid-19

With schools closed and many parents working from home without childcare for the foreseeable future, it's hard not to start spiraling. Responsibilities seem endless, the situation dire, and it seems like time to yourself has become a thing of the past...

Take a deep breath. Literally. Feel a little better?

These are trying times, but incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills. Here are some tips from our clinicians on making mindfulness work for you and your family.

It doesn't have to be complicated

Being mindful is what it sounds like. Taking time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Trying to center your thoughts and be in the moment. Sounds simple, but it takes work, especially now when concerns about what the future holds feel so pressing. Mindful activities can help. "Mindfulness isn't complicated," says Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. Here are some simple activities she recommends:

- Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- Blowing Bubbles: Notice their shapes, textures and colors.
- Coloring: Color something. Focus on the colors and designs.
- Listening to Music: Focus on the whole song, or listen specifically to the voice or an instrument.

Make time for mindfulness

Right now much of the personal time that used to be part of our daily routines — commutes, time alone at home, going to the store — is not available. This means it's extra important to be intentional about creating space to recharge. Deciding to set time aside each day to practice mindful activities is a great place to start, says Dr. Emanuele. "The morning, before everyone is awake, can be a great time to really ground yourself." Morning mindfulness can help set the tone for the day. "Do deep breathing, meditate, exercise, whatever mindfulness activity works for you," she recommends. Mindfulness doesn't have to be elaborate: "You can try mindful eating or mindful drinking with a cup of coffee. Sit there and just be in the moment. That's mindfulness. Taking five minutes to do that before the day begins is even more important now because this is not our typical routine and we're going to feel very, very out of sorts."

Limit multi-tasking

Right now it can feel like trying to do ten things at once is the only way anything will get done. For example, trying to fold laundry, make dinner and watch your child all while on a work call.

But, explains Joanna Stern, PsyD, a clinical psychologist at the Child Mind Institute, multitasking rarely works, and can actually *increase* stress. "Multitasking is a myth," says Dr. Stern. Instead, she suggests achievable goals for the day, trying to focus on one thing at a time. For example, scheduling work calls during naptime, allowing kids to have a little extra screen time while you make dinner, or asking older children to help fold the laundry while you finish cleaning up.

Practice mindfulness as a family

Mindfulness, explains David Anderson, PhD, a clinical psychologist at the Child Mind Institute, is "Anything that helps everyone take a moment to slow down, stay present, and come together." Designating time to practice mindful activities as a family will help everyone feel less anxious. It could be a daily family yoga session, or a quiet walk in the woods as a group, taking time to focus on the way the air feels, the sound of the birds and the smell of the trees. Another good family mindfulness idea is asking everyone to mention one good thing they heard or saw that day over dinner.

Make peace with uncertainty

This situation is one of extreme uncertainty. We don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we then want to model for our children. "Right now it's very easy to let your brain spin out with the frightening possibilities," warns Dr. Anderson. "Practicing mindfulness helps bring us back to the present, and away from the brink."