A PARENTS GUIDE TO SOCIAL DISTANCING

WEEK SIX

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
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
DIY INSTRUMENTS
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
INDEPENDENT PLAY: JOIN A BAND
independent play can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM
DIY BUBBLES
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: DIY INSTRUMENTS

1. grab some recycling items, cardboard, bottles, & plastic
2. have kids create instruments by taping the pieces together
3. let the kids decorate the instruments with markers, paint, etc.
4. save the instruments for independent play after lunch!

WEBSITES TO HELP
for a tutorial on DIY instruments 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**
**BUTTERED NOODLES**
a simple classic, especially for picky eaters, boil noodles and smother with butter

**OPTION TWO**
**GRILLED CHEESE**
two pieces of browned bread, a melted slice of cheese, so perfect and kid-friendly

**OPTION THREE**
**YOGURT & GRANOLA**
make homemade granola or store bought, sprinkle it on some yogurt and top with fruit

**FOR FOOD BANK HELP**

https://www.utahfoodbank.org/
INDEPENDENT PLAY: CREATE A BAND

1. grab the instruments you made in the morning and find a sound proof(-ish) place in the house!

2. create a sound track with your new instruments, smaller children can just spend time experimenting

3. optional: put a show on for the whole family after dinner!

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: DIY BUBBLES

DIRECTIONS:

• make a solution of dish soap and water with a ratio of 6:1, then add a dash of corn syrup

• make a bubble wand from a pipe cleaner, bend the pipe into desired shape

• dip the wand into the soapy water solution and blow bubbles

• optional: do outside to avoid soapy (possibly unsafe) residue indoors

DIY BUBBLE TUTORIALS

for one option, click here

for another option, click here
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
DRESS UP
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
WATER SENSORY BIN
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, it's 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: DRESS UP**

1. find some dress up clothes, or use mom and dad's!

2. create a play or a story-line, let kid's play make-believe

3. optional: let kids experiment with different hair styles or makeup
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
AFTERNOON ACTIVITY: WATER SENSORY BIN

1. Fill up a large basin, sink, or tub with warm water and a tablespoon of soap.

2. Put toys in the water that float or are water friendly.

3. Let your child play with the toys, let their imagination run wild.

4. Tip: Don't worry too much about water, it'll be easy to clean up after, just let them play!

TOYS THAT FLOAT

- Some balls
- Straws
- Foam
- Rubber duckies
- Empty bottles
- Empty milk jug
- Some recycled plastic
DAY 3

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
Finger Painting
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: Bird Watching
Quiet time 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: FINGER PAINTING

1. grab some washable paint, or make your own (link below!)

2. take some newspaper and tape it on all sides of the table to prevent a mess

3. get some paper and let the kids create, set aside their artwork as they finish

4. hang up the paintings on the wall and have a "gallery" viewing after dinner

ADDITIONAL HELP:

for a DIY finger paint recipe, click here
QUIET TIME: BIRD WATCHING

TIPS

Bird watching doesn't have to be fancy, you can just walk outside and spot some native birds!

- Spring time is a great time to see the birds as they start to come around.

- You might pick a spot in your backyard or sit in your car at a local park.

- Try to spot birds native to your area, you can find a list below.

NATIVE BIRDS TO UTAH

Click here for more information.
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
MAKE ENCOURAGING SIGNS
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: ORGANIZE YOUR TOYS
independent play can be a wonderful thing for children and a great break for parents, see page 21

3:00 PM
PHOTO SHOOT
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. Grab some paper (or poster board or cardboard), & markers

2. Make encouraging signs for neighbors, health care professionals, or essential workers

3. Hang them in your window for everyone to see as they drive by

Stay Calm and Wash Your Hands

Thank you for your long hours and dedication!
QUIET TIME: ORGANIZE YOUR TOYS

1. take some time to organize your toys
2. put toys in bins, make labels, or just have your child do the best they can
3. optional: donate (sanitized) old toys to families in need

DON'T FORGET
remember, you can always just let your child watch t.v. or take a nap!
AFTERNOON ACTIVITY: PHOTO SHOOT

DIRECTIONS:

- use your phone to take some pictures of the family
- you can dress up or dress down, you could even design a backdrop
- let the children take the pictures too, make it a whole family activity
- remember, it'll be fun to document this crazy time
DAY 5

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
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
QUIET TIME: QUIET BOXES
quiet time 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
EXERCISE: ACTIVITY STATIONS

- jumping jacks
- run in place
- sit-ups
- air punches
- star jumps

MORE IDEAS FOR STATIONS
- squats
- air kicks
- lunges
- dancing
- arm circles
- tippy toe ups
- push ups
- air bicep curls
- jump rope
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

EXAMPLES OF STATIONS

- 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!
### Problem Solving

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I feel guilty for staying in bed all day, is it okay just to feel off sometimes?&quot;</td>
<td>it is absolutely okay to stay in bed, or feel anxious, scared or upset. Let yourself feel those things. What is not okay is to suffer in silence and not ask for help.</td>
</tr>
<tr>
<td>&quot;time-out used to be our go-to, but it just isn't working anymore. What do I do to help my kids learn better behavior.&quot;</td>
<td>these are strange times, kids feel it too. Maybe your old trick aren't working anymore. Good news, there are so many ways to teach your kids when time out isn't working, check out page 31 for more details.</td>
</tr>
<tr>
<td>&quot;as an extrovert, social distancing seems like an actual nightmare, what can I do?&quot;</td>
<td>remember that social distancing is really just physical distancing, you can still be social and keep your distance, check out tips on page 32.</td>
</tr>
<tr>
<td>&quot;as an introvert, social distancing is what I have always dreamed of, but I feel like my relationships are failing, what can I do?&quot;</td>
<td>even for introverts, there is such thing as too much alone time. All humans need social interaction to some degree, make sure to keep up with friendships while social distancing.</td>
</tr>
<tr>
<td>It's Okay</td>
<td>It's Not Okay</td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
<td>------------------------------------------------------</td>
</tr>
<tr>
<td>to feel anxious, scared &amp; alone</td>
<td>to suffer anxiety attacks silently</td>
</tr>
<tr>
<td>to stay in bed all day</td>
<td>to hoard essential supplies</td>
</tr>
<tr>
<td>to not have answers</td>
<td>to not wash your hands correctly</td>
</tr>
<tr>
<td>to not start a new exercise regimine or house project</td>
<td>to NOT ask for help when you need it</td>
</tr>
</tbody>
</table>

Source: [instagram.com/preventchildabuseutah](https://instagram.com/preventchildabuseutah)
WHAT TO DO WHEN TIMEOUT ISN'T WORKING

when it comes to discipline, there is no solution that works for all kids

1. **STAY COOL** and use other tools. The important thing is that you connect, communicate effectively, and let them know what you expect.

2. **IF AT FIRST** you don't succeed, try again. Your child may hate timeouts at first but eventually, your child may get used to taking a break away from a situation that upsets them.

3. **FIGURE OUT** how long the timeout should be. Are you keeping your child in her timeout spot too long?

4. **FIND THE RIGHT** timeout setting. Think about a quiet space without distractions where the child can think.

5. **BE REASSURING** but firm. Explain that time out isn't punishment, but a chance for everyone to calm down. Reassure your child that you love them, but that their behavior must change.

**SOURCE**
social distancing could be a nightmare for fellow extroverts, what do you do?

- **use technology to connect with friends**, if you get your energy from other people make sure to make connecting with others a priority

- **practice physical distancing, not social distancing**, don't be close to your friends physically but stay close to them socially

- **live virtually**, find virtual clubs, concerts, or movie nights

- **use social media** to connect with people, apps like tik-tok, marco polo, and instagram give you interaction that you need while maintaining social distancing

SOURCE

https://www.kezi.com/content/news/569036052.html
social distancing might feel like a dream come true introverts, but can there be too much of a good thing?

- **seize the opportunity**, use this time to reflect, be intentional, & recharge

- **but, don't go too far!** introverts still need relationships, so be sure not to completely isolate yourself

- **let somebody check on you**, don't push away friends and family members checking on you, reassure them you are okay

**SOURCE**
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:  

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**
SOURCES & RESOURCES


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/


SUPPORT PREVENT CHILD ABUSE UTAH
DONATE AT PCAUTAH.ORG