

# COVIDtunities

## LESSONS LEARNED THROUGH COVID-19 ABOUT REDUCING STRESS



Rather than focusing on all children have missed as a result of the pandemic, it helps to reframe how we think about going forward from here. We can:

- Reframe “return back” as “Return to the future”
- Reframe “catching up” as “Renewed Learning”
- Reframe “lost education” as “Pause and Continue”
- Reframe “deficit” as “Learning to Cope with the Unexpected”.

## WAYS TO HELP YOUR CHILD AND YOU:



### **FIND THE FUN:**

Be present  
Use routines that help children feel safe and regular activities for learning opportunities.



### **GET OUTSIDE:**

Get some exercise.  
Take advantage of nice weather to plan outdoor fun and add physical activities.



### **RECHARGE and RECONNECT:**

Take a break  
Engage in self care.  
Meet up with friends & relatives.



### **RECONSIDER PRIORITIES:**

Set aside times to read, talk with your children about their feelings and experiences.

Our focus should be on children's well-being, helping them feel safe and calm!

# Family Activities

## SOME TIPS FOR FAMILY FOR COVID-19 AND BEYOND



REMEMBER WHEN YOU ARE CALM,  
IT HELPS YOUR CHILD BE CALM.

### GET OUTSIDE:



- Nature walks with children (talk about what you see outside, birds, trees.)
- Go to the beach (swim, build sandcastles, hunt for seashells)
- Go to the park,
- Ride bikes, have relay races.
- Exercise those those muscles-it helps a child's body to feel calm”.
- So on a scavenger hunt.

### FIND THE FUN:



- Keep routines- bedtime, mealtime etc., we feel safe when we know what's happening.
- Cook as a family
- Build a garden together.
- Have game nights (board games, cards, Guessing games)
- Have a movie night
- Have a dance party
- Be present and in the moment

### RECHARGE and RECONNECT:

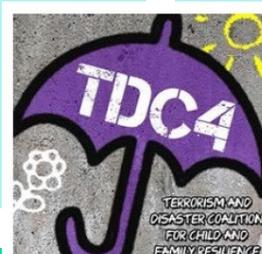


- Maintain healthy eating and sleep habits
- Meditate
- Exercise (walk, jog, do yoga)
- Take mini breaks throughout the day.
- Pick up a hobby (drawing, knitting, taking photos, blogging).
- Get together with family or friends you've missed.

### RECONSIDER PRIORITIES:



- Prioritize family time.
- Set aside times to read with your child.
- Listen to your child, let them talk about their experiences.
- Help children learn through play (make it fun).
- Have children help with chores, setting the table, folding the laundry,
- Try not to worry about academics, teachers will need to meet children where they are.



Northeast Regional Terrorism  
and Disaster Coalition