A PARENTS GUIDE TO SOCIAL DISTANCING
WEEK ONE

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
DIY OBSTACLE COURSE
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: JOURNALING
independent play can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM
SCAVENGER HUNT
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!
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: LIVING ROOM 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)
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
PASTA AND SAUCE
just $.38 cents a serving and can usually be found in the back of your pantry

OPTION TWO
MAC AND CHEESE
just $.50 cents a serving, this is a kid favorite, skip the milk and butter if you don't have it

OPTION THREE
RICE AND BEANS
just $.30 cents a serving, this provides so many essential proteins

FOR FOOD BANK HELP

https://www.utahfoodbank.org/
QUIET TIME: JOURNALING ACTIVITY

1. give your child paper and a pencil or pen
2. give them a prompt to start, but allow them to do it alone
3. encourage the child to stay quiet and think

SUGGESTED PROMPTS
- list things that make you happy, then write down why they make you happy
- write what happened today, how did you feel about what was happening?
- for small children, let them draw pictures of their feelings

CHECK OUT THE WEBSITE

FOR THE WEBSITE LINK CLICK HERE

**take time to meditate or wind down during this time, try using guided meditations online, if they help**
AFTERNOON ACTIVITY: SCAVENGER HUNT

DIRECTIONS:

• make a list of things for the children to find and give them each a bag (grocery or paper bag)

• have the children collect the items, or "tag" them (with a sticker)

• when they are done, praise them and repeat with new items

IDEAS OF WHAT TO FIND:

• something soft
• something with spots
• something with each color of the rainbow
• something hard
• something heavy
• something light

CHECK OUT THE WEBSITE

FOR THE WEBSITE LINK CLICK HERE
DAY 2

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
PAPER AIRPLANE ACTIVITY
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: VIRTUAL MUSEUM
independent play can be a wonderful thing for children and a great break for parents, see page 11

3:00 PM
AFTERNOON AT THE MUSEUM
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!
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: PAPER AIRPLANE COMPETITION

1. hand out a sheet of paper (recycled paper works too!) to each child

2. give each child 10 min to build the best paper airplane they can

3. optional: give children a paper clip, a piece of tape, or a penny, to use on the airplane

4. compete to see whose airplane can go the farthest, you can join too!

TRY THESE YOUTUBE VIDEOS

for a video on how to make a paper airplane, click here

for another option, click here
QUIET TIME: VIRTUAL MUSEUM

DID YOU KNOW?
museums around the world are offering FREE virtual museum tours?

- have your child watch one (or all!) of these tours
- when your child sees something they love, have them draw a picture of it.

**you can use it for your afternoon activity (see next page)**

HERE'S THE WEBSITE!

FOR THE WEBSITE LINK CLICK HERE

YOU CAN ALWAYS JUST PLAY YOUR CHILD'S FAVORITE MOVIE INSTEAD!
AFTERNOON ACTIVITY: AFTERNOON AT THE MUSEUM

DIRECTIONS:

- Teach children about your favorite artwork, it could be modern, ancient, or even an Instagram account! This is to inspire creativity and connect with your child.

- Then, have the children create art work of their very own, they can copy your favorite art work, or make their own creation.

- Encourage the children to use things out of recycling or trash (clean, trash) to create a masterpiece, this does not need to be expensive!

- Create a "museum" display in a hallway, kitchen, or bedroom, let the child set up their "museum" **you can use art from quiet time as well**

- Let them walk you through their museum after dinner.

WHY USE TRASH INSTEAD OF ART SUPPLIES?

- You can use art supplies if you want, but recycling items don't cost anything!

- These items can also inspire children to think outside the box and challenge their minds.
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
STRETCH/EXERCISE
see page 14

10:00 AM
BUILD A PILLOW FORT
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: BOOK TRACING
independent play can be a wonderful thing for children and a great break for parents, see page 16

3:00 PM
DIY PUPPET SHOW
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!
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: BUILD A PILLOW 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!

HOW TO BUILD A PILLOW FORT

for an instructional video, click **here**

for another option, click **here**
QUIET TIME: BOOK TRACING

DIRECTIONS:

- have your child grab their favorite book
- let the child trace the pictures in their book
- with the traced photos, let your child write or make up a new story
- repeat again and again

AS ALWAYS...

you can always just play your child's favorite movie instead!
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
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
MAKE A PUZZLE
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
STATIONS
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
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!
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 during the walk, have them search for things like sticks, flowers, or plants

REMEMBER

• try not to stop and play at outdoor parks with other children

• to stop the spread of covid 19, stay locally, just a walk around the block
MORNING ACTIVITY: MAKE A 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
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: 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
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
STRETCH/EXERCISE
see page 24

10:00 AM
MORNING ACTIVITY
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/INDEPENDENT PLAY
independent play can be a wonderful thing for children and a great break for parents, see page 26

3:00 PM
AFTERNOON ACTIVITY
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!
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
MORNING 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
QUIET TIME: 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!
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

- this can be fun for the whole family and promotes bonding

FREE MOVIES

for free family friendly movies, click here!
ADDITIONAL RESOURCES
"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
HYGIENE KITS & FOOD BOXES

HYGIENE KITS & FOOD BOXES FOR FAMILIES
Starting on Wednesday, March 18, families who need it can pick up boxes of food and hygiene kits at our Community Learning Centers.

These items will be available on:
Wednesday, March 18, 8am-12pm
Friday, March 20, 8am-12pm
Monday, March 23, 8am-12pm
Wednesday, March 25, 8am-12pm
Friday, March 27, 8am-12pm

The addresses for the Community Learning Centers are:

Rose Park Community Learning Center: 1105 W. 1000 N., Salt Lake City, Utah 84116
Liberty Community Learning Center: 1078 S. 300 E., Salt Lake City, Utah 84111 G
Lendale Community Learning Center: 1388 S. 1340 W. Navajo Street, Salt Lake City, Utah 84104

VISIT YOUR LOCAL DISTRICT WEBPAGE FOR MORE INFORMATION
"We recognize that many of our students do not have internet connections at home.

Comcast, a partner of the Salt Lake Education Foundation, is generously offering a program called "Internet Essentials," which would allow families to receive two free months of Internet service, with the option of continuing thereafter with monthly payments of $9.95 per month.

Salt Lake City School District families have been pre-approved for a streamlined enrollment process.

Call 855-846-8376 or apply online at www.InternetEssentials.com. You’ll be asked to provide your contact information and school name. No other paperwork is necessary, and if you meet the program eligibility criteria, you will be approved and could have home Internet within 5-7 days. After your free two-month trial, you can cancel at any time."

VISIT YOUR LOCAL DISTRICT WEBPAGE FOR MORE INFORMATION
SOURCES & RESOURCES


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

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


https://www.utahfoodbank.org/