

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-help/>

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/1mBhgUcBcjPmZ2zoI5ZzggmdY5bFaMuQwd4DthWcmnlM/edit?usp=sharing>

- **Yoga**

- Sarah Beth Yoga on Youtube

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](#)

- Daily Yoga Fitness App



Physical Wellness:

- **15 Ways to Keep Kids Active Indoors**

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-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