5 Ways to keep your child calm during COVID-19 self-quarantine.

1. **Have a conversation!**
   
   Include the Who, What, Why’s about the virus. Include basic prevention:
   - social distancing
   - frequent hand washing
   - covering your mouth when sneezing or coughing.
   

2. **Talk about feelings**
   
   Remind children that feelings are important, and that talking about feelings can make you feel better! Mr. Rogers teaches this lesson as he sings: “The Truth Will Make Me Free” [https://www.youtube.com/watch?v=JtV51aUBRlQ](https://www.youtube.com/watch?v=JtV51aUBRlQ)

3. **Discover what your kids are feeling**
   
   Every feeling is a valid feeling! The book, “Glad Monster, Sad Monster” by Ed Emberley and Anne Miranda is a perfect example. [http://csefel.vanderbilt.edu/booknook/glad/glad.pdf](http://csefel.vanderbilt.edu/booknook/glad/glad.pdf)
   
   Watch, listen and read along as the book is read: [https://www.youtube.com/watch?v=0Vb5n4bItY](https://www.youtube.com/watch?v=0Vb5n4bItY)

4. **Process Feelings**
   
   Process feelings through an activity. Processing all of this can be difficult for some children. A hands-on activity can help.
   
   
   Monster Puppet Activity: [http://www.theseedsworld.com/gl...monster-sad-monster-feeling-puppets/](http://www.theseedsworld.com/gl...monster-sad-monster-feeling-puppets/)
   
   Monster Feeling Match Game: [https://pocketofpreschool.com/monster-feelings-cards/](https://pocketofpreschool.com/monster-feelings-cards/)

5. **Circle Back**

   Don’t forget to circle back often with reminders prevention, checking in on emotional wellbeing and including conversation and activity to help process feelings and retain a sense of security.