5

K-2: *Keep calm* ~ Recognize ~ Respond

Ways to keep your child calm during COVID-19 self-quarantine.

1 Have a conversation!

Include the Who, What, Why's about the virus. Include basic prevention

- **social distancing**
- **frequent hand washing**
- **covering your mouth when sneezing or coughing.**

A great resource for talking to your young children can be found at: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

2 Talk about feelings

Remind children that feelings are important, and that talking about feelings can make you feel better! Mr. Rogers teaches this lesson as he sings: "The Truth Will Make Me Free" https://www.youtube.com/watch?v=jEV51aU8R1Q

Discover what your kids are feeling 3

Every feeling is a valid feeling! The book, "Glad Monster, Sad Monster" by Ed Emberley and Anne Miranda is a perfect example. http://csefel.vanderbilt.edu/booknook/glad/glad.pdf

Watch, listen and read along as the book is read: https://www.youtube.com/watch?v=0VRbn4bIYgI

4 Process Feelings

Process feelings through an activity. Processing all of this can be difficult for some children. A hands-on activity can help.

Monster Masks Activity: http://www.makinglearningfun.com/themepages/GladMonster-PaperPlateCrafts.htm

Monster Puppet Activity: http://www.theseedsnetwork.com/glad-monster-sad-monster-feeling-puppets/

Monster Feeling Match Game: https://pocketofpreschool.com/monster-feelings-cards/

5 Circle Back

Don't forget to circle back often with reminders prevention, checking in on emotional wellbeing and including conversation and activity to help process feelings and retain a sense of security.

Resource: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

5

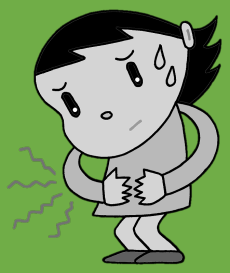
K-2: Keep calm ~ *Recognize* ~ Respond

Ways to recognize signs of stress in your child during COVID-19 self-quarantine.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.
Not all children and teens respond to stress in the same way. Some common changes to watch for include:

1 Physical signs

Tummy aches
Head aches
Excessive energy or exhaustion



2 Emotional signs

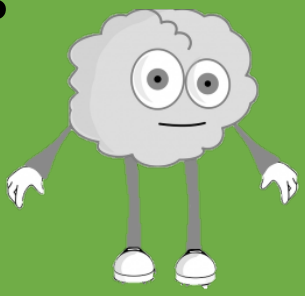
Excessive crying
Excessive irritation
Excessive worry
Excessive sadness
Unwillingness to detach from adults

3 Changes in patterns or habits

- **Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)**
- **A change in sleeping habits/patterns**
- **Avoidance of activities enjoyed in the past**

4 Mental signs

Difficulty with attention
Difficulty with concentration
Difficulty with memory



5 Generalizing

Stress during an infectious disease outbreak can also include fear about one's own health and wellbeing as well as the health and wellbeing of loved ones. Jumping Conclusions, and making assumptions about friends and loved ones.
Additionally children with chronic health problems may see a worsening of those problems.

Resource: https://www.cdc.gov/coronavirus/2019-ncov/

5

K-2: Keep calm ~ Recognize ~ *Respond*

Ways to respond to stress in your child during COVID-19 self-quarantine.

1 Maintain Routines

Routines help give everyone a sense of normalcy, safety and security. Create routines for daily expectations to replace school structure.

- Bedtime/wake up time
- Mealtimes
- Play/activity schedule
- Schoolwork schedule

Get some help creating a routine here: https://www.cdc.gov/parents/essentials/structure/building.html?CDC_

2 Build in quiet time

Include scheduled quiet time, reading to themselves or with someone, listening to a story or calming music.

A list of calming books can be found here: https://www.mother.ly/motherlyloves/12-picture-books-to-help-calm-an-anxious-child

A video with 8 hours of relaxing music can be found here: https://www.youtube.com/watch?v=EvX3K-RCzgc

3 Stay ACTIVE

Exercise, if possibly outdoors! Recess happens three times a day at school if the temp is 1 degree or above. So get your kids outside to move!

- Go for a walk
- Play catch
- Collect items from nature for an indoor project.

4 Get hands on

Arts and crafts activities keep hand and minds busy and can make learning more meaningful. Young children especially enjoy working with an adult.

Here is list of great arts and crafts projects that kids and adults can take on at home. https://www.education.com/activity/kindergarten/arts-and-crafts/

5 Connect with friends and loved ones

Connect with family and friends using phone or video. Social distancing doesn't mean cutting yourself off from loved ones. Write letters, send text messages, or video chat with friends, loved ones and family.

5

3-5: *Keep calm* ~ Recognize ~ Respond

Ways to keep your child calm during COVID-19 self-quarantine.

1 Have a conversation!

Include the Who, What, Why's about the virus. Include basic prevention like social distancing, frequent hand washing and covering your mouth when sneezing or coughing. Other helpful ideas when talking to your child are:

- Remain calm
- Make yourself available
- Avoid excessive blaming
- Monitor TV and social media viewing
- Be honest and accurate
- Know the symptoms

From https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

2 Talk about feelings

Remind children that feelings are important, and that talking about feelings can make you feel better! An activity that can prompt a discussion about feelings is watching a video titled: *Sad, Bad, Terrible Day:* https://youtu.be/ca8SUuG8vdA

3 Discover what your kids are feeling

Acknowledging how you feel, and why you feel that way is a healthy way to manage stress!
A few activities to help you and your child discover how they are feeling are:
https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/
https://washburn.org/about-us-3/

4 Process Feelings

Processing all of this can be difficult for some children. Role playing is a great way for older elementary students to process feelings. An emotional charades game is a great example, find one here:
https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/
Naming emotions can also help students process feelings, find more information here: Brain Science, Inside Out
https://www.gse.harvard.edu/news/uk/15/09/brain-science-inside-out

5 Circle Back

Don't forget to circle back often with reminders, prevention, checking in on emotional wellbeing, conversation and activities to help process feelings and retain a sense of security.

5

3-5: Keep calm ~ *Recognize* ~ Respond

Ways to recognize stress in your child during COVID-19 self-quarantine.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.
Not all children and teens respond to stress in the same way. Some common changes to watch for include:

1 Physical Signs

- **Unhealthy eating or sleeping habits**
- **Avoiding academics**
- **Unexplained headaches or body pain**

2 Emotional signs

- Unexplained crying, irritation or mood swings
- Excessive worry or sadness
- Unwillingness to detach from adults

3 Changes in patterns or habits

- **Avoidance of activities enjoyed in the past**
- **Withdrawal from friends**
- **Lack of interest in areas of prior interest**

4 Mental signs

Difficulty with attention
Difficulty with concentration
Difficulty with memory

5 Generalizing

Stress during an infectious disease outbreak can also include fear about the health and ones own health and wellbeing as well as the health and wellbeing of loved ones. Jumping to conclusions, and making assumptions about friends and loved ones.
Additionally children with chronic health problems may see a worsening of those problems.

Resource: https://www.cdc.gov/coronavirus/2019-ncov/

5

3-5: Keep calm ~ Recognize ~ *Respond*

Ways to respond to your child's stress during COVID-19 self-quarantine.

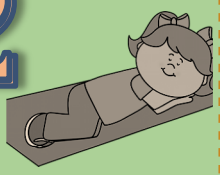
1 Maintain Routines

Routines help give everyone a sense of normalcy, safety and security. Create routines for daily expectations to replace school structure.

- Bedtime/wake up time
- Mealtimes
- Play/activity schedule
- Schoolwork schedule

Get some help creating a routine here:
https://www.cdc.gov/parents/essentials/structure/index.html

2 Build in quiet time



Include scheduled quiet time, reading to themselves or with someone, listening to a story or calming music. A list of quiet, mindful activities can be found here:
https://ggie.berkeley.edu/collection/mindfulness-for-upper-elementary-students/
Butterfly Breath:
http://carescenter.ucla.edu/sites/default/files/Butterfly%20Breath.pdf

3 Stay ACTIVE

Exercise, if possible, outdoors! Recess happens three times a day at school

- Go for a walk
- Play catch
- Collect items from nature for an indoor project.

Resources for staying active can be found here:
https://www.shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf

4 Get Hands-on

Arts, crafts and hands-on activities keep minds busy too and can make learning more meaningful. Children especially enjoy working with an adult.
Here are a few hands-on projects that will engage your kids:
http://www.artwithmrsfilmore.com/5th-grade-art-lessons/
Lunch doodles with Mo
https://www.youtube.com/watch?v=9tVfVvmJP7E

5 Connect with friends and loved ones

Connect with family and friends using phone or video. Social distancing doesn't mean cutting yourself off from loved ones. Write letters, send text messages, or video chat with friends, loved ones and family.

5

MS/HS: *Keep calm* ~ Recognize ~ Respond

Ways to keep your child safe during COVID-19 self-quarantine.

1 Have a conversation

Older students need to understand basic prevention. Other helpful ideas are:

- **Remain calm**
- **Make yourself available**
- **Avoid excessive blaming**
- **Monitor TV/social media**
- **Be honest and accurate**

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

2 Talk about feelings

Feelings are important and talking about feelings can make teens and young adults feel better! Conversations about feelings can be difficult. Here are some resources:

https://www.goodtherapy.org/blog/how-to-help-teens-manage-their-emotions-and-accept-their-feelings-0705175

3 Discover what your kids are feeling

Acknowledging how you feel, and why you feel that way is a healthy way to manage stress! Validation of feelings is important step in coping and developing resilience:

https://www.kqed.org/mindshift/47616/emotional-agility-as-a-tool-to-help-teens-manage-their-feelings

4 Process Feelings

Process feelings through an activity. Processing all of this can be difficult for some teens and young adults. Positive ideas to help teens processing feelings can be found here:

https://www.mhanational.org/helpful-vs-harmful-ways-manage-emotions

5 Circle Back

Don't forget to circle back often with reminders, prevention, checking in on emotional wellbeing, conversation and activities to help process feelings and retain a sense of security.

5

MS/HS: Keep calm ~ *Recognize* ~ Respond

Ways recognize signs of stress in your child safe during COVID-19 self-quarantine.

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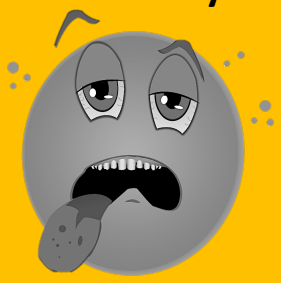
- **Unexplained headaches or body pain**



2 Emotional signs

- **Unexplained irritation, mood swings or crying**
- **Excessive worry or sadness**
- **Unwillingness to detach from adults**

Changes in patterns or habits 3

- **Avoidance of activities enjoyed in the past**
- **Withdrawal from friends**
- **Lake of interest in areas of prior interest**

4 Mental signs

Difficulty with attention
Difficulty with concentration
Difficulty with memory

5 Generalizing

Stress during an infectious disease outbreak can also include fear about the health and ones own health and wellbeing as well as the health and wellbeing of loved ones. Jumping to conclusions, and making assumptions about friends and loved ones. Additionally children with chronic health problems may see a worsening of those problems.

Resource: https://www.cdc.gov/coronavirus/2019-ncov/

MS/HS: Keep calm ~ Recognize ~ *Respond*

5 Ways to respond to your child's stress during COVID-19 self-quarantine.

1 Maintain Routines

Routines help give everyone a sense of normalcy, safety and security. Create routines for daily expectations to replace school structure.

- Bedtime/wake up time
- Mealtimes
- Play/activity schedule
- Schoolwork schedule

Get some help creating a routine here: https://www.cdc.gov/parents/essentials/structure/building.html?CDC_

2 Build in quiet time

Encourage a scheduled quiet time. Reading, meditation, or listening to calming music are great options:

Learn how to use your breath as an anchor to mindfulness with YoMind & JusTmindfulness

https://vimeo.com/227543375

3 Stay ACTIVE

Exercise, if possibly outdoors! So get outside to move!

- Go for a walk
- Play catch
- Jog or workout

Helpful ideas can be found here: https://kidshealth.org/en/teens/easy-exercises.html

4 Get Hands-on

Arts and crafts activities keep hands and minds busy and can make coping with stressful times easier. Teens and young adults especially respond creating and experimenting with music!

https://musiclab.chromeexperiments.com/Experiments

Teens are also getting their hands busy responding digitally to the COVID outbreak through social media fact checking and blogging: https://www.poynter.org/fact-checking/2020/how-the-coronavirus-is-creating-chaos-for-teens-and-why-theres-hope/

5 Connect with friends and loved ones

Connect with family and friends using phone or video. Social distancing doesn't mean cutting yourself off from loved ones. Write letters, send text messages, or video chat with friends, loved ones and family.