

***UGH!* Save Your Sanity While Keeping Your Kids Busy and Learning During The COVID19 Virus School Closures**

Create a presentation about diseases or disasters in history.

Grades K-2: Find pictures with the student and create a slideshow with the student
Each slide shows a picture of the disaster when it happened and a picture of the same place now.

Grades 3-5: Find pictures and descriptions online and place them in a slide show.
Each slide shows a picture of the disaster when it happened and a picture of the same place now with a description of what happened and how the people recovered.

Grades 6-8: Find pictures and descriptions online about epidemics/pandemics and disasters.
Create a slideshow or video about three of them. Ask the student to include the name of the disaster, where and when did it occur, what happened, who was involved, and how did the people or area affected recover. Include a picture of the area affected now.

Grades 9-12: Find pictures and descriptions online about epidemics/pandemics and disasters.
Create a slideshow, video, website, or prezi about 3-5 of them. Ask the student to include the name of the disaster, where and when did it occur, what happened, who was involved, and how did the people or area affected recover, what were the short-term and long-term effects of the disaster, and who responded to the emergency. Include a picture of the area affected now.

Write a letter to your Representative about an important issue

Use the website: [Find Your Representative](#) to find the contact information for your Representatives.

Use the format on the following page, being sure to use times new roman, twelve point black font that is double spaced, with one inch margins.

(Month) (Day) (Year)

The Honorable (First name) (Last name) (Room Number),
House Office Building
City, State (Zip Code)

RE: (state the topic or include the bill number, author and subject if you are writing to support or oppose a particular legislative bill)

Dear (Representative/Senator/Congressman or Congresswoman) (Last name):

My name is (your first and last name) and I am a (family member /service provider/advocate/community member) who resides in your district.

State why you support or oppose the bill or other issue here. Choose up to three of the strongest points that support your position and state them clearly.

Include a personal story. Tell your representative why the issue is important to you and how it affects you, your family member and your community.

Tell your representative how you want her or him to vote on this issue and ask for a response. Be sure to include your name and address on both your letter and envelope.

Sincerely,

SIGN YOUR NAME

Print your name
Street address
City, State, Zip code

Make a Healthy Meal Together

Use the website <https://www.choosemyplate.gov/> to plan a healthy meal with ingredients that you already have in the house. My plate Kitchen has recipe resources. Everyone can get their own personalized plan at <https://www.choosemyplate.gov/resources/MyPlatePlan>. Older children can plan and make the meal on their own, while younger children can talk about healthy foods and help with preparation.

Create a song and dance about washing your hands

Little kids, and even big kids will enjoy making up a song and a dance to teach and remind people to wash their hands. Make sure they do some research about the proper way to wash their hands according to the CDC. If allowed in your house they can even record it for youtube or tiktok or share it with family and friends.

Junior Broadcasters

The news is all about the COVID19 Virus right now. Encourage your children to create their own broadcast and include friends and relatives if it is safe to do so. Stories can include: What is a pandemic? What is a virus? Is it COVID19 or Coronavirus? What is the proper way to wash your hands? Why are schools closed? What are the symptoms of the virus? Am I going to die? Instruct the children to research their story using reputable sources such as cdc.gov, nih.gov, and who.int. Record the broadcast and if you allow it, post it to youtube and/or share it with family and friends.

Create an Obstacle Course

Kids young and old enjoy obstacles! Let the kids wear off some of that extra energy! Move around the furniture, chairs, pillows, blankets, and anything else that is safe to use, As long as it is safe, encourage creativity and movement. And when they are done, make sure they put everything away, you didn't make the mess.

Create a puzzle

After coloring or painting a page from a coloring book or their own creation your child can glue the picture onto a piece of stiff cardboard that is laying around. Once the glue is dry your child can cut the picture into puzzle pieces, then give it to someone to put together. For even more fun do this with another person and exchange puzzles. Younger children can create large pieces and older kids can create more difficult puzzles with small pieces.

Create a New Card Game That Involves Math

Encourage your child(ren) to create a new card game that involves math in some way that is age level appropriate. The more creative the better, but all of the rules have to be set before play. Rules can't be made up once the game starts. However, after one round of play rules can be changed.

25 Simple Mindfulness Activities for Kids

(To reduce frustration I copied this from the blog page to avoid the ads and provide just the content - the title is hyperlinked to the blog and the author and blog name are listed below)

by Angela Pruess Parents with Confidence Blog

Introducing your child to mindfulness

While certain kids, of the laid back kind, would immediately follow their parents lead in plopping down on a yoga mat, my older daughter's did *not* appreciate being ordered around.

Nor do they take well to controlling and overwhelming statements from me like, "We're going to learn about the concept of mindfulness right now!"

Learn from my mistakes and take a more natural (aka mindful) approach. Here are some examples but use what feels natural for you.

"Sometimes it feels really good to stop and pay attention to what's around me."

"Sometimes I like to press pause and check in with my body to see how it's feeling."

"I wonder if you'd like to learn about a new trick I learned that helps to clear your head so you can think straight and feel good."

The following are good general tips for introducing mindfulness activities to a child

- 1| Try to separate yourself from any outcome, and approach them with an open mind. If they are not accepting, trust another time will present itself more effectively.
- 2| Be genuinely engaged and dedicated to your own journey of mindfulness however far along you may be. Going through the motions just for your child's benefit won't fly.
- 3| Accept that it likely won't look as neat and tidy as you'd like it to and that it's the shared experience, not control that's important.
- 4| Follow your child's mood, making it fun and engaging.

Here are 25 small things you can do with your child to discover and enjoy small moments of mindfulness together.

1. Practice kind thoughts by prompting your child to think of 5 people they'd like to send kind wishes to
2. Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound 'hanging' the air
3. Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible
4. Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowly releasing
5. Tune into the body by getting down on your child's level and feeling each other's heartbeats
6. Focus on breathing by building 'Elsa' ice sculptures' by taking in a deep breath (don't forget to smell the 'chocolate fountain on coronation day!') and then slowly blowing out to create amazing ice creations
7. Have a 'mindful' snack by describing the smell, texture and taste of the food
8. Try this 'Rainbow' guided meditation to wind down at bedtime
9. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels
10. Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out"
11. Find shapes in the sky by laying down together and choosing different objects to search for in the clouds
12. Practice noticing with art. Choose several different utensils and describe how they all feel different on the paper
13. Take a mindful walk pointing out sights and sounds along the way.
14. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet
15. Slow down by having a snack in 'slow motion' and taking notice of the taste throughout
16. Explore smell by inviting your child to help you cook a meal while taking notice of each smell present

17. Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth
18. Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most.
19. Try a playful guided meditation together
20. Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present
21. Sit down with your child and 'color your feelings' together depicting each emotion with a new color
22. "Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment
23. Listen to some music and see how many different instruments you can each hear
24. Try a body scan together at bedtime
25. Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible that you are grateful for

