COVID 19 FAMILY WELLNESS RESOURCES

Parenting during Coronavirus:

There are lots of resources, guidance and ideas on these sites.

• New York Times' Parenting During COVID-19 Collection:

https://www.nytimes.com/spotlight/parenting-kids-coronavirus

• Happily Family

https://www.happilyfamily.com/working-while-homeschooling-7-tips-that-actually-h elp/

Mental Wellness:

These activities can help you regain a calm, confident state if you are feeling stressed, angry or anxious.

• Guided meditations

Free Access to some of Headspace's Content During COVID-19: https://www.headspace.com/covid-19

• Five senses check in

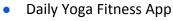
Name 5 things that you can see Name 4 things that you can hear Name 3 things that you can feel Name 2 things that you can smell Name 1 thing that you can taste

• Deep breathing prompts

https://docs.google.com/document/d/1mBhgUcBcjPmZ2zoI5ZzggmdY5bFaMuQwd4DthWcmnI <u>M/edit?usp=sharing</u>

• Yoga

Sarah Beth Yoga on Youtube
 <u>https://www.youtube.com/watch?v=DyGJ62DMyZY&disable_polymer=true
 https://www.youtube.com/watch?v=VqopwIzSGLU
 https://www.youtube.com/watch?v=kjDk9IFmkaw
 Daily Yoga App
</u>





Physical Wellness:

• 15 Ways to Keep Kids Active Indoors

https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-youdont-have-much-space/

- Classic Outdoor Activities
 - Kite flying
 - Gardening
 - Scavenger Hunt
 - Tag: All variations
 - Hide and Seek
 - Bike Ride
 - Make an obstacle course
 - Relay race
 - Cartwheels
 - Build a fort
 - Paper airplane races