Ways to respond to your child's stress during COVID-19 self-quarantine.

1. Maintain Routines
Routines help give everyone a sense of normalcy, safety and security. Create routines for daily expectations to replace school structure.
- Bedtime/wake up time
- Mealtimes
- Play/activity schedule
- Schoolwork schedule
Get some help creating a routine here:
https://www.responsiveclassroom.org/what-is-quiet-time/
https://www.cdc.gov/parents/essentials/structure/index.html

2. Build in quiet time
Include scheduled quiet time, reading to themselves or with someone, listening to a story or calming music. A list of quiet, mindful activities can be found here:
https://gie.berkeley.edu/collection/mindfulness-for-upper-elementary-students/
Butterfly Breath:
http://carescenter.ucla.edu/sites/default/files/Butterfly%20Breath.pdf

3. Stay ACTIVE
Exercise, if possible, outdoors! Recess happens three times a day at school
- Go for a walk
- Play catch
- Collect items from nature for an indoor project.
Resources for staying active can be found here:

4. Get Hands-on
Arts, crafts and hands-on activities keep minds busy too and can make learning more meaningful. Children especially enjoy working with an adult.
Here are a few hands-on projects that will engage your kids:
http://www.artwithmrssfilmore.com/5th-grade-art-lessons/

5. Connect with friends and loved ones
Connect with family and friends using phone or video. Social distancing doesn’t mean cutting yourself off from loved ones. Write letters, send text messages, or video chat with friends, loved ones and family.