

Six Daily Questions to Ask Yourself

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

1. **What am I grateful for today?** Find 3 good things in every day.
2. **Who am I checking in on or connecting with today?** Practice physical distancing, not emotional distancing.
3. **What expectations of "normal" am I letting go of today?** Figure out what is actually important to you and focus on that.
4. **How am I getting outside today?** Sit in the sun for 10 minutes or open the windows for fresh air.
5. **How am I moving my body today?** Take a 10 minute walk around the block. Massage the tension out of your jaw.
6. **What beauty am I either creating, cultivating, or inviting in today?** Color with your child, draw your dreams, journal about your life

"With the new day comes new strength and new thoughts."
Eleanor Roosevelt

Scavenger Hunt

Send your little ones around the house hunting for objects. You can ask them to find you something blue or find the yellow hat. Also, see page 2 below for a fun outdoors scavenger hunt you can do as a family!



Spring Hand Print Flowers

1. Trace your child's hand on paper. You can use colored paper or plain white paper to decorate or color yourself.
2. Cut out the hand tracing. If your child is old enough, assist them to use a child-safe scissors to help cut.
3. Attach the "flower" to a popsicle stick, straw, or green strip of paper.
4. Add a leaf made out of green paper.

Box Breathing

<https://weareunsinkable.com/what-works/box-breathing/>

Box breathing is a simple technique that you can do any time you feel stress and anxiety. Focused breathing calms nerves and relieves stress.

1. Lie down on your back and breath ONLY through your nose.
2. Inhale for 4 seconds, letting the belly fill up like a balloon.
3. Pause the breath at the top of the inhale for 4 seconds.
4. Exhale through the nose for 4 seconds, fully emptying the lungs
5. Pause the breath at the bottom of the exhale for 4 seconds
6. Repeat 3-5 times

Really try to focus on breathing into the belly, not your chest. See page 3 below for a nice visual cue!

Sensory Squishy Bags

For one sensory bag, you will need 1 cup of flour, 6 tablespoons of water and food coloring. You will also need zip-lock lunch bag, sticky tape, and a small mixing bowl. Adjust the flour and water amounts if you are using a smaller or larger zip-lock bag.




OUTDOOR SCAVENGER HUNT

 Stick  Squirrel

 Flower  Dirt

 Rock  Green Leaf

 Tree  Bird

 Ant  Bug

 Grass  Water

 Cloud  Spider Web

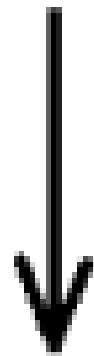
 Brown Leaf  Wave at a Neighbor



Breathe in

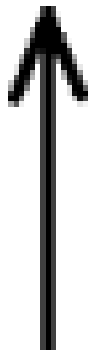
4 Seconds →

4 Seconds



Hold

4 Seconds



Hold

← 4 Seconds

Breathe Out