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

1. **Have a conversation!**
   - Include the Why, What, Why’s about the virus. Include basic prevention like social distancing, frequent hand washing and covering your mouth when sneezing or coughing. Other helpful ideas when talking to your child are:
     - Remain calm
     - Make yourself available
     - Avoid excessive blaming
     - Monitor TV and social media viewing
     - Be honest and accurate
     - Know the symptoms

2. **Talk about feelings**
   - Remind children that feelings are important, and that talking about feelings can make you feel better!
   - An activity that can prompt a discussion about feelings is watching a video titled: *Sad, Bad, Terrible*
   - **Day:** [https://youtu.be/ca8SUuG8vdA](https://youtu.be/ca8SUuG8vdA)

3. **Discover what your kids are feeling**
   - Acknowledging how you feel, and why you feel that way is a healthy way to manage stress!
   - A few activities to help you and your child discover how they are feeling are:
     - [https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/](https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/)
     - [https://washburn.org/about-us-3/](https://washburn.org/about-us-3/)

4. **Process Feelings**
   - Processing all of this can be difficult for some children. Role playing is a great way for older elementary students to process feelings. An emotional charades game is a great example, find one here:
     - [https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/](https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/)
     - [https://washburn.org/about-us-3/](https://washburn.org/about-us-3/)
   - Naming emotions can also help students process feelings, find more information here:
     - Brain Science, Inside Out

5. **Circle Back**
   - Don’t forget to circle back often with reminders, prevention, checking in on emotional wellbeing, conversation and activities to help process feelings and retain a sense of security.