A Parent's Guide to Social Distancing

Week Two

A weekly guide with scheduled activities for your children and ways to decrease your own stress and anxiety.
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
SIMON SAYS
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:
GUIDED MEDITATION
independent play can be a wonderful thing for children and a great break for parents, see page 6

3:00 PM
PILE OF PILLOWS
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: SIMON(E) SAYS

DIRECTIONS:

• assign one child to be "simon" or "simone" :) 

• "simon" gets to assign things for the other children to do, examples: touch your nose, hop up and down, dance like a chicken 

• if the child gives a command without saying "simon says" first, the player who does this command is out 

• last one left standing wins, repeat again and again, parents can get in and play too!
**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**

**CHEESE TORTILLA**
these are a kid favorite and easy to make, find cheap ingredients at your local grocer

**OPTION TWO**

**HARD BOILED EGGS**
eggs are less than a dollar a dozen, this could be your cheapest meal yet

**OPTION THREE**

**PEANUT BUTTER & JELLY**

pb&j is a classic for a reason, it is unbelievably cheap to make! for an allergy alternative use jelly and cream cheese

**FOR FOOD BANK HELP**

[https://www.utahfoodbank.org/](https://www.utahfoodbank.org/)
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
DO YOU REMEMBER...
jumping in leaves after raking them in the backyard? you and your kids can do the same thing INSIDE with pillows!

- gather all the pillows, blankets, and cushions from your house in one place
- put them into a pile and jump into it!

**be safe, be smart, don't jump from high places or onto the floor without a lot of cushion**
D A Y  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: INDOOR HOPSCOTCH
see page 9

10:00 AM
FIND AND MATCH
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: ANIMAL DOCUMENTARY
independent play can be a wonderful thing for children and a great break for parents, see page 11

3:00 PM
HIDE AND GO SEEK
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: INDOOR HOPSCOTCH

1. get all your supplies--grab lots of recycling paper, some tape and a pen

2. lay the papers down in a hopscotch grid, secure them with tape and number them

3. create a plan on how to get across, time the kids, switch it up, it can last as long as you want!

FOR MORE INFORMATION
for a website on DIY indoor hopscotch, click here!
MORNING ACTIVITY: FIND AND MATCH

1. grab some paper and write some matching words (or draw pictures)

2. hide the matches in the house, make sure to hide them separately

3. have the child search and find the matches, time them if you want!

4. do it again with different hiding spots or different matches

TO PRINT MATCHES INSTEAD

for one option, click here

for another option, click here
DID YOU KNOW?

animal/plant documentaries are a great way to wind down and learn something all at once?

- have your child watch one (or all!) of these documentaries
- when your child sees an animal they love, have them draw a picture of it

FREE CONTENT

FOR A FREE DOCUMENTARY CLICK HERE

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

DIRECTIONS:

- teach children about your favorite animals, this is to inspire creativity and connect with your child
- then, have the children put the names of animals into a cup
- take turns drawing names from the cup and acting the animal out for other family members to guess
- take turns and keep track of points, winner gets to help with dinner!

HERE’S A WEBSITE TO HELP!

click here!
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
DANCE PARTY
see page 14

10:00 AM
DIY RACE TRACK
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: READING TIME
independent play can be a wonderful thing for children and a great break for parents, see page 16

3:00 PM
ANIMAL WADDLE
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: DIY RACE TRACK

1. get some colored tape and use it to shape a track on the floor around the house

2. you can have the track go over the couch, under the bed, through the hall, wherever!

3. race each other, time your trials, try going fast or try going slow, try different things
QUICK TIME: READING TIME

DIRECTIONS:

- have your child grab their favorite books
- help them choose a quiet space to read (or look at pictures)
- let them stay quiet and focused, if they feel "bored", refocus them
- repeat again and again

AS ALWAYS...
you can always just play your child's favorite movie instead!
AFTERNOON ACTIVITY: ANIMAL WADDLE

DIRECTIONS:

- make an obstacle course using furniture and objects around the house, create a starting line and finish line

- assign each child a zoo animal

- each child must act like the animal assigned while they complete the course, for example, slither like a snake or crawl like a crab

- time each "animal" and see who is the quickest in the "zoo"

ANIMALS TO ASSIGN

- frog
- snake
- bear
- bird
- monkey
- dog
- cat
- lion
- sloth
- spider
- turtle
- kangaroo
- mouse
- elephant
- giraffe
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
NATURE ART
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: WRITE A PLAY
independent play can be a wonderful thing for children and a great break for parents, see page 21

3:00 PM
MAKE PROPS FOR PLAY
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
1. collect nature items from your walk i.e. leaves, flowers, rocks

2. make a work of art with your nature items, example: you could glue them on paper

3. optional: add drawings around the nature, glitter, any art product you want
INDEPENDENT PLAY: WRITE A PLAY

DIRECTIONS:

• brainstorm ideas on what the play will be about

• leave the children alone to come up with a script for the play

• have the child write down the play and the script for the actors, if they can't write, let them draw pictures

• have them start practicing their lines

IDEAS FOR THE PLAY

• princess plot
• copy their favorite book, use the book for script ideas
• the child's favorite movie
• some real life event

FOR ADULTS

during this time, take a nap, watch a movie, try a hobby, don't forget about YOU
AFTERNOON ACTIVITY: CREATE PROPS FOR PLAY

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

2. Let the children make costumes, backgrounds and props for the play.

3. After they have finished all their items, have them practice with the props.

4. Let them present after dinner for the whole family.
**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**
BUILD A RACE CAR
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: BUILD A TOWER
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**
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
MORNING ACTIVITY: BUILD A RACE CAR

1. grab some cardboard from the recycling, tape, markers, and kid-friendly scissors

2. have each child build a car, you can use toilet paper cardboard inserts for wheels

3. let your children race the cars, see who wins!
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

• fun for the whole family, promotes bonding

FREE MOVIES

for free family friendly movies, click here!
make time for yourself: be intentional about creating space to recharge and decompress--take a bath, go on a walk alone, or do things you love after kid's bed time

prioritize healthy choices: this doesn't mean pressuring yourself to get into shape or not eating ice cream, it means being thoughtful and intentional about how you're treating your body

be realistic: perfectionism and COVID 19 don't mix! be realistic at work and as a parent. practice forgiveness and self-compassion, there is no playbook--you are doing your best during a very difficult time

set boundaries: it can be easy to absorb the fears and anxieties of those around you, extend compassion but let friends and family know you are taking a break from worrying news and worst-case scenario talk

reconnect with things you enjoy: get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill

SOURCE
**PROBLEM SOLVING**

**PROBLEM**

"I need to work from home and take care of my kids at the same time, I can't lose my job."

SEE PAGE 33

"My children are struggling with this transition, they are acting out all the time, what can I do?"

SEE PAGE 35

"I am constantly anxious about covid 19, it's causing panic in my home, what do I do?"

SEE PAGE 31-32

"My child is struggling with "homeschooling", I need to work and take care of the other children, I can't do this too..."

SEE PAGE 34

**SOLUTION**

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.

try being consistent with your new routine, this helps the child know what to expect. also, try to praise good transitioning and follow-up consistently with appropriate consequences for misbehaving.

take a break from the news and social media, meditate, take a walk outside, take care of your body, unwind and do activities you love--give yourself permission to enjoy this time & avoid perfectionism.

homeschooling is hard for everyone, but especially for parents who didn't choose it. take it slow, be patient, take a break, hate math, find joy, and don't worry--they are learning. set expectations at the beginning of the day and give a lot of positive reinforcement.
TREAT YOUR ANXIETY FIRST

A big part of treatment for children with anxiety is actually teaching parents stress tolerance.

1. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

3. Make time to unwind, try to do some other activities you enjoy.

4. Connect with others, talk with people you trust about your concerns and how you are feeling.

HELPING YOUR CHILD'S ANXIETY

WHAT DOES ANXIETY LOOK LIKE IN A CHILD?

Anxiety and fear appear differently in children. Here are some signs to look for that your child is struggling:
1. throwing up
2. headaches
3. racing heart
4. stomach issues
5. acting out

WHAT CAN I DO TO CALM MY CHILD'S FEAR AND ANXIETY?

1. DEEP BREATHING: try "belly breathing" or deep breathes through the belly to help kids slow breathing, relax, slow heart rate, and reduce stress hormones
2. MINDFULNESS: have the child focus on what is around them, what they can see, feel, hear, to help ground them
3. COPING STATEMENTS: teach the child to talk back to their worries, for example, have the child say "I am feeling scared and can handle it" or "I'm bigger than my fear (or anxiety)"
4. COPING AHEAD: have the child come up with a plan on how to counteract fear before it even begins
5. ACCEPTANCE: try having the child acknowledge the discomfort without fighting it, hold on to it and tolerate it

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/
a lot of schools around the country have closed school for the rest of the year, are you struggling with your child's new classroom at home?

1. don't strive for perfection

2. it's OK to hate math, try a youtube tutorial

3. kids learn at their own rate, even in a classroom

4. at their breaking point, take a break

SOURCE
HELP YOUR CHILD THROUGH TRANSITION:
how can your child better deal with the transition to home-based study and social distancing?

1. **create a routine**: a routine helps a child adapt better to change

2. **give it a sound track**: for younger kid especially, add a song to routines

3. **use rewards**: provide the child with tangible rewards for good behavior, use stickers, snacks or points

4. **implement appropriate consequences**: ignore if they are making an effort and if they are misbehaving, take away privileges (i.e. t.v. time)

5. **praise good transitioning**: be specific and consistent, children thrive off of positive reinforcement!

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
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."
SOURCES & RESOURCES


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

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


https://www.utahfoodbank.org/
