



Mindful Listening



Pause somewhere in your house or outside. Just close your eyes and listen to what you can hear. Share the different sounds that you heard. Why might mindful listening be important?

<https://www.education.com/worksheet/article/mindfulness-mindful-listening/>

Mastery, Movement, and Meaningful Connections

Mastery – Do something that you are good at or that you are having fun learning.

Movement – Move your body. Get outside if you can. Exercise or do yoga in your living room or bedroom.

Meaningful Connections – Talk to and make eye contact with the people in your household. Hug it out. Eat together as a family, watch the same show, have a family read aloud or listen to the same music and talk about it. Call or video chat with your loved ones.

Tips for Helping Children Cope

Routines and Structure

Structure is important

- Maintain normal sleep schedule
- Keep the same mealtimes you would any other day
- Involve your kids in creating a daily plan "Everybody's more invested in something they have a hand in creating... Ask you child, 'How do you want to spend your day?'"
- Acronym PDF Playtime, Downtime (breaks in between work – break up the activities/chop up into smaller pieces) & Family Time

Have them earn screen time

- While it's difficult to keep kids separated from their technology on a day home from school it could be a learning opportunity for children. Picking up Adulting skills chores in exchange for time to play video games.
- This is an opportunity for kids to develop some independence and to contribute around the house – figuring out a meal that they can prepare for the selves, helping around the house (reorganizing the food shelves, or helping clean the house etc).

Encourage activity other than screen time (Examples)

- An exercise routine
- Fun art projects
- Learning a new recipe
- Most importantly, allow the child to choose

Caregivers should monitor television, internet, and social media viewing both for themselves and their children. Watching continual updates on COVID-19 may increase fear and anxiety.