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.