

# SELF CARE

## STRATEGIES AND TIPS FOR FAMILIES/CAREGIVERS

### GENERAL TIPS:

Remote learning recommendations for parents and caregivers	<a href="https://www.popsugar.com/family/homeschool-hours-by-grade-chart-47384958">https://www.popsugar.com/family/homeschool-hours-by-grade-chart-47384958</a>
Tips for managing stress and anxiety	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a>
How mindfulness can help you cope during periods of stress	<a href="https://childmind.org/article/how-mindfulness-can-help-during-covid-19/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=%20Parents%20G">https://childmind.org/article/how-mindfulness-can-help-during-covid-19/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=%20Parents%20G</a>
8 ways to maintain a healthy work-home life balance	<a href="https://www.henryford.com/blog/2020/04/ways-to-maintain-health-work-life-balance-at-home?utm_campaign=covid-19&amp;utm_source=facebook&amp;utm_medium=social&amp;utm_content=blog&amp;utm_term=post-apr-maintain-work-life-balance">https://www.henryford.com/blog/2020/04/ways-to-maintain-health-work-life-balance-at-home?utm_campaign=covid-19&amp;utm_source=facebook&amp;utm_medium=social&amp;utm_content=blog&amp;utm_term=post-apr-maintain-work-life-balance</a>
Helping children with traumatic separation or traumatic grief related to COVID 19	<a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/helping_children_with_traumatic_separation_or_traumatic_grief_related_to_covid19.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/helping_children_with_traumatic_separation_or_traumatic_grief_related_to_covid19.pdf</a>
Anxiety and Coping with Corona virus	<a href="https://childmind.org/article/anxiety-and-coping-with-coronavirus">https://childmind.org/article/anxiety-and-coping-with-coronavirus</a>
Managing anxiety and coping when family members are hospitalized due to COVID:	<a href="https://www.cstsonline.org/assets/media/documents/CSTS_FS_When_Family_Members_are_Hospitalized_due_to_COVID19.pdf">https://www.cstsonline.org/assets/media/documents/CSTS_FS_When_Family_Members_are_Hospitalized_due_to_COVID19.pdf</a>

### ELEMENTARY-AGE STUDENTS:

Explaining Social Distancing to Children   Meet the Helpers	<a href="https://youtu.be/fPrYNOC3Kvw">https://youtu.be/fPrYNOC3Kvw</a>
Social Emotional Learning Video Lesson - Self-Management	<a href="https://www.youtube.com/watch?v=zSjCjOmnz-4">https://www.youtube.com/watch?v=zSjCjOmnz-4</a>
Mindfulness for Elementary school-age students	<a href="https://www.youtube.com/watch?v=hDhn6dY81tQ">https://www.youtube.com/watch?v=hDhn6dY81tQ</a>
Anxiety and the Coping with the Corona Virus	<a href="https://childmind.org/article/anxiety-and-coping-with-coronavirus/">https://childmind.org/article/anxiety-and-coping-with-coronavirus/</a>
Children May Be Afraid of Masks. Here's How to Help	<a href="https://www.nytimes.com/2020/04/13/well/family/coronavirus-children-masks-fear.html">https://www.nytimes.com/2020/04/13/well/family/coronavirus-children-masks-fear.html</a>
Talking to kids about the Corona Virus	<a href="https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR0rQFe1I2EeBdUM6NZDXstTjOTthG_YJq4OcJ7jHOazjM3PnhCRL-AuTIW8">https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR0rQFe1I2EeBdUM6NZDXstTjOTthG_YJq4OcJ7jHOazjM3PnhCRL-AuTIW8</a>
Exploring the New Corona Virus: a Comic Book Just for kids	<a href="https://www.humbleisd.net/cms/lib/TX01001414/Centricity/Domain/1156/Exploring-the-New-Coronavirus-A-Comic-Book-Just-for-Kids-1.pdf">https://www.humbleisd.net/cms/lib/TX01001414/Centricity/Domain/1156/Exploring-the-New-Coronavirus-A-Comic-Book-Just-for-Kids-1.pdf</a>

**MIDDLE SCHOOL-AGE STUDENTS:**

Supporting Teenagers and Young Adults During the Coronavirus	<a href="https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/">https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/</a>
Social Distancing for Kids Video Lessons-YouTube	<a href="https://youtu.be/xopapqahqEg">https://youtu.be/xopapqahqEg</a>
2020 Covid-19 time capsule sheets	<a href="https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?usp=sharing">https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?usp=sharing</a>
How to help pre-teen kids in a coronavirus lockdown	<a href="https://qz.com/1823522/how-to-help-pre-teen-kids-in-a-coronavirus-lockdown/">https://qz.com/1823522/how-to-help-pre-teen-kids-in-a-coronavirus-lockdown/</a>
5 Ways to Help Teens Manage Anxiety About the Corona virus	<a href="https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html</a>

**HIGH SCHOOL-AGE STUDENTS:**

Activities to Keep Teens Engaged in School	<a href="https://www.seattletimes.com/life/activities-to-keep-teens-engaged-while-schools-are-shut-during-the-coronavirus-pandemic/">https://www.seattletimes.com/life/activities-to-keep-teens-engaged-while-schools-are-shut-during-the-coronavirus-pandemic/</a>
Helping Children Cope with Changes Resulting From COVID	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>
Mindfulness for Teens	<a href="https://youtu.be/zktNaLv4kKA">https://youtu.be/zktNaLv4kKA</a>
Supporting Teenagers and Young Adults during the Coronavirus Crisis	<a href="https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/">https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/</a>
5 Ways to Help Teens Manage Anxiety About the Coronavirus	<a href="https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html</a>



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- |  |   |  |  |  |  |   |
|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact          | 2 Enjoy washing your hands. Remember all they do for you!         | 3 Write down ten things you feel grateful for in life and why  | 4 Stay hydrated, eat healthy food and boost your immune system   | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them     | 7 Share what you are feeling and be willing to ask for help   |
| 8 Take five minutes to sit still and breathe. Repeat regularly   | 9 Call a loved one to catch up and really listen to them          | 10 Get good sleep. No screens before bed or when waking up   | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast      | 13 Respond positively to everyone you interact with        | 14 Play a game that you enjoyed when you were younger         |
| 15 Make some progress on a project that matters to you           | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative  | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with      |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news     | 24 Put your worries into perspective and try to let them go  | 25 Look for the good in others and notice their strengths        | 26 Take a small step towards an important goal             | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing       | 30 Remember that all feelings and situations pass in time         |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>  |  |  |  |   |

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

[https://www.actionforhappiness.org/media/863032/coping\\_calendar.jpg](https://www.actionforhappiness.org/media/863032/coping_calendar.jpg)

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

<https://www.blessingmanifesting.com/managing-anxiety-about-the-corona-virus/>

# 75 Easy & Fun Calm Down Strategies for Kids

1. Slow down your breathing.
2. Cuddle with a warm compress.
3. Play/cuddle with a pet.
4. Write a letter.
5. Breathe in a favorite scent.
6. Count your heartbeats.
7. Get wrapped up tight in a blanket like a burrito.
8. Tell a grown-up what you need.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc.)
12. 'Yell your anger' into a pillow/blanket/sleeve.
13. Watch an animal. Animal watching is a great way to teach mindfulness with kids.
14. Make a fort to hide in.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Play with water.
19. Listen to music.
20. Jump.
21. Visualize a 'happy place'.
22. Stretch.
23. Do a downward-facing dog yoga pose.
24. 5-4-3-2-1 Challenge. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste.
25. Go outdoors.
26. Give yourself a hand massage.
27. Slow down your breathing with an expandable ball.
28. Squeeze a stuffed animal.
29. Identify your emotions.
30. Get in touch with nature.
31. Do wall push-ups.
32. Do a sensory play activity.
33. Ask for a hug.
34. Drink a glass of water.
35. Push your palms together, hold, then release & repeat.
36. Put on noise-canceling headphones for quiet.
37. Turn off the lights.
38. Run/walk around the outside of the house a few times.
39. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own fidget.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read while on your stomach.
51. Go to the park
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 15 squats.
55. Squeeze your fists as tight as you can.
56. Count backward from 50.
57. Remind yourself it's ok to be angry/upset/hurt etc.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on YouTube.
61. Make a pillow trail and crawl over it.
62. Learn about why it's hard to control your emotions sometimes.
63. Close your eyes and tune out the world.
64. Give yourself a tight squeeze.
65. Sit with your feelings for a few minutes and allow yourself to experience them.
66. Call a friend.
67. Pray.
68. Eat a crunchy snack.
69. Knit/crochet or create something with your hands.
70. Repeat positive affirmations.
71. Look at a magazine.
72. Use yoga cards.
73. Recite the alphabet backward.
74. Climb.
75. Remind yourself emotions are like waves, they come & they go.

<https://parentswithconfidence.com/calm-down-strategies-for-kids>



<https://parentswithconfidence.com/calm-down-strategies-for-kids/>

# DEALIN' WITH FEELING **BORED**



Being bored means that you have nothing fun planned to do or there is nothing going on that gets you excited. The best way to cope with boredom is by finding something to do that you enjoy. Read below to find out how you can start dealin' with feeling bored!



## **LEARN A NEW HOBBY OR SKILL**

Is there a skill or a hobby that you've been wanting to learn? This is your chance to do it! You can take time to learn the rules of a new sport and see how good you can get. You can watch videos or read books about learning to play an instrument. You could also start a collection or try other hobbies you may not have thought of such as photography, gardening, or hiking.

## **CREATE SOMETHING**

Being bored gives you a chance to get creative! Find materials around the house to work on a fun craft. Look for instructions for a special project or just make something up on your own. You can also use crayons, markers, or paint to create a work of art to hang in the house. You can try to create your own characters and write a short story, funny skit, or comic book.

## **REACH OUT TO OTHERS**

If you're bored, reach out to other people and see what they are up to. You can join their activity or invite them to come over and have fun with you. If your parents or guardians aren't busy, ask them if they'd like to play a game with you. There are a lot of fun things you can do with siblings as well. Activities that you can do with others include cooking, watching a show, playing a game, or doing something fun outdoors.

## **LEARN TO RELAX**

Sometimes having nothing to do can be a good thing! Rest and relaxation are good for your mind and body. Taking time to relax can help you cope when you're feeling stressed or overwhelmed. There are things that you can do to unwind when you're feeling bored. You can take a nap, read a book or practice meditation or yoga!



© 2019 Mylemarks LLC. All Rights Reserved.  
For more resources, visit [www.mylemarks.com](http://www.mylemarks.com)



Illustration created by Squishies Clipart © Buckeye Beginnings  
<https://www.teacherspayteachers.com/Store/Buckeye-Beginnings>



Name

Class

Date

[Find more amazing education freebies at azulita.org](https://azulita.org)



## Identifying my emotions

Circle the emoji option that is most like how I feel right now



Do I know why I feel this way?

---

---

---

---



What happened today?

---

---

---

---



Could anything that happened today be connected to how I feel?

---

---

---

---



What is one small thing I could do today to make me feel better or keep up my good mood?

---

---

---

---



When will I do that small thing today?

---

---

---

---



## Feel better options list

- Listen to my favorite song
- Call/text/message a friend
- Write a poem
- Go for a walk
- Take some pictures of beautiful nature
- Search for relaxing sounds on YouTube like ocean waves
- Get a drink of water
- Help someone you care about
- Exercise/work out
- Write about what happened today
- Learn a new song
- Take a bath/shower
- Dance around to some of your favorite music
- Look up inspirational quotes
- Watch a TV show/movie I enjoy
- Paint/draw a picture
- Do a mindfulness meditation
- Eat a healthy food item
- Create a playlist that calms you down
- Go for a hike
- Go to sleep an hour earlier
- Have a cup of tea
- Read a book/article
- Eat a snack/delicious treat
- Journal about how I feel
- Take a nap
- Go for a run
- Write down things and people you are grateful for
- Sing along to a fun song
- Make an appointment to talk to someone helpful
- Watch the sunset
- Create a playlist that makes you feel better
- Try the 4-7-8 breathing method
- Play with a pet
- Start a conversation with someone new
- Practice talking to yourself (in your head) nicely and positively
- Start a list or jar with things you are grateful/happy for
- Volunteer
- Look at the stars
- Ask for a hug
- Tell a silly joke
- Celebrate what makes you unique and special
- Take some pictures of your favorite things
- Do some yoga



# **Kids' Sadness About COVID-19 May Look Like:**

## **Anger**

"This stupid remote doesn't work!"

## **Resisting the "new order"**

"I'm not doing four math problems! I'm only doing one!"

## **Tiredness**

"I don't want to go for a walk. I'm too tired!"

## **Numbing Out**

("Just 30 more minutes on the iPad!")

## **Displaced frustration**

"I didn't want lasagna for dinner. I wanted tacos!"

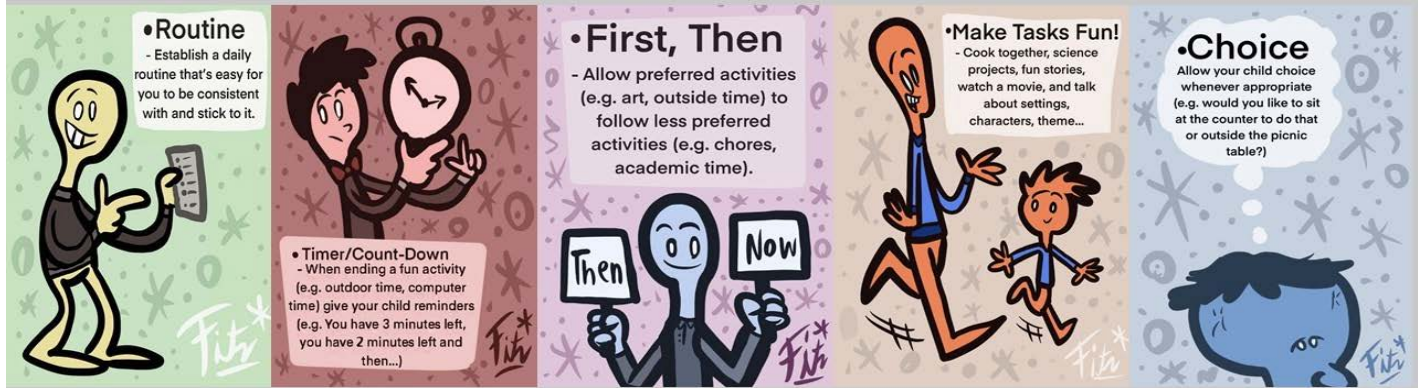
## **Boredom**

"I'm bored" = code for "I'm sad"

**[www.erinleyba.com](http://www.erinleyba.com)**

<https://www.psychologytoday.com/us/blog/joyful-parenting/202003/kids-sadness-about-covid-19-may-not-look-sadness>

## *FIVE Positive Strategies for chores, academics & other home tasks!*



## Behavior Support Strategies for Parents

<https://www.esc20.net/apps/pages/autism>

## *Cinco Estrategias Positivas para tareas, habilidades académicas y otras deberes del hogar*



## Estrategias de Apoyo de Comportamiento para Padres