MS/HS: Keep calm ~ Recognize ~ Respond

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.cdc.gov/parents/essentials/structure/building.html?CDC

2. Build in quiet time
   Encourage a scheduled quiet time. Reading, meditation, or listening to calming music are great options:
   - Learn how to use your breath as an anchor to mindfulness with YoMind & JusTmindfulness
   - https://vimeo.com/227543375

3. Stay ACTIVE
   Exercise, if possibly outdoors! So get outside to move!
   - Go for a walk
   - Play catch
   - Jog or workout
   Helpful ideas can be found here: https://kidshealth.org/en/teens/easy-exercises.html

4. Get Hands-on
   Arts and crafts activities keep hands and minds busy and can make coping with stressful times easier. Teens and young adults especially respond to coloring or doodling.
   Coloring pages https://www.thespurcraf.com/free-coloring-pages-for-kids-620369
   Lunch doodles with Mo https://www.youtube.com/watch?v=9tVfVvmIP7E

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.