

Helping Families Through the Coronavirus Pandemic

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Information provided by
Marriage and Family Services, Inc.



Information Covered

- Talking to children about the Coronavirus (Slides 3-10)
- Self care ideas for children and parents (Slides 11-16)
- Signs your child might be acting out and what to do (Slides 17-25)
- Keeping structure in the home (Slides 26-30)
- Exercise ideas for kids (Slides 31-34)
- Mindfulness tools for families (Slides 35-44)
- Ideas to keep busy during quarantine (Slides 45-48)
- Resources (Slides 49-50)



Educating your Children on the Coronavirus

- Make it age appropriate
- Focus on making smart and educated decisions, rather than fear based ones
- Answer their questions honestly
- Try to instill hope
- Remain calm

[Article: A Child Psychiatrist Explains how to Talk to Kids About the Coronavirus](#)

[Article: How to Talk to Kids About Coronavirus](#)

[Article: Supporting and reassuring children around the world \(Download the PDF on the article\)](#)

[Article: Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#)



Children's National.

A KID'S GUIDE TO CORONAVIRUS

Staying Healthy and Safe



Coronavirus is a new germ that makes people sick.

Most people only get a little bit sick from coronavirus. Most people get better from coronavirus while they stay at home. Some people go to the hospital to get better from coronavirus.



Coronavirus makes people cough and have fevers for a little while.

Coronavirus makes most people feel like they have a cold or the flu. They feel tired and sick for a while but then they get better again, just like after a cold.



What can kids do to help?

- Wash your hands often with soap and water for as long as it takes to sing the ABCs after you blow your nose or use the bathroom and before you eat.
- Cover your cough with your elbow.
- Try not to touch your face because that can move germs from your hands to your face and make you get sick.



Staying home helps keep people healthy.

Lots of schools are closed and meetings are cancelled. This is so the coronavirus does not spread to lots of different people. Staying home helps keep older people from getting coronavirus. If school is cancelled that does not mean that you should be scared.



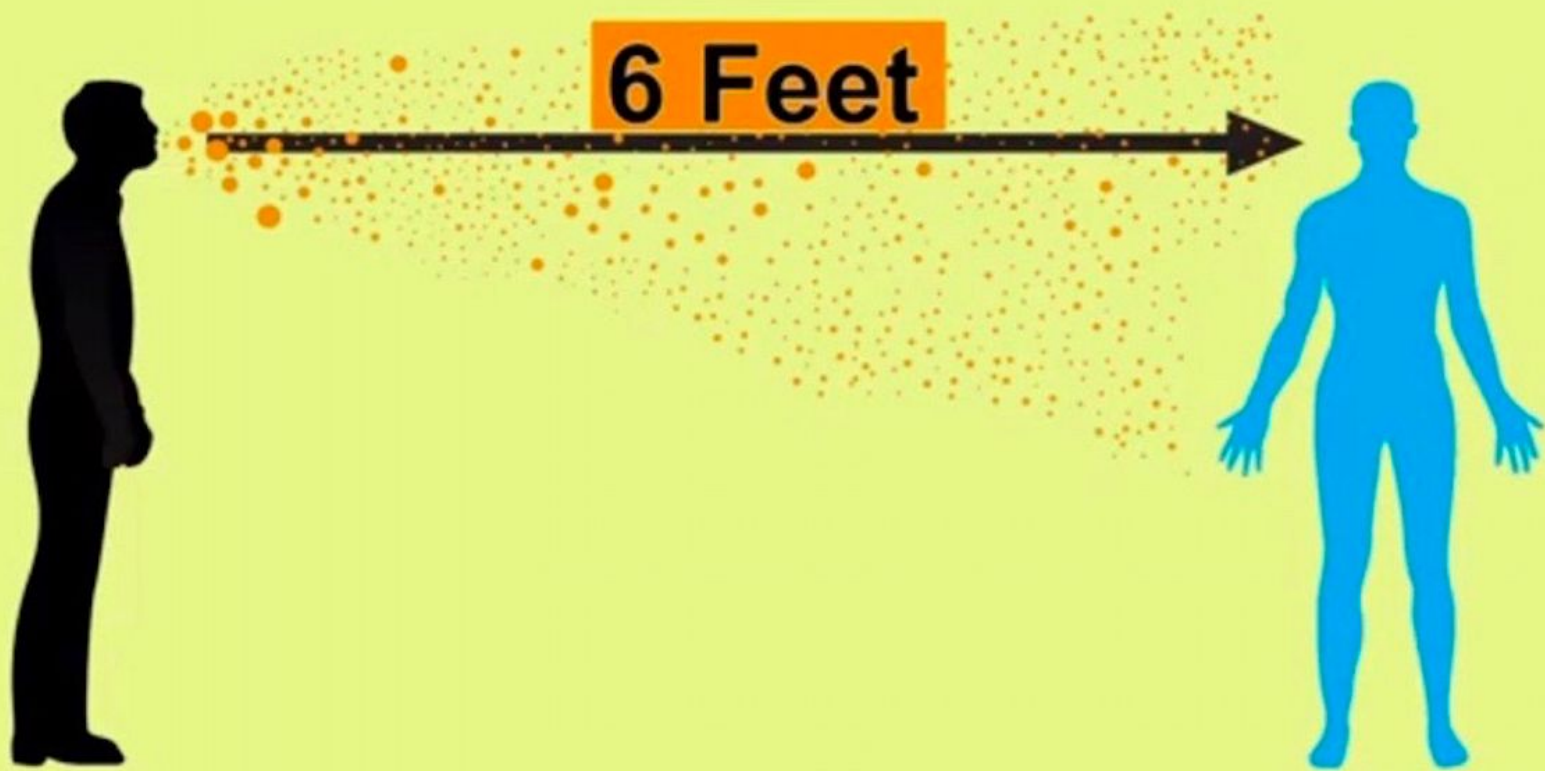
It is not your job to worry.

Lots of adults are all working hard to keep you and everyone safe. If you are worried, talk to an adult about it. Keeping people safe is a grown up job, not a kid job.

For more information, visit ChildrensNational.org/covid19-kids/

Click on
picture to
play the
video







Wet



Get Soap

Hands that look clean can still have tiny germs!



Scrub



Rinse



Dry

Wash
YOUR
HANDS!

For more information on hand hygiene, visit www.cdc.gov/handwashing



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Ultimate Germ Fighting Championship

Draw yourself defeating this germ!



Cognitive Reframing

Self-Isolation:

"My friends and I
can't see each other"



"My friends and I are
protecting each other"

"I'm stuck at home"



"I'm safe at home"

"I have lost all
my freedom"



"I have relinquished
my freedom for a
noble purpose"

"I miss the
things I love"



"I'm increasing my
gratitude for the
things I love"

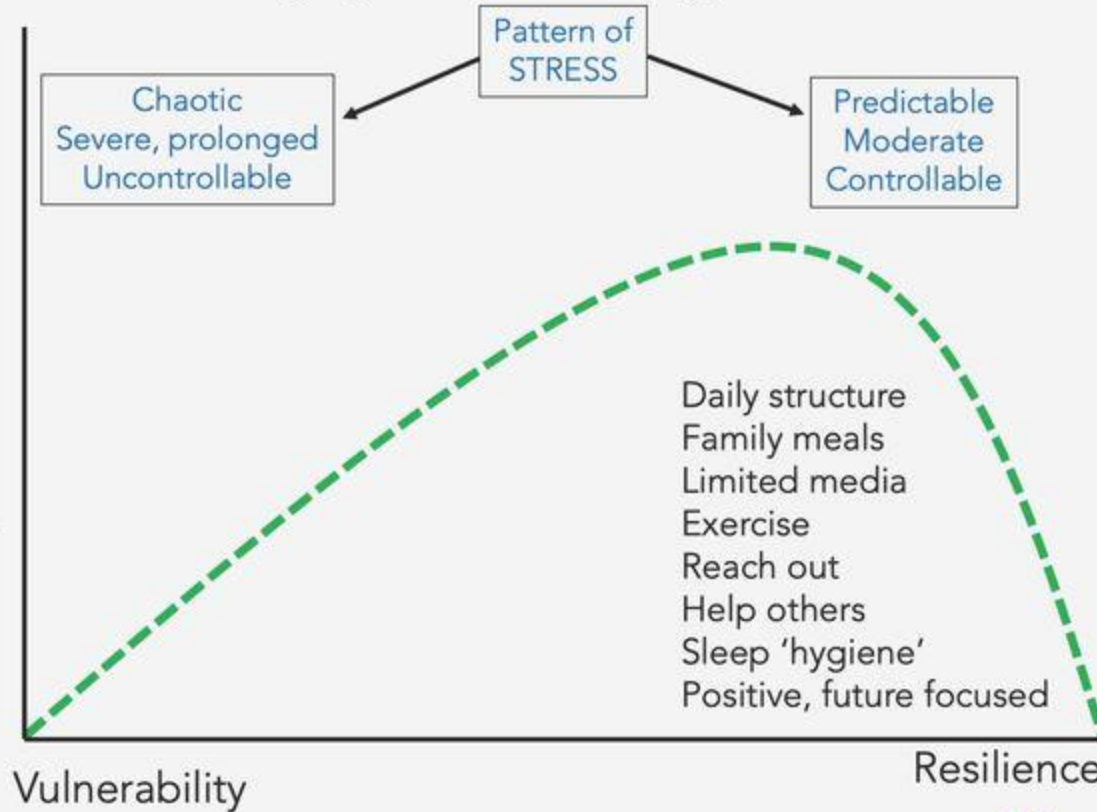


Stay positive in these tough times

@RealDepressionProject



Managing Stress: Shifting Your Pattern



Self-Care Ideas for Families

- Structure your day
 - Keep bedtime routines, daily chores, and normal weekly activities.
- Have family meals
 - Great way to keep structure and check in with each
- Limit media
 - Children are great at picking up on emotions from others. During this time when many people are experiencing fear, limiting time on violent media can help.
- Exercise
 - Riding bikes, scooters, skateboards, running, jumping jacks, and exercising competitions.

Article: The Pandemic Toolkit Parents Need

Self-Care Ideas for Families Cont.

- Reach out
 - Connecting with friends and family through Zoom, FaceTime, or Skype.
- Help others
 - Help others physically, financially, and/or emotionally.
- Practice good sleep hygiene
 - Getting a good night's rest, avoid eating late, and limit screen time around bedtime.
- Stay positive and future-focused
 - Before you know it, everything will be back to normal. During this time, enjoy the extra time to spend with family and to tackle the projects on the to do list.

SELF-CARE MENU



take a few deep breaths **5 MINS**



stretch your body **5 MINS**



listen to your favourite song **5 MINS**



meditate on your purpose **15 MINS**



read a chapter of a book **15 MINS**



journal out your thoughts **15 MINS**



take a walk outside **30 MINS**



get crafty **30 MINS**



cook a new recipe **30 MINS**

Self-Care for Families

<i>emotional</i> <ul style="list-style-type: none">___ watch a good movie___ write each other positive notes___ verbalize and talk about feelings___ draw self portraits___ Say "I love you"___ spend time writing___ have a sing-a-long___ tell jokes___ try a new craft	<i>physical</i> <ul style="list-style-type: none">___ dance party___ go for a walk___ family bike ride___ take a hike___ play kickball___ tag___ roller skating___ go to the pool___ jumprope___ kids yoga___ wii fit games	<i>spiritual</i> <ul style="list-style-type: none">___ a gratitude list___ go outside___ talk about forgiveness___ write thank you's___ volunteer___ spend time outside or with nature___ practice positive self-talk___ plant a tree
<i>mental</i> <ul style="list-style-type: none">___ read together___ draw or write stories___ kids meditation___ find shapes in clouds___ practice belly breaths___ go on a walk to find new things___ make vision boards___ try Headspace for kids___ create mandalas___ make mindfulness jars___ play mind strength games like memory	<i>practical</i> <ul style="list-style-type: none">___ clean up___ declutter old toys___ assign chores___ make a grocery list together___ learn about money___ make a weekly budget check-in___ make a weekly cleaning check-in___ homework/study___ have a morning & night routine	<i>social</i> <ul style="list-style-type: none">___ play in the park___ call or visit relatives___ have family dinner___ play boardgames___ host a sleepover___ invite friends over___ plan a bbq___ join a team___ do a neighborhood food drive___ have talks about friendship and how to be a friend.

just stay curious

During this time, self-care for parents might look like...

@mombrain.therapist



waking up
before
your kids



cooking a
favorite
recipe



moving
your
body

watching
a favorite
movie or
show



listening to music
or a podcast

setting boundaries around
conversation topics



disconnecting
from social media

talking about how
you're feeling



asking for help



staying
hydrated



getting
dressed

Self Care Articles and Links

[Article: The Importance of Self Care](#)

[Article: Why Self-Care Is Important for Your Physical and Mental Health](#)

[Article: Parents have a right to be stressed. But don't take it out on your kids](#)

Are your children acting out?

- This experience is difficult for everyone, even children can experience stress and anxiety from all the sudden changes
- The following slides will share some warning signs that your child might be feeling the effects of the pandemic

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



Click on
picture to
play the
video

5 SIMPLE STEPS TO MANAGE YOUR ANGER



What to do when your child acts out

- Keep your calm
 - If you shouting and screaming to match your child's voice levels, it will only escalate the issue
- Allow them time to express their emotions
- Try to provide them with the language of their emotions
 - "You are feeling very upset right you"
 - "You are frustrated right now"
 - "You are feeling sad"
 - This will help your child vocalize their emotions in the future instead of having tantrums
- Practice slow deep breaths with them

♥ Activity to Disengage Stress

Let's start our day by breathing because this helps me and everyone in my family feel calm, relaxed and ready to start our day!

Today, as a family, we choose to breathe like this: _____ (Pick one)



S.T.A.R.

Smile,
Take a deep breath
And
Relax.

Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.

POSITIVE LANGUAGE ALTERNATIVES

to tame a child's tantrum

- | | | |
|------------------|---|---|
| Calm down. | → | How can I help you? |
| Stop crying. | → | I can see this is hard for you. |
| You're ok. | → | Are you ok? |
| Be quiet. | → | Can you use a softer voice? |
| Don't hit. | → | Please be gentle. |
| Stop yelling. | → | Take a deep breath, then tell me what happened. |
| Don't get upset. | → | It's ok to feel sad. |
| Thats enough. | → | Do you need a hug? |
| I'm over this. | → | I'm here for you. |

Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off the ones that don't work

Calming Skills

- o Deep breathing using a pinwheel
- o Deep breathing with bubbles
- o Deep breathing with a stuffed animal
- o Deep breathing using a feather
- o Take a mindful walk
- o Yoga
- o Imagine your favorite place
- o Think of your favorite things
- o Picture the people you care about
- o Say the alphabet slowly
- o Remember the words to a song you love
- o Run water over your hands
- o Carry a small object
- o Touch things around you
- o Move
- o Make a fist then release It
- o Positive Self-Talk
- o Take a shower or bath
- o Take a drink of water
- o Counting
- o Block out noises
- o Take a break
- o Calming Jar
- o
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Distraction Skills

- o Write a story
- o Crossword/Sudoku Puzzles
- o Bake or Cook
- o Volunteer/Community Service
- o Random Acts of Kindness
- o Read
- o Clean
- o Play with a pet
- o Play a board game
- o Play video games
- o Screen time
- o Play with a friend
- o Start a garden
- o Creative Thinking
- o Make up your own game
- o Plan a fun event
- o Start a new hobby
- o Do a crafting project
- o Your favorite things
- o Be silly and laugh
- o
- o
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Coping Skills

Coping skills are things we can do to make ourselves feel better when we are going through difficult times.

The activities listed below are things you can do to help you feel better when you are upset.

Take Care of Yourself:

- Eat Healthy Food
- Sleep Well
- Understand How You Feel

Exercise:

- Go for a Walk
- Ride a Bike
- Do Yoga

Do Things You Enjoy:

- Draw
- Enjoy Nature
- Laugh
- Sing
- Hang Out with Friends
- Play a Game
- Watch a Movie
- Paint
- Listen to Music
- Make a Playlist
- Make a List of Things You Like

Get Help:

- Talk to a Friend
- Talk to a Trusted Adult

Get Away from the Problem:

Change Your Thoughts by Using different Parts of Your Brain:

- Read
- Write a Story or Poem
- Set a Goal
- Learn Something New
- Journal

Keep a Positive Attitude:

- Make a List of Things You Like
- Focus on What You Can Control
- Say Positive Affirmations

Use a Stress Ball

Take 10 Deep Breaths

Helping Other People Can Shift Our Focus and Make Us Feel Better.

Perform a Random Act of Kindness

Zones of Regulation Daily Check-Ins

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Many schools have been using the Zones of Regulation to help teach your children about emotional regulation. During quarantine, you can use the colors to do an emotional check in with your children throughout the day. Fill out the table below with strategies/ideas for each of the zones.

WHAT CAN I DO?

BLUE	GREEN	YELLOW	RED
Ask for a hug	Smile. Think about the positive moment	Fidget with _____	Squeeze a Stress Ball

Keeping Structure While Staying at Home

- While everyone's life has flipped upside down, structure can help all of us, children as well
 - Helps with productivity
 - Maintains sense of normalcy
 - Makes day go by faster
 - Ensures that work gets done as well as time for relaxing

Article: Helping Kids Adjust to Online Learning During the Coronavirus Pandemic

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

THE #STAYATHOME CHECKLIST

Morning!

- ☐ put on a great outfit!
- ☐ have an IG-worthy breakfast!
- ☐ try an at-home workout!
- ☐ declutter your living space!

Afternoon!

- ☐ make a healthy lunch
- ☐ focus on work (or a passion project!)
- ☐ get crafty with a lost hobby
- ☐ tidy another space in your home!

Evening!

- ☐ cook dinner (try a new recipe)
- ☐ call your loved ones
- ☐ read something (not the news)
- ☐ meditate and be grateful



Quarantine Checklist for Children

Date: _____

Physical

- ☐ _____
- ☐ _____

Go outside if you can! Run, jump, play! If you can't go outside have an indoor dance party, create an obstacle course or even a fort with your parent's permission.

Social

- ☐ _____
- ☐ _____

Facetime a relative or your friend with your parent's permission, write an old-fashioned letter, play a game with your sibling

Emotional/Psychological

- ☐ One way you were kind: _____
- ☐ One thing you are grateful for: _____
- ☐ One thing you are thinking about: _____
- ☐ One fun thing you did today: _____

Playing is a way of solving problems and making sense of the world. Younger kids should have time to play with dolls or characters; older kids can write stories, make plays or skits.

Academic/Intellectual

Your teachers will probably give you work, but make sure you do:

- ☐ One online Lesson _____
- ☐ One hands-on activity (an experiment, craft, nature collection) _____
- ☐ One reading lesson (grade appropriate book) _____

Chores

- ☐ _____
- ☐ _____

List how you helped your parents today!





Quarantine Checklist for Teenagers

Date: _____

Physical

- ☐ _____
- ☐ _____

Every day you must do two physical things. Examples include: going for a run/walk, lifting weights, doing sit-ups, jumping jacks, online workouts, yoga, or even making a TikTok.

Social

- ☐ _____
- ☐ _____

Social relationships are important now more than ever! One of your biggest jobs as a teenager is to navigate relationships with peers. Each day, Facetime a friend, Snapchat someone or play a video game with a group of friends (virtually of course).

Emotional/Psychological

- ☐ One way you were kind: _____
- ☐ One thing you are grateful for: _____
- ☐ Other thoughts and feelings: _____

Research shows that one of the most effective ways to be psychologically healthy is to practice kindness and gratitude. Each day try to do at least one kind thing and identify one thing you're grateful for. All of your feelings are important, so acknowledge those too!

Academic/Intellectual

- ☐ _____
- ☐ _____
- ☐ _____

Your school is likely going to give you work to do, but even if they don't, your education is still a basic priority in your development. Do three things academic or intellectual a day. Suggestions can include: looking at college applications/requirements you're interested in, do lessons or SAT prep on Kahn Academy, journal about your experience during COVID-19 (your grandchildren will be asking you one day!), take a virtual museum tour, conduct an at-home science experiment, build something, etc.

Chores

- ☐ _____
- ☐ _____

So, everybody is home more. This means more messes. Plus, sanitation and cleanliness is more important now than ever. Be prepared to chip in and do chores around the house.



Exercise with the kids!

- Exercise is a great way to get blood flowing through the body
- Helps you stay fit and healthy
- Fills up time
- Helps with productivity
- Can be super fun following some kid friendly workouts

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.
You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.		Pretend to milk a cow.
Walk on your knees.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

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Mindfulness

- Mindfulness is a different type of exercise that helps your mental and emotional health
- Also helps aid high anxiety levels
- Keeps kids present
- Connects mind, body, and soul
- Makes you appreciate life
- Can be more physical, such as yoga

CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



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Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



Gratitude Jar

Look around you; what are you grateful for?



Click on
picture to
play the
video



MORNING AFFIRMATIONS FOR KIDS

Coping Strategies and Games!

From: [Coping for Kids](#)

- Name: 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (right)
- Squeeze something soft or squishy!
Like your favorite stuffed animal or a stress ball
 - Name your favorite animals!
 - Color a picture or write a story
 - Take 5 deep breaths!
 - Listen to calm, relaxing music
 - Drink some cold water
 - Blow bubbles
 - Star breathing (below)



www.copingskillsforkids.com

5 4 3 2 1 Grounding Exercise



- Get enough sleep
 - Go for a walk
 - Play a game
- Read your favorite book
 - Do yoga or stretch
- Call a friend or family Member

Gratitude Journaling Sheet

NAME: _____ DATE: _____

I AM THANKFUL FOR

THIS PERSON BROUGHT ME JOY TODAY

WHAT WAS THE BEST THING ABOUT BEING HOME TODAY

Grounding

Stop and assess
your surroundings...

3 Things You Can SEE



1 _____

2 _____

3 _____

2 Things You Can TOUCH



1 _____

2 _____

1 Thing You Can SMELL



1 _____

1 Sound You Can HEAR



1 _____

I'm Thankful For...





My Worries Chart

List 5 things that cause you to worry or you wish
you could change. Then write an X if it something
you can or can't control.

Things I wish I could change...

☐ I Can
Control

☐ I Can't
Control

☐ I Can
Control

☐ I Can't
Control

☐ I Can
Control

☐ I Can't
Control

☐ I Can
Control

☐ I Can't
Control

☐ I Can
Control

☐ I Can't
Control

Circle things that make you feel better...

Coloring

Draw

Exercise

Listening
to music

Talking
to a friend

Play video
games

Deep
breaths

Play
a sport

Power Mandalas



My **PROBLEMS** have **SOLUTIONS**.



EVERY DAY is a **FRESH START**.



I TRY my **HARDEST**.



I LIKE myself the way **I AM**.

Keeping Busy

The next few slides offer different types of activities to keep the kids busy during quarantine and social distancing

[Article: 125 Things for Children To Do at Home](#)

[Article: Printable Mandalas to Color](#)

Ideas For Families to do at Home:

- Build a fort
- Make sensory bins
- Paint with various household objects
- Magnets on the fridge
- Make your own mandala and give it to someone else to color
- Trash can basketball
- Board games
- Cooking contest using only the items in your pantry
- Make a scrapbook
- Use tape to create a "Lazer" obstacle course down a hallway.
- Dance party
- Pillow fight
- Card games
- Homemade play dough
- Art
- Write letters to elderly in homes who cannot have visitors



I'M BORED...



Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items



I'M BORED...



Things I Can Do With A Sibling

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight

Are you or someone you know unsafe?

- The virus is not the only unsafe thing out there
- Many people are now quarantined with their abusers
- Emotions, stress, and anxiety are heightened due to the virus, which might lead to higher levels of domestic violence, intimate partner violence, child abuse, etc.
 - National Domestic Violence Hotline 1-800-799-SAFE (7233)
 - [Link: National Domestic Violence Hotline](#)
 - Florida Department of Children and Families abuse hotline 1-800-962-2873
 - [Link: Reporting Child Abuse in Florida](#)

[Article: What to do if domestic violence occurs during coronavirus shutdown](#)

[Article: As Cities Around the World Go on Lockdown, Victims of Domestic Violence Look for a Way Out](#)

Assistance



- You are not alone during this pandemic. Lots of people are feeling the impacts of the virus, not only physically, but emotionally and mentally as well. If you are struggling, we are here to help you and your family get through this.
- Call us today at 561-503-3059 or email marriagefamilyservices@comcast.net to schedule a teletherapy session with one of our amazing therapists.
- Visit marriagefamilyservices.com to learn more about our practice and services we offer.
- We accept almost all types of insurance!



We hope that everyone is staying safe, healthy, and happy!

