A PARENTS GUIDE TO SOCIAL DISTANCING

WEEK THREE

A WEEKLY GUIDE WITH SCHEDULED ACTIVITIES FOR YOUR CHILDREN AND WAYS TO DECREASE YOUR OWN STRESS AND ANXIETY
THE IMPORTANCE OF A SCHEDULE

why should you have a schedule?

1. offers stability in times of stress and uncertainty

2. allows the child to get excited about what is ahead

3. establishes expectations for the child

4. gives your child confidence and independence

5. creates a calmer household for the whole family
DAY 1

8:00 AM
WAKE UP, EAT BREAKFAST
start the morning with a routine, try to set a time to wake up, it helps your child know what to expect

9:00 AM
FAMILY YOGA
see page 3

10:00 AM
NATURE SEARCH
see page 4

12:00 PM
LUNCH TIME
for simple, inexpensive ideas for lunch, especially if you don't have a lot of resources, see page 5

1:00 PM
QUIET TIME: WRITE A LETTER
quiet time can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM
HIDE AND SEEK
see page 7, if you are feeling tired or stressed, you could also let them watch t.v. or play a media game

5:00 PM
PREPARE DINNER
let the kids help prepare the meal, or allow for additional independent play

6:00 PM
FAMILY DINNER
sit together, learn more about each other, it helps the children feel more secure

7:00 PM
WIND DOWN TIME
read books or let the children watch t.v., take time to consider your own hobbies or interests

8:00 PM
BED TIME
remember to keep a routine!

**for school aged children, swap the morning activity and independent play for school-based curriculum, try to still exercise and keep a consistent schedule with all children**
MORNING EXERCISE: FAMILY YOGA

DIRECTIONS: GRAB A TOWEL FOR A MAT, HOLD EACH POSE FOR 30 SEC, REPEAT

KID’S YOGA

YOUTUBE OPTIONS

FOR FROZEN THEMED YOGA: CLICK HERE!
FOR POKEMON THEMED YOGA: CLICK HERE!
FOR TROLLS THEMED YOGA: CLICK HERE!
MORNING ACTIVITY: NATURE SEARCH

DIRECTIONS:

• come up with a list of things you want to find, i.e. different types of plants, insects, or flowers

• go on a walk around your neighborhood, when you see something on your list, cross it off

• try to cross off all the items on your list

• you can let your child do this by themselves in the backyard if you need to work

FOR PRINTABLE NATURE LISTS: click here!
OPTION ONE
CRACKERS AND CHEESE
super yummy, super EASY, grab your kid's favorite cracker and add cheese!

OPTION TWO
NACHOS
nachos are so versatile, top with beans and cheese, or cheese and tomatoes, whatever you have!

OPTION THREE
TUNA SALAD
okay, tuna isn't exactly a crowd favorite, but when resources are low--canned tuna is always there for you!

FOR FOOD BANK HELP
https://www.utahfoodbank.org/
1. Make a list of people who you miss, i.e. grandparents, teachers, cousins, friends.

2. Grab some paper and a pen and have your child write letters. Small children can just draw pictures.

3. Take a walk to a nearby mail drop box, or take pictures of them and email them.

For adults:

Try to wind down during this time, use guided meditations online if you want, or just take a nap with your kids.
AFTERNOON ACTIVITY: HIDE AND SEEK

A CLASSIC GAME, NEW FUN.

grab the whole family for this, it won't take long and is a good break from work

○ assign someone to be the "seeker", everyone else hide somewhere in the house

○ when the "seeker" finds you, join in the seeking and find everyone

○ last person hiding, wins!

○ switch locations, try the backyard!
8:00 AM
WAKE UP, EAT BREAKFAST
try getting up before your children to have some time to yourself, try meditation

9:00 AM
EXERCISE: READING AND JUMPING
see page 9

10:00 AM
PET ROCKS
see page 10

12:00 PM
LUNCH TIME
for simple, inexpensive ideas for lunch, especially if you don't have a lot of resources, see page 5

1:00 PM
QUIET TIME: TAKE A NAP
quiet time can be a wonderful thing for children and a great break for parents, see page 11

3:00 PM
I SPY
see page 12, if you are feeling tired or stressed, you could also let them watch t.v. or play a media game

5:00 PM
PREPARE DINNER
let the kids help prepare the meal, or allow for additional independent play

6:00 PM
FAMILY DINNER
sit together, learn more about each other, it helps the children feel more secure

7:00 PM
WIND DOWN TIME
read books or let the children watch t.v., take time to consider your own hobbies or interests

8:00 PM
BED TIME
remember to keep a routine!

**for school aged children, swap the morning activity and independent play for school-based curriculum, try to still exercise and keep a consistent schedule with all children**
EXERCISE: READING AND JUMPING

1. open up to your child's favorite book, any book will work!

2. pick a word that appears a lot in the book, like "hat" in cat in the hat

3. everytime you read your chosen word, have your child do a jumping activity i.e. jumping jacks, jump rope, skipping, etc.

4. repeat again and again with different books, you can join in too!

THE BENEFITS OF MOVEMENT
- it gets your child moving, its hard to be stuck at home all day (or week, or month!)
- It helps deal with stress
- it allows you and your child to bond
MORNING ACTIVITY: PET ROCKS

1. go outside and grab some medium-sized rocks

2. grab some paint, markers, chalk, or a pencil--decorate the rock

3. optional: add glitter or eyes, make a home for the rock, get creative!

4. make more, give them away, play all day!
QUIET TIME: TAKE A NAP

TIPS

Some kids have a hard time napping, here are some tips to help them:

• They don’t have to nap, they can just lay in bed quietly

• Read a book before you lay them down, tell them to think about

• Make nap time look like night time, dim lights and close curtains

• Soothe them with a light massage

• Take a drive

• Offer a reward

You can always just play your child’s favorite movie instead!
AFTERNOON ACTIVITY: I SPY

DIRECTIONS:

• pick a spot to play, i.e. outside the window, the kitchen, the basement, the backyard

• take turns picking an item in the room or area

• when you pick the item, say to the other players "i spy, something [descriptive word]"

• the other players will try to guess the object you chose, repeat with other players!
8:00 AM  
**WAKE UP, EAT BREAKFAST**  
try getting up before your children to have some time to yourself, try meditation

9:00 AM  
**DANCE PARTY**  
see page 14

10:00 AM  
**MAKE A BOOK**  
see page 15

12:00 PM  
**LUNCH TIME**  
for simple, inexpensive ideas for lunch, especially if you don’t have a lot of resources, see page 5

1:00 PM  
**INDEPENDENT PLAY:**  
**ILLUSTRATE A BOOK**  
independent play can be a wonderful thing for children and a great break for parents, see page 16

3:00 PM  
**CHARADES**  
see page 17, if you are feeling tired or stressed, you could also let them watch t.v. or play a media game

5:00 PM  
**PREPARE DINNER**  
let the kids help prepare the meal, or allow for additional independent play

6:00 PM  
**FAMILY DINNER**  
sit together, learn more about each other, it helps the children feel more secure

7:00 PM  
**WIND DOWN TIME**  
read books or let the children watch t.v., take time to consider your own hobbies or interests

8:00 PM  
**BED TIME**  
remember to keep a routine!

**for school aged children, swap the morning activity and quiet time for school-based curriculum, try to still exercise and keep a consistent schedule with all children**
EXERCISE: DANCE PARTY

1. Play your favorite song out loud for the kids

2. Option 1: Make up a dance routine, teach it to your child, or have your child make it up and teach you

3. Option 2: When the music plays, have the children dance fast, when you pause the music, the children must freeze

OR, FOLLOW A YOUTUBE VIDEO

For a follow along dance video, click [here](#)  
For another option, click [here](#)
MORNING ACTIVITY: MAKE A BOOK

1. Grab some recycled paper, create a book by stapling all the pages together.

2. Spend some time creating a story line, for younger children, you can help with this.

3. Write the story down on the paper, finish it later with beautiful illustrations.

HOW TO MAKE A BOOK TUTORIAL

For an intricate option, click here!

For a simple option, click here!
QUIET TIME: BOOK ILLUSTRATIONS

DIRECTIONS:

• have your child grab their DIY book from this morning

• use pencils, crayons, markers, glitter glue...anything, to illustrate the book

• use the book later to read to them during story time

AS ALWAYS...

you can always just play your child's favorite movie instead!
AFTERNOON ACTIVITY: THEMED CHARADES

DIRECTIONS:

• pick a theme for your game of charades, see below for some ideas

• write names on little pieces of paper and put them in a cup, bowl, or bag

• take turns drawing names, when it is your turn, act out the name on the paper without using words or pointing

• keep score, take turns, have lots of fun!

IDEA FOR THEMES

• Disney characters
• animals
• insects
• sports
• places around the world
• TV shows
• family members
• friends
• superheroes
8:00 AM
**WAKE UP, EAT BREAKFAST**
try getting up before your children to have some time to yourself, try meditation

9:00 AM
**EXERCISE: TAKE A WALK**
see page 19

10:00 AM
**TEA PARTY**
see page 20

12:00 PM
**LUNCH TIME**
for simple inexpensive ideas for lunch, especially if you don’t have a lot of resources see page 5

1:00 PM
**INDEPENDENT PLAY:**
**MAKE UP A DANCE**
independent play can be a wonderful thing for children and a great break for parents, see page 21

3:00 PM
**IDOOR BOWLING**
see page 22, if you are feeling tired or stressed, you could also let them watch t.v. or play a media game

5:00 PM
**PREPARE DINNER**
let the kids help prepare the meal, or allow for additional independent play

6:00 PM
**FAMILY DINNER**
sit together, learn more about each other, it helps the children feel more secure

7:00 PM
**PRESENT PLAY/WIND DOWNT**
read books or let the children watch t.v., take time to consider your own hobbies or interests

8:00 PM
**BED TIME**
remember to keep a routine!

**for school aged children, swap the morning activity and independent play for school-based curriculum, try to still exercise and keep a consistent schedule with all children**
EXERCISE: TAKE A WALK

1. put small children in a stroller, bring snacks and water

2. walk around the block or an outdoor park, remember to stay away from other kids and families

3. for older children, do a nature scavenger hunt while you are walking i.e., sticks, flower, or bugs (see page 20)

REMEMBER

- try not to stop to play at outdoor parks with other children
- to stop the spread of covid 19, stay locally, just your neighborhood really
MORNING ACTIVITY: TEA PARTY

1. first, make some tea and cookies--or use whatever you have, water is great!

2. set up a tea party with your kids, place settings and a table is all you need

3. bring in stuffed animals, dolls, or action figures for more company!
INDEPENDENT PLAY: MAKE UP A DANCE

DIRECTIONS:

- brainstorm ideas on what the dance will be about

- leave the children alone to come up with a routine for the dance

- have the child practice the dance, then after independent play time, they can teach you!

you can also upload a video to tiktok with your kids, they have a lot of fun dance challenges

FOR ADULTS

during this time, take a nap, watch a movie, try a hobbie, don't forget about YOU
**AFTERNOON ACTIVITY: INDOOR BOWLING**

1. **grab lots of supplies, nothing fancy, paper, scissors, markers, and lots of recycling**

2. **let the children make bowling pins a ball with the supplies**

3. **set up the pins at the end of the hallway and roll the ball to try to hit the pins**

4. **keep score or play for fun!**
8:00 AM
WAKE UP, EAT BREAKFAST
try getting up before your children to have some time to yourself, try meditation

9:00 AM
EXERCISE: STATIONS
see page 24

10:00 AM
ROTATING STATIONS
see page 25

12:00 PM
LUNCH TIME
for simple, inexpensive ideas for lunch, especially if you don't have a lot of resources, see page 5

1:00 PM
INDEPENDENT PLAY: QUIET BOXES
independent play can be a wonderful thing for children and a great break for parents, see page 26

3:00 PM
MOVIE DAY
see page 27, if you are feeling tired or stressed, you could also let them watch t.v. or play a game

5:00 PM
PREPARE DINNER
let the kids help prepare the meal, or allow for additional independent play

6:00 PM
FAMILY DINNER
sit together, learn more about each other, it helps the children feel more secure

7:00 PM
WIND DOWN TIME
read books or let the children watch t.v., take time to consider your own hobbies or interests

8:00 PM
BED TIME
remember to keep a routine!

**for school aged children, swap the morning activity and independent play for school-based curriculum, try to still exercise and keep a consistent schedule with all children**
MORE IDEAS FOR STATIONS

- squats
- air kicks
- lunges
- dancing
- arm circles
- tippy toe ups
- push ups
- air bicep curls
- jump rope
EXAMPLES OF STATIONS

DID YOU KNOW?

stations can offer new interest in old toys? it can also provide interest in practicing school activities!

- pick 5 different toys or school activities for your child
- set up "stations" for each of those activities in different parts of the house
- after 5-10 min, the child switches to the next activity

EXAM P L E S O F S TA T I O N S

- puzzles
- books
- dancing
- blocks
- painting
- drawing
- sports
- puzzle
- game
- dolls
- play
- kitchen
- cars
- legos
- yoga
- school work
DIRECTIONS:

• have the child take 10 min to collect items for their "quiet box", this can be anything they want to play with during quiet time

• put their items in a box (or container) and let them pick a spot in the house

• the child can play with only the items in the box during quiet time, let them get creative with the items

• if the child keeps coming back to you, gently direct them back to quiet time--it might take practice but they'll get it

WHAT CAN I PUT IN THE BOX?

• books
• toys
• puzzles
• coloring
• music

YOUTUBE VIDEOS ON QUIET BOXES

for one option, click here

for another option, click here
AFTERNOON ACTIVITY: MOVIE DAY!

• pick a movie *as a family*

• make sure to watch the movie *with them*, try not to be on your phone the whole time

• fun for the whole family, promotes bonding

FREE MOVIES

for free family friendly movies, click *here!*
<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>SOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;my family is always anxious, we have been cooped up for too long, what can we do?&quot;</td>
<td>try doing mindfulness exercises multiple times a day, this will help refocus your mind on the present and help you worry less about things you can't control</td>
</tr>
<tr>
<td>&quot;I am following the stay inside order, but I am living with a very abusive spouse, what do I do?&quot;</td>
<td>domestic violence is a real struggling society is facing during social distancing, you are not alone! reach out, get help, stay with a neighbor, do not put up with abuse--even to stop the spread of covid 19</td>
</tr>
<tr>
<td>&quot;I am struggling working from home, my kids are constantly coming up and disrupting me?&quot;</td>
<td>follow the schedule above, but set up kids to do everything independently at the beginning of the day, think of problems that could arise for the kids, and then problem solve before they happen</td>
</tr>
<tr>
<td>&quot;I feel like a bad parent. my kids are watching too much T.V., not getting their school work done, and I am losing it.&quot;</td>
<td>being inside with your kids all day is, no doubt, exhausting. you are bound to get frustrated, lose patience, and let the kids watch lots of t.v., this does NOT make you a bad parent! It makes you human. get rid of unrealistic expectations during social distancing and take one day at a time</td>
</tr>
</tbody>
</table>

SEE PAGE 30
SEE PAGE 31
SEE PAGE 32
SEE PAGE 33
EACH OF THESE TAKE ONE MINUTE OR LESS!

1. YAWN AND STRETCH for 10 sec every hour, this brings you to the present
2. THREE HUGS, THREE BIG BREATHS, your breathing will ground you and them
3. STROKE YOUR HANDS with your index finger, switch and do the other hand
4. MINDFULLY EAT a raisin, a piece of chocolate, or anything, purposefully slow down
5. CLENCH YOUR FIST AND BREATHE into your fingers, notice what happens
6. STOP: S-stand up and breathe, T-tune in to your body, O-observe your surroundings, P-possibility, what is possible?
7. MINDFUL BREATHING for one minute, focus on your breath, it allows you to pause and be in the moment
8. LOVING-KINDNESS MEDITATION, for one min repeat 'may I be happy, may I be well, may I be filled with kindness and peace'
9. REPEAT AN ASPIRATION, what is your heart's aspiration? write it down and repeat it during the day

SOURCE https://psychcentral.com/blog/1-minute-mindfulness-exercises/
SLC reports a 33% increase in domestic violence reports over the past two weeks, if you are struggling with an abusive spouse, you are not alone.

1. **Utah Domestic Violence Coalition:** Utah's confidential statewide, 24-hour domestic violence hotline at 1-800-897-5465

2. **YWCA Women in Jeopardy program:** 801-537-8600

3. **Utah's statewide child abuse and neglect hotline:** 1-855-323-3237

4. **National Domestic Violence Hotline:** 1-800-799-7233
WORKING FROM HOME WITH KIDS

1. set an agenda for the day: make sure the kids know what to expect and how to solve a problem before it even starts

2. get outside if you can: cooped up kids become crazy. take your laptop outside and work while the kids roll around in the backyard or draw with chalk on pavement

3. strategize screen time: it’s likely that your child is going to spend a lot of time on a screen—especially if you don’t have anyone else home to help, but try to schedule it at the MOST important times during the work day, like conference calls and deadlines

4. take breaks with your kids: take frequent 5-min breaks with your child, read them a book, give them a hug, find some way to show them you care

5. be kind to yourself and your kids: this is uncharted territory, be patient with your family through this difficult time

SOURCE: https://thewirecutter.com/blog/work-from-home-with-kids/
You are not a bad parent.

Now more than ever, it's easy for parents to feel like failures as they try to keep so many balls in the air. Please remember that "this is not the time to be looking at your parenting manual and [expect] yourself to be a top performer" (Dr. Pooja Lakshmin M.D.). More than anything, kids just need to be LOVED. Be gentle with yourself, try your best and know that we're here to support you!

If you lose your patience and need a break from your kids

If you can't figure out home-based school curriculum

If you let your child watch t.v. all day

If you don't do any of the suggested activities and just snuggle in bed all day

Helpful article
In this time of uncertainty, we know that stress and anxiety for parents can be high. There are many resources that are available, while still practicing social distancing.

Attempt to control self-defeating statements and replace them with more helpful thoughts. Identify unhealthy thoughts and learn how to cope with them here: https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf

Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746

Use tele-health services to attend therapy:
Call Utah Valley Psychology at (801) 854-7942
Pathways Mental Health Services (https://www.pathwaysmhs.org/telehealth-utah.html)
Utah Center for Evidence Based Treatment (https://www.ucebt.com/telehealth)

DON'T FORGET TO REACH OUT TO FAMILY AND FRIENDS
"We are committed to continuing to provide breakfast and lunch for all children, ages 0-18, during the school dismissal. We will provide "grab and go" meals every weekday, starting Tuesday, March 17, at the following school sites:

- Backman Elementary
- Edison Elementary
- Escalante Elementary
- Franklin Elementary
- Liberty Elementary
- Mary W. Jackson Elementary
- Meadowlark Elementary
- Nibley Park School
- Parkview Elementary
- Riley Elementary
- Rose Park Elementary
- Whittier Elementary
- Bryant Middle School
- Clayton Middle School
- Glendale Middle School
- North Star Elementary (instead of Northwest Middle School)
- East High School
- Highland High School
- Salt Lake Center for Science Education
- West High School

Breakfast will be served daily from 8:30-9:30am. Lunch will be served from 11:30am-12:30pm. Meals will be provided to ALL children, ages 0-18, regardless of school enrollment. This will be similar to our summer lunch program. Children may receive one breakfast and one lunch per day."
all additional utah school districts are following a similar program, please check your school district webpage for more details. Below are listed some district websites:

granite school district

canyons school district

davis school district

jordan school district

murray school district

nebo school district

weber school district


https://www.thebestideasforkids.com/indoor-activities-for-kids/

https://www.parents.com/fun/activities/indoor/


https://www.utahfoodbank.org/
