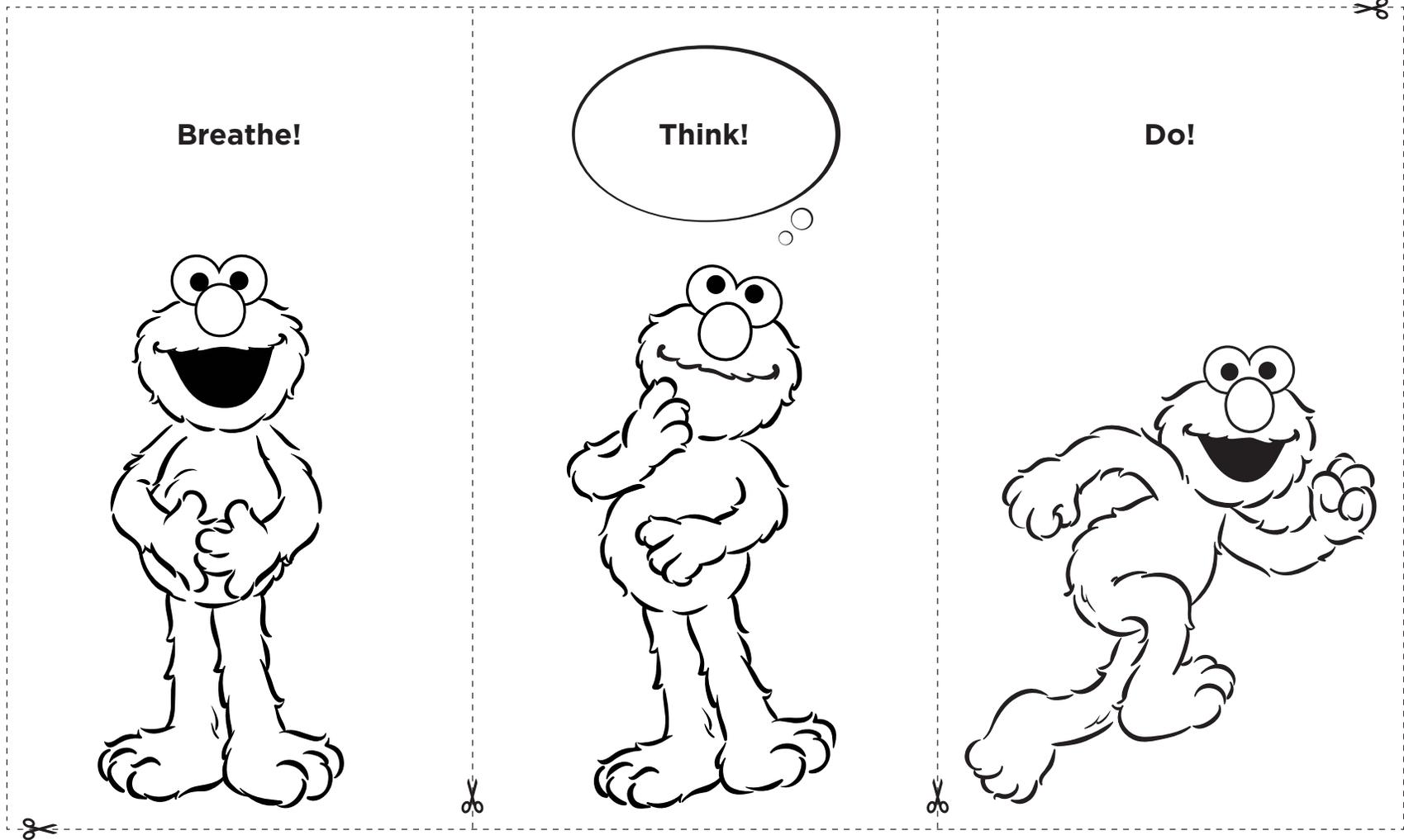


30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

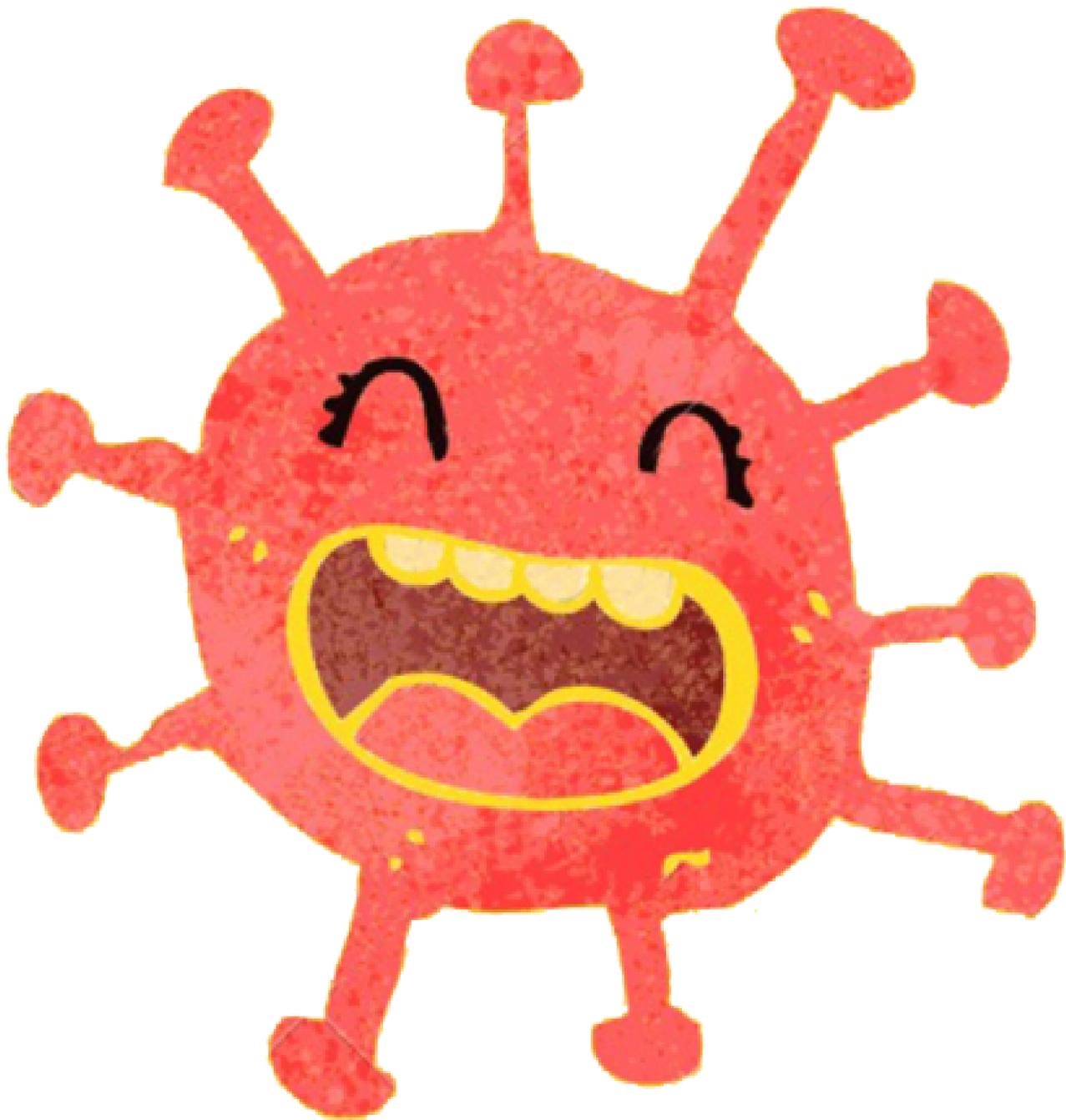
Breathe, Think, Do Cards

Cut out one set of the Breathe, Think, Do Cards for each child and use them to help remember the steps to problem solving!



HELLO!

**I am a VIRUS,
cousin with the Flu and
the Common Cold**



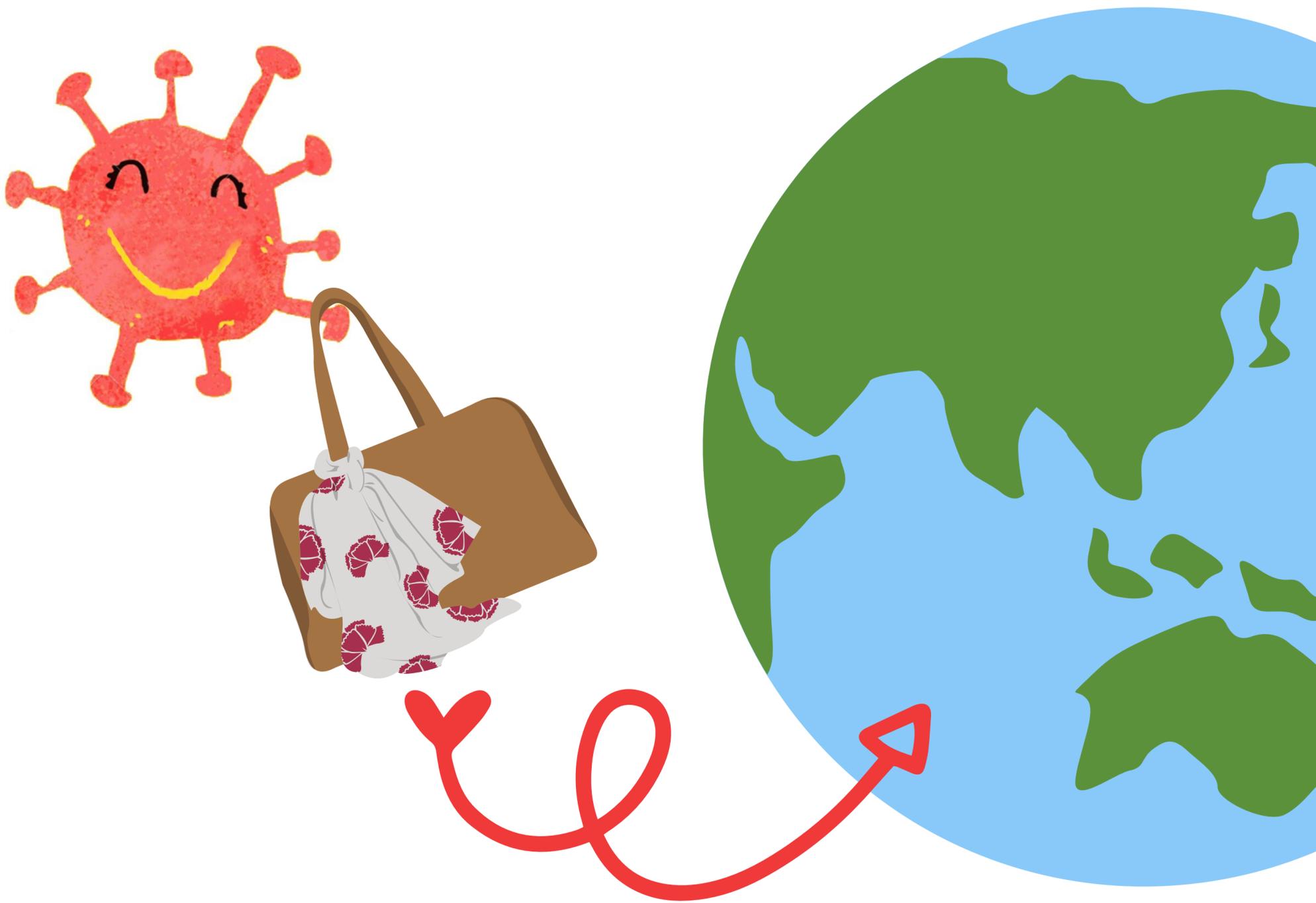
My name is Coronavirus

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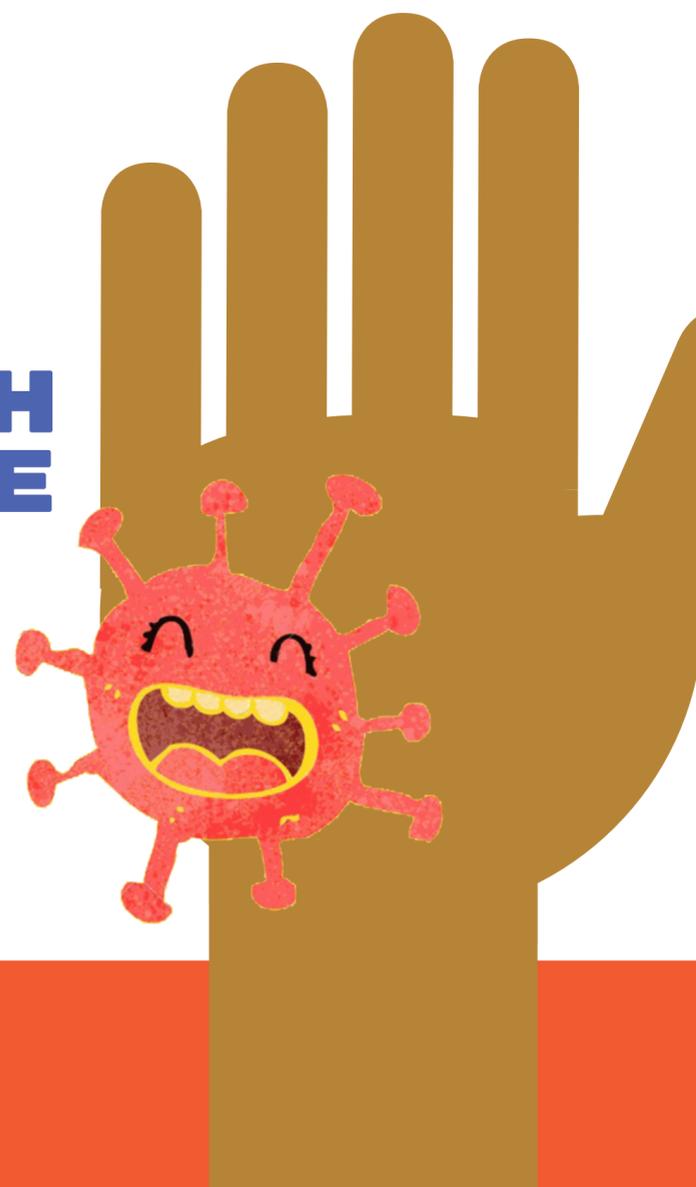
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I love to travel...



and to jump
from hand to
hand to say Hi

**HIGH
FIVE**



Have you heard about me?

YES

NO

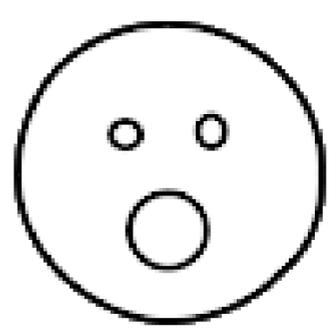
And how do you feel when you hear my name?



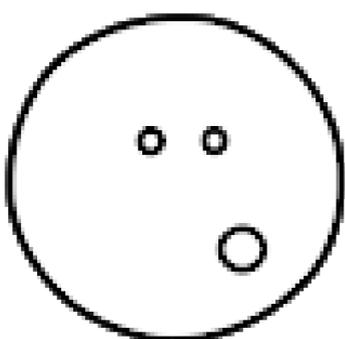
Relaxed



Confused



Worried



Curious

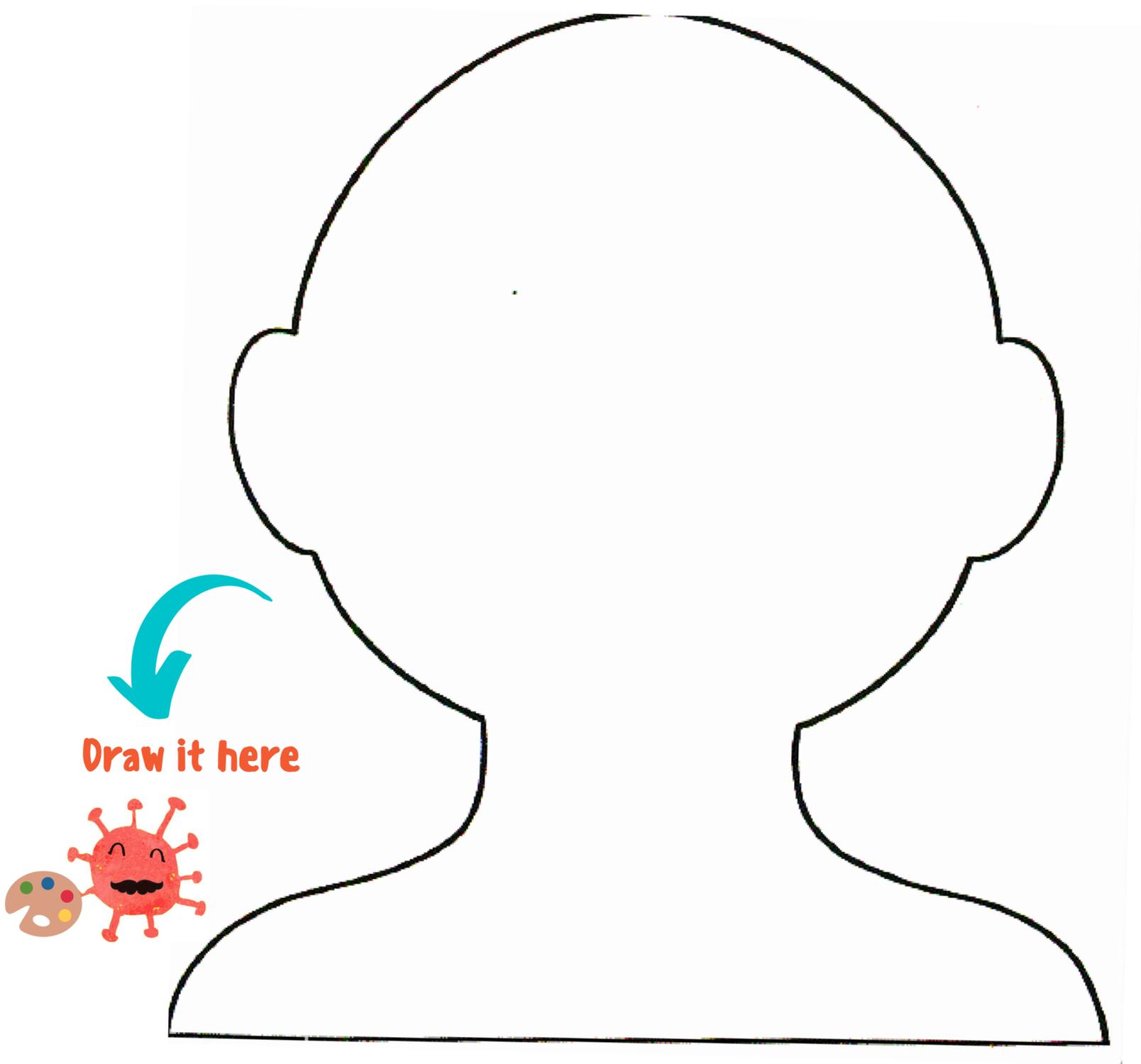


Nervous



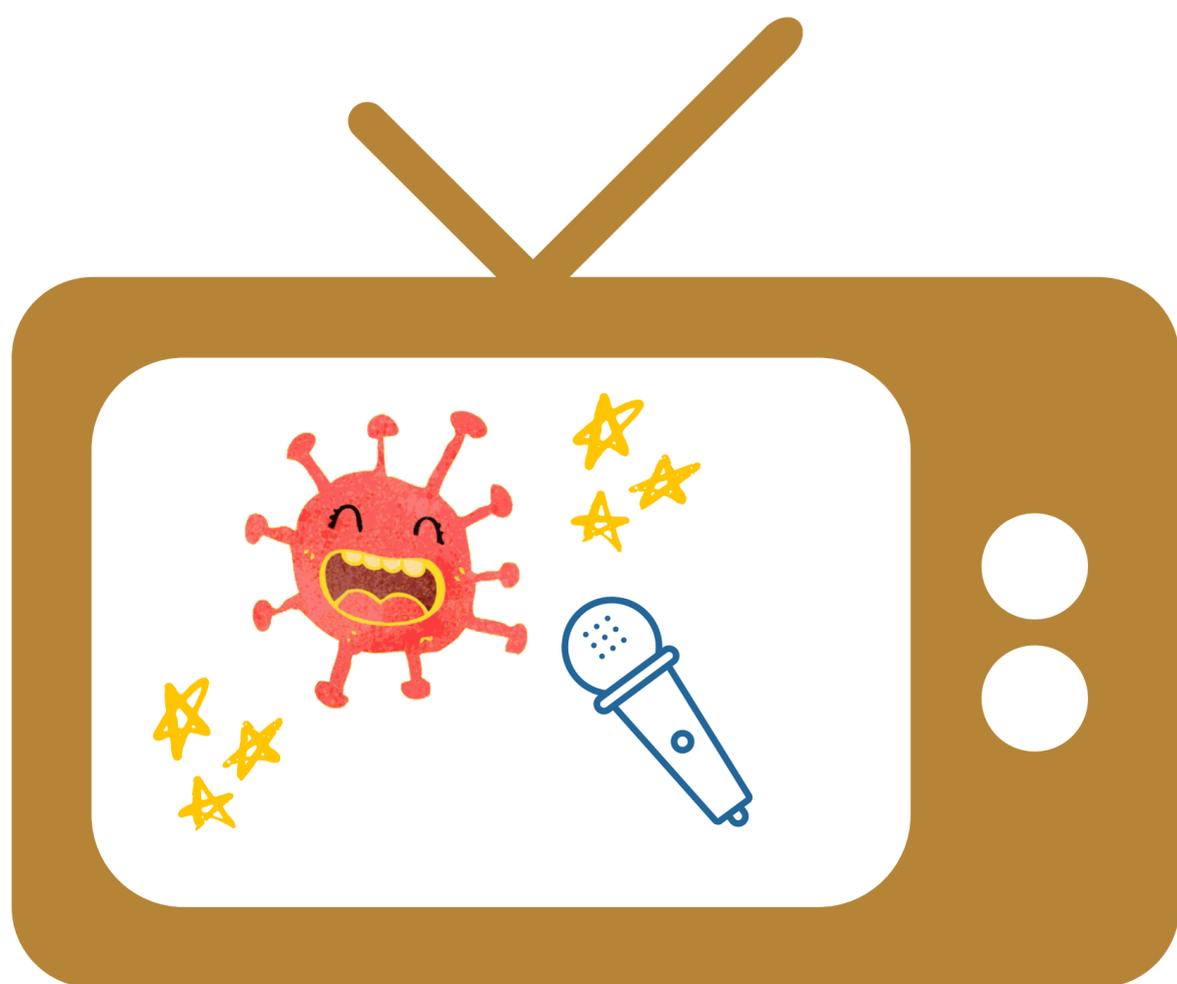
Sad

**I can understand you
feel...**

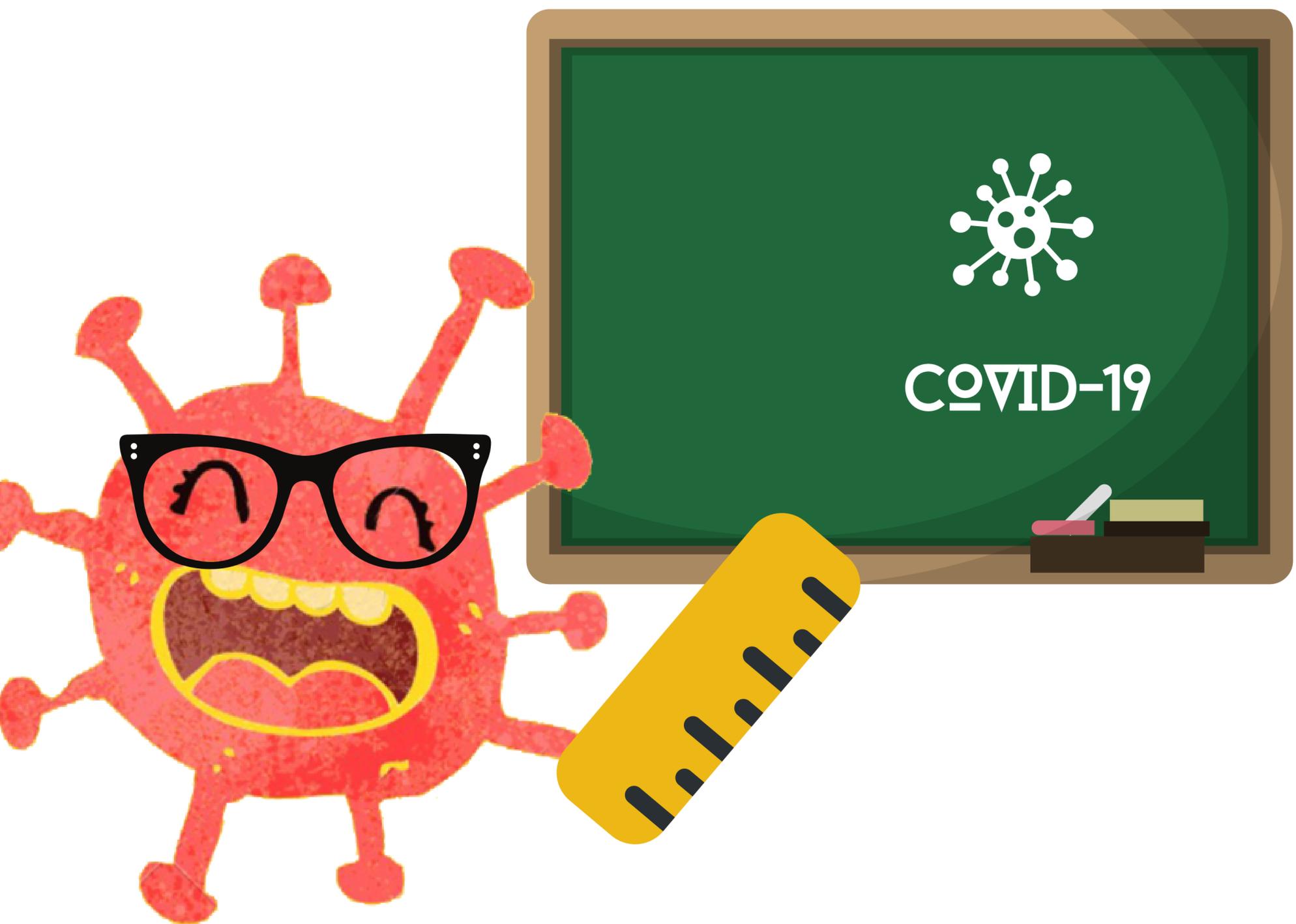


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



**But I am going to explain
myself...**

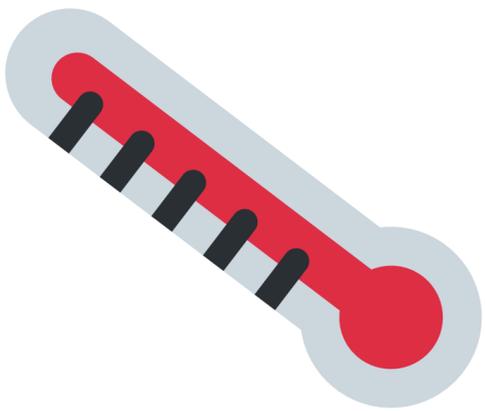


So you can understand...

When I come to visit, I bring...



Difficulty breathing



Fever



Cough

**But I don't stay with
people for long, and almost
everyone gets better**



**Just like when you get a
scrape on your
knee and it heals**

BYE BYE...



It's normal to worry!

But the adults who take care of you:

will keep you safe



And you can help...

1



By washing your hands with soap and water while singing a song



You can sing your favorite song, the happy birthday song, or the alphabet song

2



By using hand sanitizer and letting it dry on your hands



Without moving them count to 10

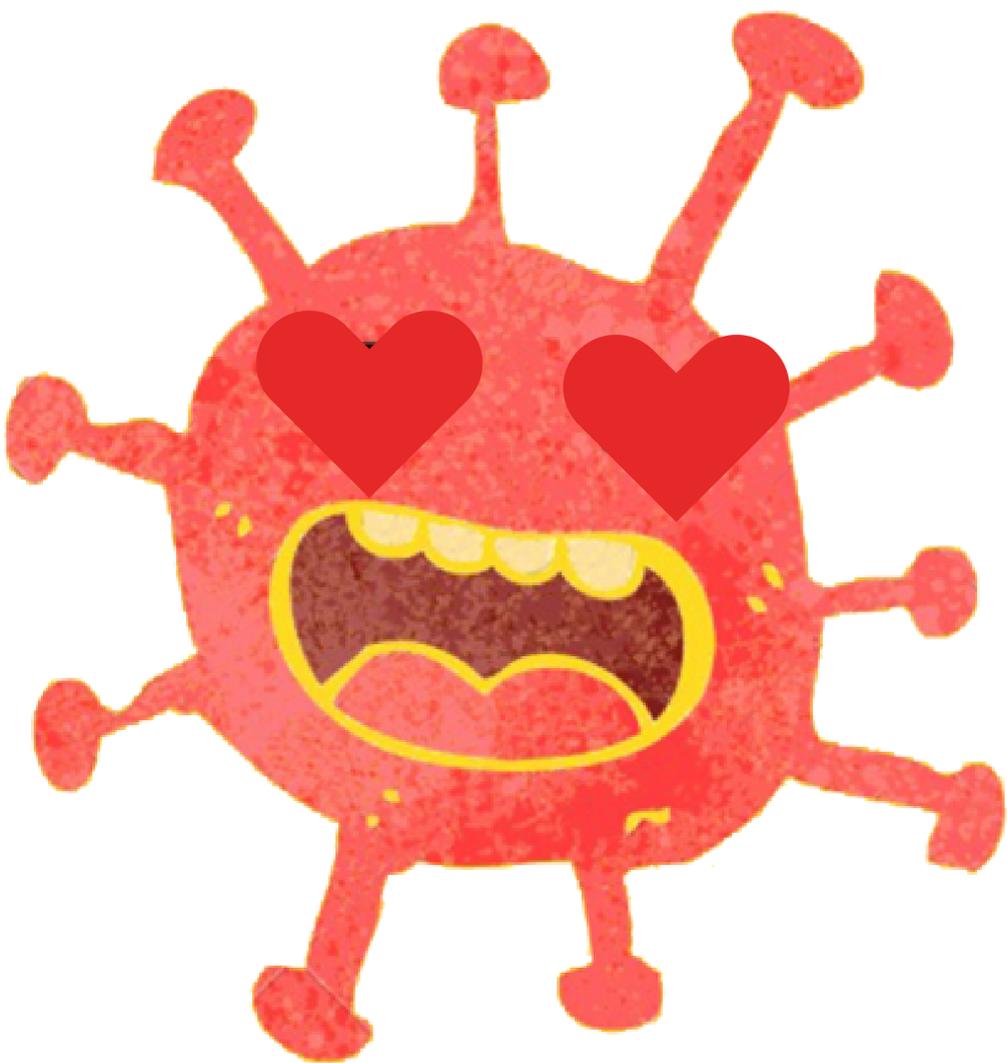
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

If you do all that and stay at home, it helps to stop me visiting so many people



while the doctors work to find a vaccine that will allow me to say hi without getting you sick.

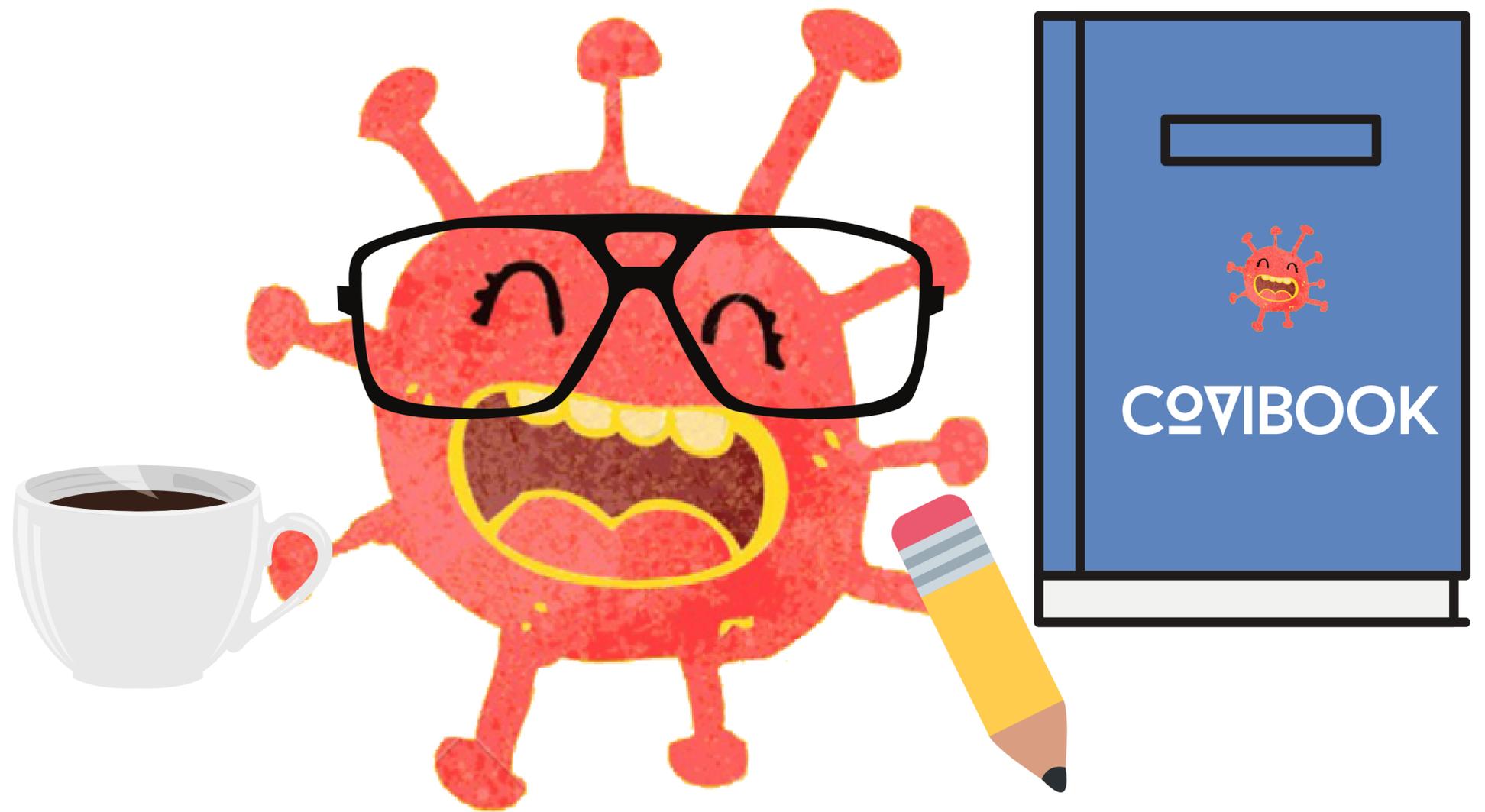


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THE END



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COVID-19: ADVICE FOR CAREGIVERS OF YOUNG CHILDREN

Common Ways Children React to Stress and Ideas to Help



AWARENESS IS KEY

While young children may not understand the facts of the outbreak, they may be sensitive to changes in their routine and the stress experienced by caregivers. Most often, they cannot talk about their fears and distress.

COMMON REACTIONS

Frequent crying
Difficulty staying still
Problems falling asleep and staying asleep
Nightmares
Clinging to caregivers
Fears of being alone
Tantrums or aggression



MORE REACTIONS

Repetitive play (repeating over and over again what they've heard; taking extra care of stuffed animals and dolls and trying to hide or cover them)

Acting like a younger child ("baby talk", lose their toilet training, wanting a bottle instead of drinking from a cup)

WAYS TO HELP

1. Keeping a regular routine (like regular mealtimes and bedtimes) can help children feel safe. Find time to play and relax, too.
2. Offer verbal and physical reassurance, extra comfort, and patience.
3. Connect with family, friends, and peers virtually.
4. Take care of yourself so that you can remain available to your child and model good behavior for them.



BY JOY D. OSOFSKY, PH.D. & HOWARD OSOFSKY, M.D., PH.D.