Resources:

How to Talk to Children about the Coronavirus: https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111

Talking to Teen/Tweens about Coronavirus:

https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html

**Here is a pamphlet from the article:

https://www.hemot.eu/wpcontent/uploads/2020/02/Pamphlet HEMOT english.pdf

A Comic created from NPR based on interviews with experts:

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-newcoronavirus

The NASP released a resource for parents: <a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-andcrisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

Transcend Education on Well Being for Students and Family: https://www.transcendeducation.org/coronavirus#well-being

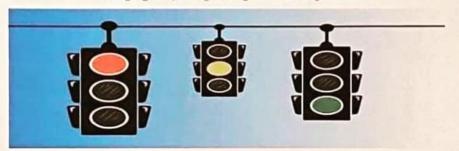
COVID-19 DAILY SCHEDULE

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 Soduku 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	T	
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 tollets	
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	

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	Use Caution	Safe to DO
Group Gatherings	Visit a local Restaurant	Take a Walk
Sleep Overs	Visit Grocery Store	Go for a Hike
Playdates	Get Take Out	Yard Work
Concerts	Pick up Medications	Play in your Yard
Theatre Outings	Play Tennis in a Park	Clean out a Closet Read a Good Book
Athletic Events	Visiting the Library	Listen to Music
Crowded Retail Stores	Church Services	Cook a Meal
Malls	Traveling	Family Game Night
Workouts in Gyms		Go for a Drive
Visitors in your House		Group Video Chats
Non-essential workers in		Stream a favorite show
your house		Check on a Friend
Mass Transit Systems		Check on Elderly Neighbor