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## Self-Care and Coping During COVID-19

### Websites/Articles:



[NASPonline.org](https://nasponline.org)

*A resource about helping children cope with the changes and behaviors resulting from COVID-19.*

[COVID-19: Family & Educator Resources](#)

*The National Association of School Psychologists has created several helpful handouts for caregivers and educators. Topics include Care for Caregivers, Engagement and Motivation, Anxiety, Sleep Problems, Depression, etc.*

[Greater Good Magazine](#)

*A website that provides a guide for well-being for students, parents, and educators during COVID-19.*

[HelpGuide.org](https://helpguide.org)

*A website geared toward helping adults cope with their stress and fear amid COVID-19.*

[Infoaboutkids.org](https://infoaboutkids.org)

*A website full of resources about social-emotional behavior, with specific blog posts about how parents can support their children through COVID-19.*

[World Health Organization](https://www.who.int)

*A resource that aims to help parents interact constructively with their children during this time of confinement. It consists of six one-page tips for parents that cover the topics of planning one-on-one time, staying positive, creating a daily routine, avoiding bad behavior, managing stress, and talking about COVID-19.*

### [PBS Kids](#)

*If you are feeling stressed about COVID-19, you are not alone. PBS Kids offers a variety of tools for parents and kids to use to help de-stress this time of worries and uncertainties. Articles, online children videos (ex: Daniel Tiger), and activities related to emotions, questions and self-awareness are provided through varying modalities. PBS provides tips to help reassure children during these scary times. Many articles and activities are available in Spanish.*

### [The Dougy Center](#)

*A PDF article that provides techniques to support grieving children and teenagers during COVID-19.*



### HEALTHY DAY CHECKLIST

- ☐ Spend 2 minutes brushing your teeth in the morning and before bed.
- ☐ Whenever you're feeling stressed or anxious, take 5-10 long, deep breaths.
- ☐ Drink at least 8 glasses of water today.
- ☐ Try to limit sugary drinks like soda and eat one fruit or vegetable with every meal.
- ☐ Get at least 60 minutes of physical activity today.
- ☐ Reserve at least 9 hours for a great, full night of sleep.

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Learn More & Get Free Resources at [KohlsHealthyAtHome.org](#)

#KohlsHealthyAtHome

ALLIANCE FOR A HEALTHIER GENERATION KOHL'S CARES

*A graphic that provides suggestions for broad ways that parents can promote the health of their children.*

FOR FAMILIES,  
SCHOOLS & SITES



KOHL'S  
Healthy  
at Home



## Making the Most of Mealtimes

Mealtimes provide opportunities for all of us to nourish our bodies and make emotional connections with the people we love. For children and teenagers, sharing regular meals with loved ones can:<sup>1,2</sup>

Increase intake of healthy foods

Promote positive weight status

Strengthen emotional bonds

Improve communication skills

Many of these benefits also extend to parents and caregivers!



Provide exposure to healthy role models

Decrease the likelihood of experiencing mental health issues

Lower the risk of engaging in unhealthy behaviors

### MAKE MEALS ENJOYABLE FOR EVERYONE:

- Plan meals in advance to avoid last-minute stress
- Schedule a specific time for meals so everyone can be there
- Turn off electronics during mealtimes

### UNIVERSAL CONVERSATION STARTERS:

- What was your rose (favorite thing) and thorn (least favorite thing) about today?
- If you could have a superpower, what would it be?
- What is your favorite book/song right now and why?
- What is something new you would like to learn?
- If you had the opportunity to change the world, what would you do?

GET MORE HEALTHY AT HOME RESOURCES AT [KOHL'SHEALTHYATHOME.ORG](https://www.kohlshealthyathome.org) | [#KOHL'SHEALTHYATHOME](https://www.instagram.com/kohlshealthyathome)

*A graphic that provides suggestions for ways that parents can use mealtimes to connect with their children.*

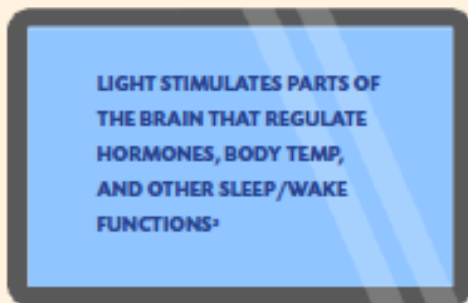
# HOW DO YOUR KIDS WIND DOWN FOR BED?

Which one of these wind down activities can you commit to adding to your kids' nightly routine before you head to bed?

☐ START BEDTIME ROUTINE AT THE SAME TIME EVERY NIGHT\*

☐ SET ALARM FOR THE SAME TIME EVERY MORNING\*

☐ PUT AWAY AND POWER OFF DEVICES\*



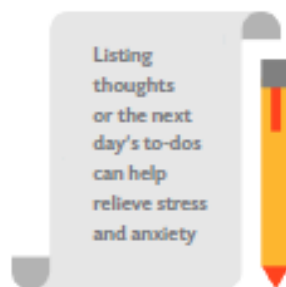
☐ DO CALMING ACTIVITIES THAT REMIND YOUR BODY IT'S TIME TO SLEEP

- TAKE A RELAXING BATH OR SHOWER
- READ A BOOK
- LISTEN TO RELAXING MUSIC
- PLAY A REPETITIVE GAME



☐ DO ACTIVITIES THAT CALM YOUR MIND AND HELP RELIEVE STRESS AND ANXIETY

JOURNAL



BREATHING EXERCISES\*



YOGA\*



<https://blog.sleepnumber.com/simple-yoga-poses-for-sleep/>

*A graphic that provides suggestions for ways that parents can help their children to have more successful sleep.*

## Videos:



### [BrainPop](#)

*A brief BrainPop video that explains coronavirus to elementary and middle school-aged children.*

### [Unite for Literacy](#)

*A narrated book that explains Covid-19 to children*

### [A Guide to Self Care while Social Distancing](#)

*A guide about how to take care of yourself and those you love when you are stuck at home as a result of social distancing, self-isolation, and anxiety about the coronavirus.*

### [Psych2go YouTube](#)

*Techniques to cope with our emotions and five ways to manage despair, decreased financial security, increased health anxiety, loneliness, and worry due to coronavirus.*



## Apps:

*Try a five-minute meditation on your own or do an Internet search for a guided meditation. App options include [Insight Timer](#), which is free, and [Headspace](#), which offers 10 free sessions. Health care workers can download [10 Percent Happier](#) free of charge.*

*[Shine](#) provides daily motivational texts and a large selection of self-improvement audio. Messages are free, but you can subscribe to Mindful Moments for a charge.*

*[Calm](#) is an app aimed at helping you master breathing, reduce stress and anxiety. It also provides sleep/ambient noise that you can play at night. Calm is free for seven days, \$12.99 per month, or \$59.99 per year*

## Activities:



[Mommypoppins.com](https://mommypoppins.com)

*This link provides hundreds of activities to help families with children manage isolation during coronavirus such as easy at home science experiments, story time and virtual concerts, puzzles, and games.*

## Scavenger Hunt Game

*Create a scavenger hunt for the family's enjoyment.*

*An example:*

- Find something that you are GRATEFUL for.
- Find three things that make you LAUGH.
- Give a KIND compliment to a family member.
- Find a picture of your family that brings you JOY.
- Share one thing with each family member that you LOVE about them.
- Find an INSPIRATIONAL quote and share it with your family.
- Write a NOTE to a friend and see how they are doing.
- DRAW a picture for a friend or family member.
- Tell someone THANK YOU.
- PAINT a picture for your teacher and share it with her.
- Write a compliment about YOURSELF.
- Find a book that brings you JOY.
- Find 5 things in your home that starts with the letter "R." (Repeat this activity with other letters. Make it a challenge with other siblings or friends. This could be a challenge between neighbors-each at their respective homes of course!).
- Take a "selfie" of yourself to share with your teachers, friend, or grandparent.

[Indoor Treasure Hunt for Children](#)

*This website provides ideas for an indoor and outdoor "treasure hunt" for children.*

# Start a journal.

*Pick a subject to write about each time you make an entry. For example:*

- Name **10** things for which you are grateful.
- Make a list of short-term goals.
- Write down **10** words to describe yourself.
- Name some internal and external resources you have to help you through the pandemic.
- Share something that has made you proud or happy in the past two weeks.
- Write about current challenges in your life.
- Make a list of everything you'd like to say "no" to.