

10 Mental Health Tips for Coronavirus Social Distancing

(exerpt from <https://womensmentalhealth.org/posts/covid-19-outbreak-flattening-the-anxiety-curve/>)

- Social distancing does not mean emotional distancing
 - Relax routines that you can and clear your schedule as much as possible
 - Exercise or do a physical activity every day
 - Read a book or try to learn something new every day
 - Make time for positive family time
 - Allow yourself some time alone, even if it is a few minutes after the kids are in bed
 - Try yoga, focused meditation or relaxation
 - Remember the things that you really enjoy doing and try to do them at home
 - Limit exposure to TV and internet news
 - Bathe or shower daily
- And remember:
- Things will get better eventually, and back to a new normal
 - Most people are good, and people are going to persevere and help each other
 - You're tough, you've overcome challenges before; this is a new one.
 - This is a particularly strange and unprecedented situation; humor helps.
 - Live in the moment, think about today, less about the next three days, even less about next week; limit thinking about the next few months or years, for now.

"Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on the Earth, for what they believe is what they become."
Brook Hampton

Kinetic Sand

1 cup fine sand

1/2 Tablespoon corn starch

1 teaspoon of dish soap

Mix ingredients into a bowl then let dry for 1-2 hours before using for play.

Fun ways to play with Kinetic Sand

(<https://funlearningforkids.com/10-ways-to-play-with-kinetic-sand/>)

- Dinosaurs-use plastic toy dinosaurs to stomp around the sand or bury to dig for "fossils."
- Play kitchen utensils-use a fork or spoon to dig, use a rolling pin to flatten
- Measuring cups-pack the sand into the cups, flip them over to make "castles"
- Playdoh scissors-cut the sand with these
- Cookie Cutters-cut out different shapes
- Ice cream scoop-scoop the sand to make sand balls or a pretend cake
- Mega Blocks-pack into the blocks to make castles



The Benefits of Yoga

<https://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

Yoga is beneficial to people of all ages. Try practicing yoga with your children for a fun family activity.

Yoga can improve overall well-being by

- Enhancing physical flexibility
- Refining balance and coordination
- Developing focus and concentration
- Boosting self-esteem and confidence
- Strengthening the mind-body connection

Check out [Cosmic Kids Yoga](#) for yoga, mindfulness and relaxation designed specially for kids aged 3+.

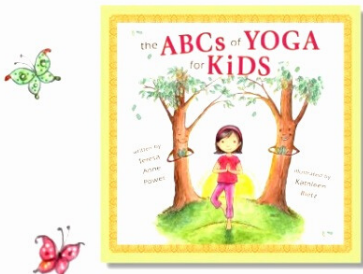
See pages 2 & 3 below for some additional fun ways to do yoga with your kids!

Animal Tape Rescue

(<http://teachersmag.com/posts/animal-tape-rescue-game/>)

Using blue painter's tape to adhere toy animals to the table, high chair, wall or floor. Encourage your child to "rescue" the animals by peeling off the tape. Ask them to pick out certain animals first (for example, animals with stripes then animals with spots). This is a great game to develop fine motor skills.





the ABCs of YOGA for KiDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



V Volcano



W Waterfall



X **Y**



Z Zero

CALM DOWN YOGA FOR KIDS



I am strong.



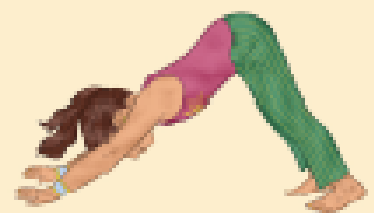
I am kind.



I am brave.



I am friendly.



I am wise.

