

COVIDtunities

LESSONS LEARNED THROUGH COVID-19 ABOUT REDUCING STRESS & STAYING SAFE



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**” as we consider what we have gained from the experience.
- Reframe “deficit” as “**Learning to cope with the unexpected**”. Perhaps we've been able to foster resilience and benefit from life lessons during this time.

WAYS TO HELP YOUR CHILD AND YOU:



FIND THE FUN:

Be present.
Use routines that help children feel safe and use 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!
Children and adults will grow from adversity in ways that become clear over time.

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 etc.)
- Go to the beach (swim, build sandcastles, hunt for seashells).
- Go to the park.
- Ride bikes, have relay races.
- Exercise those muscles-it helps a child's body to feel calm.
- Go 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.



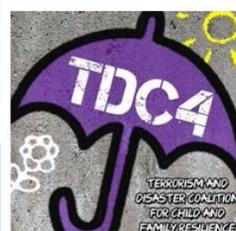
RECHARGE and RECONNECT:

- 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
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