PREVENT CHILD ABUSE UTAH BRINGS YOU

A PARENTS GUIDE TO SOCIAL DISTANCING
WEEK FIVE

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  
**Hot Lava**  
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: Quiet Boxes**  
quiet time can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM  
**Build a Tower**  
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

YOUTUBE OPTIONS

FOR FROZEN THEMED YOGA: CLICK HERE!

FOR POKEMON THEMED YOGA: CLICK HERE!

FOR TROLLS THEMED YOGA: CLICK HERE!
MORNING ACTIVITY: HOT LAVA

DIRECTIONS:

- imagine the floor (or grass if you are outside!) is hot lava
- space your furniture, cushions, pillows, and blankets in various parts of the room
- create a course with a beginning and end
- run and jump from one item to the next, until you get all the way across
- if you touch the hot lava, you have to go back and start from the beginnings

ADDITIONAL HELP:

for a hot lava tutorial, click here
for another, click here
LUNCH TIME IDEAS

**remember, breakfast and lunch is available for children 0-18 for FREE at local schools, no matter of school enrollment (see page 10 for details)**

OPTION ONE
TURKEY & CHEESE ROLL-UP
grab some turkey and cheese and put it in a tortilla, roll it up and slice it!

OPTION TWO
FROZEN PIZZA BITS
buy these from the freezer section, they are a bite-sized favorite--perfect for kids!

OPTION THREE
CHICKEN NUGGETS
what is better than chicken nuggets to a kid? not much! if you can afford it, grab them from a drive-through!

FOR FOOD BANK HELP

https://www.utahfoodbank.org/
1. Spring time is a busy time for pictures, but this year, it doesn't have to be a photograph.

2. Grab some paper and markers and create a self-portrait, try copying an existing photo.

3. Make a frame with tape or grab an old frame, hang it on the wall & praise the child!

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: PUPPET SHOW

DIRECTIONS:

• make a puppet out of an old sock or piece of paper

• have the children come up with a script or story line

• let them practice behind a chair or table, use a blanket or tablecloth to cover the surface

• have the children present after dinner

IDEAS OF PUPPET SHOWS

• princess stories
• favorite book
• favorite movie
• real life event
• let the child make up something

HOW TO MAKE A PUPPET TUTORIALS

for a paper puppet, click here

for a sock puppet, click here
**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: LEARN ORAGAMI

1. grab square-shaped paper, cut to size if needed

2. open up one of the youtube links below, follow along!

3. if you are having trouble, follow a different link

4. repeat again and again, make lots of different oragami shapes!

ORAGAMI TUTORIALS FOR BEGINNERS

to make an oragami dog, click here
to make an oragami butterfly, click here
QUIET TIME:
PAPER PLATE ANIMALS

1. give each child a paper plate, some markers and kid friendly scissors

2. cut holes for eyes, then let the child color the plate to look like an animal of their choosing

3. optional: add glitter, paint, or sparkles to the animal

REMEMBER
you can always just let your child nap or have some screen time, make sure to take care of you, too!
DIRECTIONS:

• grab some chalk and head outside to the sidewalk

• make an obstacle course with the chalk

• for example, use circles to show where you should hop or lines to show where you should crawl

• create a beginning line and ending line

• see who can make it through the fastest

• try again with different routes or a different part of the sidewalk

HERE IS AN EXAMPLE

click here for more information on the tutorial!
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: DANCE PARTY
see page 14

10:00 AM
SERVICE JAR
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
QUIET TIME: BUILD A FORT (FOR RESTING)
quiet time can be a wonderful thing for children and a great break for parents, see page 16

3:00 PM
DIY PLAYDOUGH
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: SERVICE JAR

1. grab a recycled empty jar, paper, kid-friendly scissors and a pen

2. cut up the paper into small strips

3. write random acts of service on the paper strips and put them in the jar, decorate the jar if you want!

4. place the jar someone everyone can see, have each person pick a paper each day and do the item

ADDITIONAL HELP:

for printable pre-made service strips, click here
QUIET TIME: BUILD A RELAXING FORT

1. Collect pillows, cushions, chairs, blankets, stuffed animals, etc., to start building.

2. Let the child use the chair to prop up the blankets, add other items too.

3. You can help the child build, but allow space for them to be creative, when you are done, explore!

4. Grab your child's favorite books and let them lay in the fort and read (or look at pictures).

HOW TO BUILD A PILLOW FORT

For an instructional video, click [here](#).

For another option, click [here](#).
抓你食材并依照以下食谱

2. 在玩面团完成后，让你的孩子花很多时间来创造，这有助于缓解他们的焦虑并增加他们的注意力。

3. 可选：你不必一定要自己做面团，如果你已经有一些也可以！

Playdough Recipe

For the recipe, click here.
D A Y  4

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
RELAY RACE
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
QUIET TIME: QUIET BOXES
independent play can be a wonderful thing for children and a great break for parents, see page 21

3:00 PM
BUILD A TOWER
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 DOWN
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: RELAY RACE

1. Choose some ideas from below

2. Pick a starting and finish line, set times to switch racers

RELAY RACE IDEAS

For a website, click here

For another, click here
INDEPENDENT PLAY: QUIET BOXES

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: BUILD A TOWER

DIRECTIONS:

• collect blocks, legos, pillows, books, or recycling items for children

• put the items with the child in a quiet part of the house

• the child can try to build the tallest tower

• once the child has finished building with one object, they can try another object, or try mixing objects. see if they can build a whole city!
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
CALL A FAMILY MEMBER
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
QUIET TIME: GUIDED MEDITATION
quiet time can be a wonderful thing for children and a great break for parents, see page 26

3:00 PM
MINI OLYMPICS
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
DO YOU MISS YOUR FRIENDS AND FAMILY?

- set aside time this morning and call some friends or family that you miss

- update them on how you are doing, ask how they are doing?

- optional: offer to be a pen pal

WHO CAN I CALL?

- grandma
- grandpa
- auntie
- uncle
- cousin
- neighbor
- school friend
- teacher
- classmate
- old friend
- team mate
QUIET TIME: GUIDED MEDITATION

1. play one of the guided meditations below for your child
2. join them if you want, or let them do it alone
3. encourage the child to stay quiet and redirect their mind

SUGGESTED MEDITATIONS:

- for "your secret treehouse" click here
- for "your magical island" click here
- for "gratitude and kindness" click here

FOR ADULTS

take time to wind down during this time, use guided meditations online if you want, or just take a nap with your kids
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!
ADDITIONAL RESOURCES
<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>SOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am struggling with my children, they are not listening, what are effective ways to discipline?&quot;</td>
<td>remember, if a child isn't doing anything dangerous, sometimes the best thing to do is to ignore their behavior. Also, praise them for good behavior, they want to please you!</td>
</tr>
<tr>
<td>&quot;my children will not focus on their school work. I am an inexperienced with homeschooling and don't know what to do!&quot;</td>
<td>if you can't do anything else, try reading with your children daily. this can be more effective than the other school work and can facilitate a healthy relationship. be patient with yourself!</td>
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<tr>
<td>what are some good podcasts for my children to listen to? we need something else other than T.V.</td>
<td>pick some of the podcasts on page 32 to listen to! They are all family friendly and can help entertain children for hours!</td>
</tr>
<tr>
<td>&quot;I am swamped with work, my kids need my help with school and I have to manage a household, I need quick &amp; easy meal ideas!&quot;</td>
<td>check out page 33 for quick and simple meal ideas. you can always go through the drive through too!</td>
</tr>
</tbody>
</table>

SEE PAGE 30

SEE PAGE 31

SEE PAGE 32

SEE PAGE 33
being home with your kids is hard, being home with them all day every day during a world-wide pandemic? darn near impossible. how can you discipline when you are at your wits end?

**SHOW AND TELL:** teach children right from wrong with calm words and actions. model behaviors you would like to see.

**SET LIMITS:** have clear and consistent rules your children can follow. be sure to explain these rules in age-appropriate terms they can understand.

**GIVE CONSEQUENCES:** calmly and firmly explain the consequences if they don't behave. be ready to follow through right away.

**HEAR THEM OUT:** listening is important. let your child finish the story before helping solve the problem.

**GIVE THEM ATTENTION:** the most powerful tool for effective discipline is attention—to reinforce good behaviors and discourage others. all kids want is their parent's attention.

**CATCH THEM BEING GOOD:** children need to know when they do something good. notice good behavior and point it out.

**KNOW WHEN NOT TO RESPOND:** as long as your child isn't doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it.

**REDIRECT BAD BEHAVIOR:** sometimes children misbehave because they are bored or don't know any better. find something else for your child to do.

**SOURCE**
set realistic goals or you'll crash and burn early.

1. STRUCTURE & ROUTINE: set a schedule and try to stick to it, it might be different everyday but it helps kids know when it's time to work.

2. SET SNACK TIME: to avoid kids asking for snacks and food all day, set specific times for snacks and meals. that's how it works at school, you can do it at home too.

3. BE STRATEGIC ABOUT SCREEN TIME: try more interactive screen time and less passive screen time.

4. HAVE READING TIME: kids learn so much by being read to, if all else fails with school work, just set some time each day to read to them.

5. PATIENCE: this is different for everyone right now and we will all benefit from an abundance of patience - with ourselves, our children and our colleagues. dig deep. set small goals.

SOURCE
HERE ARE SOME FREE, FAMILY FRIENDLY PODCASTS!

- Storyberries Radio
- Science Adventure Stories For Kids
- Bedtime Stories Podcast Fairytales and Folk Tales from the Lilypad for kids
- Imagineer Podcast
- Rozprávky SME
- Kids Story Room
- The Purple Rocket Podcast
- Mamá sin letras chiquitas
- ADHD Essentials
- The Saturday Morning Cereal Bowl
- Golden Classics Great OTR Shows
- I Got A Story For You!
- The Durenda Wilson Podcast
- The Calm Kids Podcast
- Tamil Stories For Kids
- The Adoption and Fostering Podcast

TO LISTEN TO THESE FREE PODCASTS...

check out podbean kids and family podcasts HERE
FAST & EASY MEALS FOR DINNER

1. SPAGHETTI
   add sauce to cooked noodles, could be done in 10 min or less!

2. BAKED POTATOES
   you can just stick these in the microwave and top with whatever sound good!

3. BREAKFAST FOR DINNER
   try a new pancake mix or omelets, or something super easy--cereal!

4. SOUP MIX
   these are cheap and so easy, just add water AND it'll last for multiple meals!

ALTERNATIVE IDEAS

https://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/fast-dinner-recipes-0?slide=101208#101208
PINWHEEL
COLORING
SHEET

preventchildabuse.org
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://playtivities.com/sidewalk-obstacle-course/

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

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


https://www.utahfoodbank.org/


DID YOU KNOW?
the month of April is Child Abuse Prevention month?

- show you support by donating to Prevent Child Abuse Utah

- follow along on our social media platforms to learn how to help children and make #greatchildhoods

DONATE AT PCAUTAH.ORG