

## Staying Healthy

- **Helping our children and ourselves stay healthy may be extra challenging right now while we pay attention to our physical, mental, and emotional wellbeing.**
- **Children and adults might feel lonely and miss contact with loved ones, friends, and others in the community.**
- **Find creative ways to engage with each other to maintain these important relationships while apart.** Share activities with friends and relatives, such as playing games online, sending silly videos, or talking on the phone. Children and their relatives may enjoy sharing stories and reading to each other. This can help bridge the sense of distance between us.
- **Don't feel guilty about increased screen time for your children right now.** Try to find a balance between screen time and doing other activities together that are fun and joyful.
- **Adults might also consider taking a "news break."** Our hopes and fears may rise and fall depending on what we are reading and hearing about COVID-19.
- **Helping others feels good and keeps us connected with the world.** Get creative and ask your children for ideas, like making a card for a relative or drawing a poster for a neighbor or other caring person in your community.
- **Showing children ways to stay healthy and protect themselves and others can be empowering.** Here are some fun hand washing videos that you can share with young children:
  - PBS Kids with Daniel the Tiger:  
<https://pbskids.org/video/daniel-tigers-neighborhood/2365375359>
  - Sesame Street with Elmo:  
<https://sesamestreetincommunities.org/topics/health/?activity=handwashing>
- **Children of all ages may benefit from doing activities with you that can be relaxing and fun:**
  - **Join Elmo and Common in Belly Breathing:**  
[https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)
  - **Take 2 minutes to get up and "shake it out."** Shake your body all over: hands, wrists, arms, chest, hips, legs, ankles, head and neck, feet and toes. If you like, put on music.
  - **Draw a peaceful place.** Invite children to draw a real or imaginary place that makes them feel calm and at ease. Help them think about details (like a cozy blanket, seeing the stars). Ask children to tell you about their drawing. You can put it in a handy spot and let them know that they can also go to this place in their mind when they feel stressed.

