A PARENTS GUIDE TO SOCIAL DISTANCING

WEEK FOUR

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
**D A Y 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
COLOR SCAVENGER HUNT
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: FAMILY PORTRAIT
quiet time can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM
MUSICAL CHAIRS
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: COLOR SCAVENGER HUNT

DIRECTIONS:

- pick a color that you want to focus the scavenger hunt on
- give the child a bag or container and tell them to find 5-10 things of that color from around the house
- optional: you can try it in a single room or even outside
- repeat with other colors!

pink blue green

FOR MORE INFORMATION: 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
RAMEN NOODLES
if your store still has these in stock, grab some--they are so easy and kid friendly!

OPTION TWO
CHICKEN & RICE
chicken and rice is super basic, but so versatile, try different types of rice and cuts of chicken

OPTION THREE
SOUP MIX
pick up an easy soup mix, there are a lot of inexpensive options and all you have to do is add water!

FOR FOOD BANK HELP
https://www.utahfoodbank.org/
QUIET TIME: FAMILY PORTRAIT

1. Spring time is a busy time for family pictures, but this year, it doesn't have to be a photograph.

2. Grab some paper and markers and create a family portrait, include extended family too!

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: MUSICAL CHAIRS

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 play and pause music, all other players should stand around chairs

- if there are 5 people playing, there should only be 4 chairs in a circle

- play the music and have the family walk around the chairs, when the music stops, everyone find a chair

- if you don't get a chair, you are out!
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
WHATS IN THE BAG?
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: DIY PUZZLE
quiet time can be a wonderful thing for children and a great break for parents, see page 11

3:00 PM
RESCUE MISSION
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

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

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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: WHAT'S IN THE BAG?

1. Collect some sensory items, food, toys, anything!

2. Put each item in a paper bag or container, try to conceal what is inside.

3. Have each child put their hand in the bag to feel the item.

4. Let the child make guesses on what is in the bag!
QUIET TIME: DIY PUZZLE

1. give each child a sheet of paper

2. have the child draw a picture on the paper

3. have the child cut the picture into different pieces, creating a "puzzle"

4. have the children switch "puzzles" and put the picture back together with tape
AFTERNOON ACTIVITY: RESCUE MISSION

DIRECTIONS:

• find some stuffed animals, dolls, or other family members to "rescue"

• have one person hide the stuffed animals in the house

• have the other person (or people) rescue all the animals

• time yourself to see how fast you can rescue them all, switch it up and do it again!
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
TIGHT ROPE WALK
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: LISTEN TO A PODCAST
quiet time can be a wonderful thing for children and a great break for parents, see page 16

3:00 PM
INDOOR OBSTACLE COURSE
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
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let the kids help prepare the meal, or allow for additional independent play

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**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: TIGHT ROPE WALK

1. grab some tape and lay it on the floor in a long strip, maybe through a hallway.

2. take turns walking across the tape like you are on a tight rope.

3. if you "fall off" you have to go back to the beginning and start again!
QUIET TIME: LISTEN TO A PODCAST

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
AFTERNOON ACTIVITY: INDOOR OBSTACLE COURSE

STEP 1
Gather any or all of these supplies: empty paper towel rolls, a bouncy ball, flashcards, a kitchen spoon or ladle, kitchen tongs, a bucket or other large cup, pillows or couch cushions, a sheet or blanket, and a book.

STEP 2
Map out some space for your course—it doesn’t have to be a lot! Place a piece of tape, or a piece of yarn, at the “starting line.”

STEP 3
Pick a silly move your kid can do at the starting line to begin the obstacle course. (A few ideas: strike a pose, do a dance, do three jumping jacks, spin around three times, pretend to be a certain animal—you get the idea.)

STEP 4
Decide on some fun ways that your kid can get from obstacle to obstacle. (A few ideas: crab walk, bear walk, slither like a snake, walk backwards, walk sideways, dance)

STEP 5
Set up some bigger physical obstacles. (A few ideas: Drape a sheet between two chairs, where your child has to crawl under or limbo under. Pile some pillows that your kid has to “mountain climb” over.)

STEP 6
Personalize these ideas for your kid. Are you trying to work on numbers? Use a spinner from a board game at one station—he has to spin it and count to that number or do that station a certain number of times. Are you trying to teach the value of different coins or how to tell time? Make one station about identifying coins and their value, while blindfolded. Does she need to work on her handwriting? Have one station with letters to trace on paper. The idea is to make a course suited best for your child.

ADDITIONAL NOTES

FOR WEBSITE CLICK HERE

A FINAL TIP: MAKE SURE YOU TIME HOW LONG IT TAKES YOUR CHILD TO DO THE COURSE, BECAUSE WHEN THEY FINISH IT, YOU CAN SAY, “GREAT! DO YOU THINK YOU CAN BEAT YOUR TIME?”

ALL CONTENT BY THE WEBPAGE AUTHOR (MOMMYPoppins.COM)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
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<td>WAKE UP, EAT BREAKFAST</td>
<td>try getting up before your children to have some time to yourself, try meditation</td>
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<td>see page 19</td>
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<tr>
<td>10:00 AM</td>
<td>DANCE OFF</td>
<td>see page 20</td>
</tr>
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<td>LUNCH TIME</td>
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<tr>
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<td>QUIET TIME: FINDING CLOUD SHAPES</td>
<td>independent play can be a wonderful thing for children and a great break for parents, see page 21</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>DIY CLOUD ART</td>
<td>see page 22, if you are feeling tired or stressed, you could also let them watch t.v. or play a media game</td>
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<td>7:00 PM</td>
<td>PRESENT PLAY/WIND DOWNT</td>
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<tr>
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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: DANCE PARTY

1. Play your favorite music out loud for the family.

2. Dance all morning, you could even dance while you do other things, like cleaning or doing a project.

3. Let everyone take turns picking their favorite music!
INDEPENDENT PLAY: CLOUD SHAPES

DIRECTIONS:

• go outside in the backyard or front porch and look up at the sky

• try to find clouds in the shape of things, be creative!

• when you see something you like, draw it on a piece of paper

FOR ADULTS

during this time, take a nap, watch a movie, try a hobby, don't forget about YOU
AFTERNOON ACTIVITY: CLOUD ART

1. grab some supplies, paper, glue, and cotton balls

2. pull apart the cotton balls and glue them on the paper in the shape of a cloud

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

ADDITIONAL HELP:

for a video tutorial, 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: STATIONS
see page 24

10:00 AM
DRESS UP RELAY
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

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**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

Make stations around the house, label with a sticky note or piece of paper, do each activity for 1 min, repeat and repeat.

MORE IDEAS FOR STATIONS

- squats
- air kicks
- lunges
- dancing
- arm circles
- tippy toe ups
- push ups
- air bicep curls
- jump rope
AFTERNOON ACTIVITY: 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

EXAMPLES OF STATIONS

- puzzles
- books
- dancing
- blocks
- painting
- drawing
- sports
- puzzle
- game
- dolls
- play kitchen
- cars
- legos
- yoga
- school work
QUIET TIME: 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: 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
### PROBLEM SOLVING

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>SOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am out of a job with COVID 19 and don't have any source of income, I need help supporting my family.&quot;</td>
<td>go to page 30 for a list of helpful unemployment resources, try to make a budget and stick to it, and use the federal allowance wisely for your family's needs</td>
</tr>
<tr>
<td>&quot;I am not doing well mentally, taking care of kids and family, all while working... how do I make time for myself?&quot;</td>
<td>taking care of your family is really important, but so is taking care of yourself. Use our resource on page 31 to practice DAILY self care. Remember, you can't help your family until you help yourself.</td>
</tr>
<tr>
<td>&quot;my kids are having a hard time missing out on all the events we had planned, they are so dissapointed.&quot;</td>
<td>it's hard having to give up so many exciting events, especially as we near the end of the school year. However, you can help your kids cope with disspontment by listening to them and validating their emotions.</td>
</tr>
<tr>
<td>&quot;I know it sounds silly, but I find myself grieving for all the lost moments from the social distancing, is that totally crazy?&quot;</td>
<td>it's not crazy to grieve lost moments, this is an unprecedent time, none of your emotions are crazy. You might find yourself going through the stages of grief as the news of COVID-19 sinks in. Be patient with yourself (and kids) and make sure to validate your emotions.</td>
</tr>
</tbody>
</table>
UNEMPLOYMENT RESOURCES

Federal numbers released this week show a nearly 30% jump in unemployment applications. Layoffs are real and need real help—follow the links below for unemployment assistance.

- Virtual unemployment workshop
- Office of child care
- Food assistance
- Home energy assistance
- Medical assistance
- Job search

Click on resource for link

Source: https://jobs.uta.gov/covid19
SELF-CARE TIPS

this is a marathon, not a race.

1. WORK THROUGH, rather than deny, your big feelings. Resist the temptation to deny or simply react out of your feelings, dumping them into your surroundings. Instead, name them. Find safe ways to express them (journal, yell into a pillow or cry, talk them out with a friend or therapist, draw them, dance them, run them out) and feel them all the way through.

2. TAKE BREAKS from the media (including social media). While it is crucial that we all know what we need to do to stop the pandemic, it is imperative that we take breaks from the constantly shifting news.

3. INCREASE SELF AWARENESS and resist the tendency to compare. It’s easy, right now, to see what others are doing (and how they are seemingly thriving) and to compare ourselves to them. Determine what kind of routines will work best for your unique self and commit to these rather than trying to squeeze yourself into those suggested by others.

4. TEND TO YOUR PHYSICAL BODY. Move as much as you can. Give your eyes breaks from screens. Get sleep. Hydrate.

5. TEND TO YOUR PHYSICAL SPACE. Consider creating zones in your home for work/school, recreation, and rest. Don’t do all three on the couch or from bed.

6. CONNECT as you can. Social isolation can have a huge impact on even the most die-hard introvert. Use your technology to connect you with those you know and with diverse platforms for entertainment.

SOURCE
HANDLING YOUR KIDS DISSAPPOINTMENT

1. **Check your own emotions**: Fear can be contagious, so, above all, parents need to manage their own worry. Good news is calm is contagious, too.

2. **Be honest with your kids**: Regardless of a child’s age, honesty is the best approach.

3. **Validate children’s emotions**: When breaking the news of cancellations, parents should focus on validating their children’s emotions. Kids often gain comfort in knowing that they are not alone.

4. **Name your child’s emotion**: Naming your child’s emotion (for example, saying, “That must be so disappointing”) helps them begin to realize what they are feeling.

5. **Listen to your child**: It helps just to be a listening ear so your child can freely vent her frustration. There’s something so therapeutic about a person willing to hear you out and just be with you.

SOURCE

GRIEF & COVID 19, WHAT DOES IT SOUND LIKE?

DENIAL

- "This whole thing is so overblown".
- "It’s the same as the flu. People get the flu every year and hardly anyone dies."

ANGER

- "This is all China’s fault. If they’d quarantined earlier, we wouldn’t be having this problem."
- "I don’t care what the governor of my state says about sheltering in place, I’m going to work today."

BARGAINING

- "It’s OK to spend time with others as long as they wash their hands before they see me."
- "This will all be over by Easter. I’ll be safe until then, and then we can go back to normal."

DESPAIR

- "I can’t go to work, I can’t earn money. Pretty soon, I’ll be broke and homeless."
- "This epidemic is the new normal. I can say goodbye to my hopes and dreams."

ACCEPTANCE

- "I can’t control the pandemic, but I can do my part by sheltering in place, washing my hands, and staying positive."
- "The fact that I can’t leave my house doesn’t mean my life has to stop. I can work, connect, and enjoy the extra time with family."

SOURCE
the tangled ball of emotions

what do you need?

□ = Emotion I'm feeling right now.
□ = Emotion I've been feeling recently.
□ = Familiar emotion, but not recently.
□ = Emotion I rarely experience.
MENTAL HEALTH RESOURCES

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/


SUPPORT PREVENT
CHILD ABUSE UTAH
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