

Coping with COVID-19- Home Learning Activities

Ideas for helping your child cope with the stress of COVID-19 (coronavirus)

Coping Strategy	Activity Name and Activity Description	Other Resources
Provide child friendly information about the virus	<p>Read about it- Help your child understand the virus through developmentally appropriate stories.</p> <ul style="list-style-type: none"> • Trinka and Sam Fighting the Big Virus https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus.pdf • Something Strange Happened in My City (available in multiple languages) https://socialstorycenter.com/social-stories/ • Simple picture story for younger children or children with disabilities https://www.schools.nyc.gov/docs/default-source/default-document-library/learn-at-home-2020/coronavirus-social-story-elementary.pdf • Why we Stay Home millieandsuzie.com 	<p>Answering Your Young Child's Questions About Coronavirus (available English and Spanish) https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus</p>
Help manage emotions and fears	<p>Feeling faces- Help your child identify emotions. When children can identify emotions they are better equipped to understand, respond to, and manage their own feelings.</p> <ul style="list-style-type: none"> • Show your child the emotions pictures (attached). Name each emotion on the page. • Ask your child how they feel. Let them know that their feelings are okay and that many other people everywhere are feeling those feelings, too. • If your child has difficulty telling you how they feel have them point to a feeling face on the page. 	<p>Helping Children Manage Fears- https://childmind.org/article/help-children-manage-fears/</p> <p>Managing Emotions, Routines, and Exercise Through Play https://medium.com/sesame-street-caring-for-each-</p>



Frustrated



Embarrassed



Lonely



Sad

[other/activity-tips-managing-emotions-routines-and-exercise-through-play-6ea0e84b0e3](#)

Calm down breathing- deep breathing has a physical effect on the body that can help your child calm down and lower stress.

- Belly breathing- learn to belly breath with Rosita
<https://www.youtube.com/watch?v=Xq3DwzX6MUw>
- Calm app for kids: sleep stories, meditation, lullabies, and soundscape





<https://www.calm.com/>

Make your own fidget - sensory breaks can increase the ability to calm down, focus, and self-regulate.

Commonly available items that can be used as fidgets:

- Pipe cleaners (for bending & twisting)
- Kneadable erasers
- Unfilled balloons (for stretching)
- Clothespin
- Mini Rubik's cube
- Small set of linking rings, Legos, or other small manipulatives to take apart and put back together
- A long bolt with multiple nuts to screw up and down (can hot glue a nut at the very end of the bolt to keep everything as one unit)
- DIY stress ball- fill a balloon with sand, marbles, pompoms, flour, cornstarch, rice, beans, etc.



<p>Addressing social stigma</p>	<p>Ask questions and listen- Help your child understand that coronavirus has nothing to do with what someone looks like, where they are from or what language they speak.</p> <ul style="list-style-type: none"> • What do you know about the coronavirus? What questions do you have? • Who do you think is more likely to get sick from the coronavirus? Why do you think that is? • Have you seen or heard of anyone being unkind to others because of the coronavirus? Do you think that's fair or unfair? Why? • Has anyone made you feel unsafe or uncomfortable because of the coronavirus? • We heard someone say / saw someone do... [problematic language or action]. How did that make you feel? How do you think the person/people on the receiving end felt? 	<p>Social Stigma associated with Covid-19</p> <p>https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf</p>
<p>Taking action</p>	<p>Make a book about your experience- Writing and drawing is a great stress-reliever. You and your child can work together to make a book. It can be about anything you want, like how your day went, something fun you did, something that's on your mind, or anything else you'd like. Try this digital book making platform or use notebook paper for your creation.</p> <p> https://www.mystorybook.com/</p> <p>Help seniors or others who are isolated - Check in with people to see what they need. Make regular phone or video call visits to prevent social isolation/loneliness. Make cards or write letters, emails, or social media messages to seniors in nursing homes who can't have visitors. Create something to send or share with someone you feel is most impacted by this virus.</p> <p>Focus on ways to help- Find a way to help in your community. Donate to a charity or food bank in your area, volunteer virtually, add items to your neighborhood little library (see</p>	

	picture) or show your appreciation to the essential workers in your life like our healthcare workers, postal workers, teachers, and so many more people working each day to keep us safe.	
Addressing how coronavirus impacts you and the people around you	<p>Color and conversation- Use the Draw me safe coloring pages and questions to discuss topics such as supporting those most vulnerable, offering healing support and accepting your feelings.</p> <ul style="list-style-type: none"> • Link to coloring pages https://www.adl.org/media/14221/download 	

NCPMI Feeling Faces (English)- https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_chart_template.pdf

NCPMI Felling Faces (Spanish)- https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_chart_template_SP.pdf