

Things Shining Stars can do for Emotional Health



Practice a deep breathing technique.	Make a list of all the feelings you can think of.	Play emotion charades. Can your family guess your feeling?	Write a letter to someone to let them know you appreciate them.	Do your chores without being asked.	Make a poster about KINDNESS for your classroom.
Make a list of 10 ways to show respect at school.	Explain to an adult what empathy means.	Go outside and count how many things that are red.	Make a list of 30 things you are grateful for.	Practice your yoga poses for 5-10 minutes.	Tell someone about 3 Positivity Project character traits.
Make a list of 25 things you love.	Write or draw what it means to be a good friend.	Make a list of all the ways you showed kindness this week.	Write about your hero.	Talk to an adult about your favorite place.	Write a note to someone you miss.
Practice sitting still for one minute. What sounds did you hear?	Name 3 ways you can calm down if you are feeling stressed.	Make a card for someone you love.	Draw a picture of your future self. What is your career?	Make a list of things that are important to you.	Read a book. What feelings did you notice as you read?
Ask an adult about a career they are interested in.	Try to name 10 different colleges.	Name 3 things you love doing and 1 thing you want to try.	Name 3 things you can do to be helpful in your community.	Play a game with someone.	Name 5 things you love about yourself.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog road if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Talking with your Child about the Coronavirus

Talking about scary things with your kids can be scary for parents, too! Here's a little advice on talking about scary things like the coronavirus:

1. Keep your kids away from the media as much as possible. Don't spend hours watching the news, reading things on social media to them, etc. This will add to their fear and anxiety. It is your job to get the information and then share it with your children in a way that is developmentally appropriate.
2. Remain as calm as possible in front of your children, even if you are anxious. Many times, a child's anxiety is a reflection of our own.
3. Remind your kids of all the things we are doing to keep safe like washing our hands, social distancing, cancelling events, and staying home from school. Reassure them that you are doing what is necessary to keep them safe and healthy.
4. Remind them that some things are out of our control. Focus on what we can control and let go of what we cannot control.
5. Let them ask questions and answer as best you can. Not allowing them to ask questions will only make them worry more.
6. Keep a routine during days out of school. Have a schedule for when you will do school work, eat meals, do family activities so that there is structure to their day.
7. If you are sick, follow the [CDC](#) Recommendations.
8. Don't forget to take care of your own mental health and wellness!

WHAT CAN I DO IF I'M FEELING **worried?**

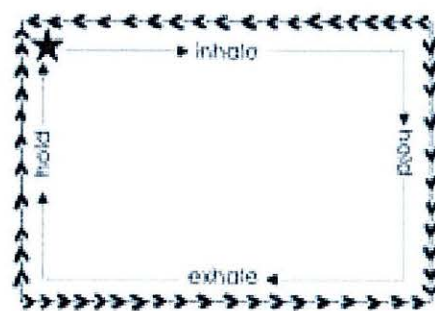


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe It Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

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Source: Counselor Keri

Resources for Talking to Kids about Coronavirus:

- **PBS Kids: How to Talk to Your Kids About Coronavirus**
https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AHOP3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook
- **Just for Kids: A Comic Exploring the New Coronavirus from NPR**
<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>
- **Brain Pop Video About the Coronavirus**
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM)
- **How to Talk to Kids About the Coronavirus**
<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtube>
- **The Yucky Bug by Julia Cook**
<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

Social-Emotional Learning Resources

- **Active Screen Time Resource**
<https://www.gonoodle.com/for-families/>
- **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**
<https://www.youtube.com/user/CosmicKidsYoga>
- **Ultimate Guide to Mental Health and Education Resources for Kids and Teens**
<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>
- **Help Your Family De-Stress During Coronavirus Uncertainty**
<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>
- **Videos for Sleep, Meditation and Relaxation**
<https://app.www.calm.com/meditate>
- **Progressive Muscle Relaxation for Kids**
<https://www.youtube.com/watch?v=cDKyRpW-Yuc>
- **Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**
<https://wedolisten.org/>

FUN AND FREE WAYS TO LEARN FROM HOME

MATH:

Prodigy

play.prodigygame.com



Khan Academy

www.khanacademy.org



READING:

Squiggle Park

www.squigglepark.com



Storyline

www.storylineonline.net/



SCIENCE:

Mystery Doug

mysterydoug.com



National Geographic

kids.nationalgeographic.com



WRITING:

Typing Club

www.typingclub.com



SOCIAL STUDIES:

History for Kids

www.historyforkids.net



Fun, Family Activities

Here are a few ideas to stay busy without visiting public places.

1. Board Games and Puzzles.
2. Crafts. Give your kiddos a box of random materials and see what creative things they can make!
3. Visit your Pinterest boards. I bet you have a lot of projects and things there that you've not done because you just didn't have time!
4. Cleaning projects.
5. Write letters to family or friends to send in the mail.
6. Learn a new hobby with YouTube. Knitting, crocheting, painting, etc. There's lots of online tutorials.
7. Have a bake off/cook off like you see on cooking shows or teach your kiddos how to cook!
8. Write a play and act it out.
9. Make a movie. iMovie on your iPhone is pretty easy to use.
10. Science kits/Science experiments. This will be educational and fun!
11. Play dress up. Make next year's Halloween costumes. You have lots of time to be creative!
12. Clean out closets with toys and help your kiddos list them on marketplace or eBay to sell.
13. Build things with Legos and blocks.
14. FaceTime with grandparents and do a performance!
15. Write letters or make cards for a nursing home and send them in the mail. They can't have visitors, so they are getting lonely.
16. Make a present to give their teacher or a friend whenever they return to school.
17. Plan a summer vacation! Hopefully, we'll be able to travel by then.
18. Let them be bored. Just see what they come up with to entertain themselves!
19. Play outside! Ride bikes, shoot hoops, play catch, etc. with family (but don't arrange play dates and sleepovers).
20. Build a fort.
21. Watch your favorite cartoon movie from your childhood.
22. Make a scrapbook of family photos.
23. Teach the dog a new trick! There's dog training videos on YouTube.

**Check out these ideas: [20 Screen-Free Things to do with your Kids Indoors!](#)