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K-2: Keep calm ~ Recognize ~ Respond

Ways to respond to stress in your child 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

Include scheduled quiet time, reading to themselves or with someone, listening to a story or calming music.

A list of calming books can be found here:

<https://www.motherlyloves.com/12-picture-books-to-help-calm-an-anxious-child>

A video with 8 hours of relaxing music can be found here:

<https://www.youtube.com/watch?v=EvX3K-RCzgc>

Stay ACTIVE

3

Exercise, if possibly outdoors! Recess happens three times a day at school if the temp is 1 degree or above. So get your kids outside to move!

- Go for a walk
- Play catch
- Collect items from nature for an indoor project.



4



Get hands on

Arts and crafts activities keep hand and minds busy and can make learning more meaningful. Young children especially enjoy working with an adult.

Here is list of great arts and crafts projects that kids and adults can take on at home.

<https://www.education.com/activity/kindergarten/arts-and-crafts/>

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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.

