

# SELF-CARE FOR ALL

**Resources to “BeWell365”  
during emergency school closure**

Welcome! The MCPS Pupil Personnel Workers wish everyone the best during this very tough time. We hope everyone is staying safe and healthy. Please use this slideshow for ideas on how to practice self care while at home.

All The Best,

MCPS PPWs



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# SELF-CARE DEFINITION

Activities and practices we engage in on a regular basis to reduce stress and enhance our well-being. -Unknown

Self-care is an active and choice to engage in the activities that are required to gain or maintain an optimal level of overall health (physical, emotional, spiritual).

Self Care: intentional proactive pursuit of personal and professional wellness balancing mind, body and spirit- One person's self care should not come at the expense of another's (Mindfulness is infused self care) - Dr. Gill Lopez, Director of School Psychology program at Fairfield University, NASP Website Podcast

# MCPS BE WELL 365

## BE HEALTHY, BE KIND, BE YOU

[Well-being](#) -- Click Here



“At MCPS, we are committed to the academic success and to the physical, social and psychological well-being of every one of our students. Student learning is our purpose, and we know that students perform better academically when they are healthy in body, mind and spirit. The two go hand in hand to produce young people who are successful in school and in life.”

**Dr. Jack Smith, Superintendent of Schools**





# MY SELF-CARE PLAN

## CHECK THE SELF-CARE SKILLS YOU ALREADY USE

- 
- 
- EXERCISE
  - SPEND TIME IN NATURE
  - TAKE SLOW, DEEP BREATHS
  - READ A BOOK
  - LISTEN TO MUSIC
  - SPEND TIME IN NATURE
  - TAKE 3 DEEP BREATHS
  - TAKE DIGITAL DETOXES
  - SET DAILY/WEEKLY GOALS
  - FOCUS ON MY STRENGTHS
  - WRITE IN A JOURNAL
  - ASK FOR HELP
  - TAKE WARM SHOWER/BATH
  - TRY NEW ACTIVITIES
  - USE A STRESS TOY
  - USE A MINDFULNESS APP
  - TAKE BREAKS
  - GET GOOD SLEEP
  - DO SOMETHING KIND
  - STRETCH
  - GO FOR A WALK
  - DRINK WATER
  - EAT SOMETHING HEALTHY
  - ORGANIZE YOUR BELONGINGS
  - CUDDLE YOUR PET
  - HANG OUT OUTSIDE
  - JUMP ON A TRAMPOLINE
  - PLAY GAMES
  - SPEND QUIET TIME ALONE
  - HANG OUT WITH POSITIVE PEOPLE
  - CREATE ART

## WHAT SELF-CARE SKILLS WOULD YOU LIKE TO USE IN THE FUTURE?

- 1.
  - 2.
  - 3.
- 
- 

# Checking In on Yourself

Here's a way to stop and reflect on what's really important right now:

## Ask Yourself These Daily Quarantine Questions

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating or enjoying today?

PRE-SCHOOL &  
ELEMENTARY:  
PK3-5TH GRADE



# VIDEO CLIPS

<https://www.youtube.com/watch?v=e9UPFSZdCd4> “Always look for the helpers, where there are helpers, there is hope” Fred Rogers 3:09



[https://www.youtube.com/watch?v=LyC\\_GCFurTA](https://www.youtube.com/watch?v=LyC_GCFurTA) Talking to kids about Covid 19 KXAN 2:19



<https://www.youtube.com/watch?v=vSsKQPqS7A> “Answering Kids Questions about Coronavirus”. Children's Hospital of Colorado 7:42



QUOTES TO THINK ABOUT:

Have YOU  
told YOU lately  
that YOU  
love YOU?

# ACTIVITIES FOR PRE-K STUDENTS

1. **Connect-the-dots with letters**
2. **Alphabet knock down**
3. **Children's book in a bottle**
4. **Crocodile circle**
5. **Letter matching archeology game**
6. **Mini alphabet sensory bins**

See this link for additional activities and directions:

<https://www.rasmussen.edu/degrees/education/blog/literacy-activities-for-preschoolers/>

# ACTIVITIES FOR PRE-K

## Kid Sense Self Care Skills



<https://childdevelopment.com.au/areas-of-concern/self-care/self-care-skills/>



## PODCASTS

[Ahway Island: your kid's source for relaxation, fun, and everyday adventure](#)

Click Above!



# SESAME STREET WORKSHOP

Rich array of *Sesame Street* content, including newly produced *Sesame Street* Muppet moments designed to entertain, educate, and comfort parents, caregivers, and children.

[Sesame Workshop Launches 'Caring for Each Other' Initiative to Help Parents and Children During Coronavirus Pandemic](#) -- [CLICK HERE](#)

[Caring for Each Other](#) -- [CLICK HERE](#)



# BABYFIRST

**Learn Colors, ABCs, Rhymes & More - YouTube**

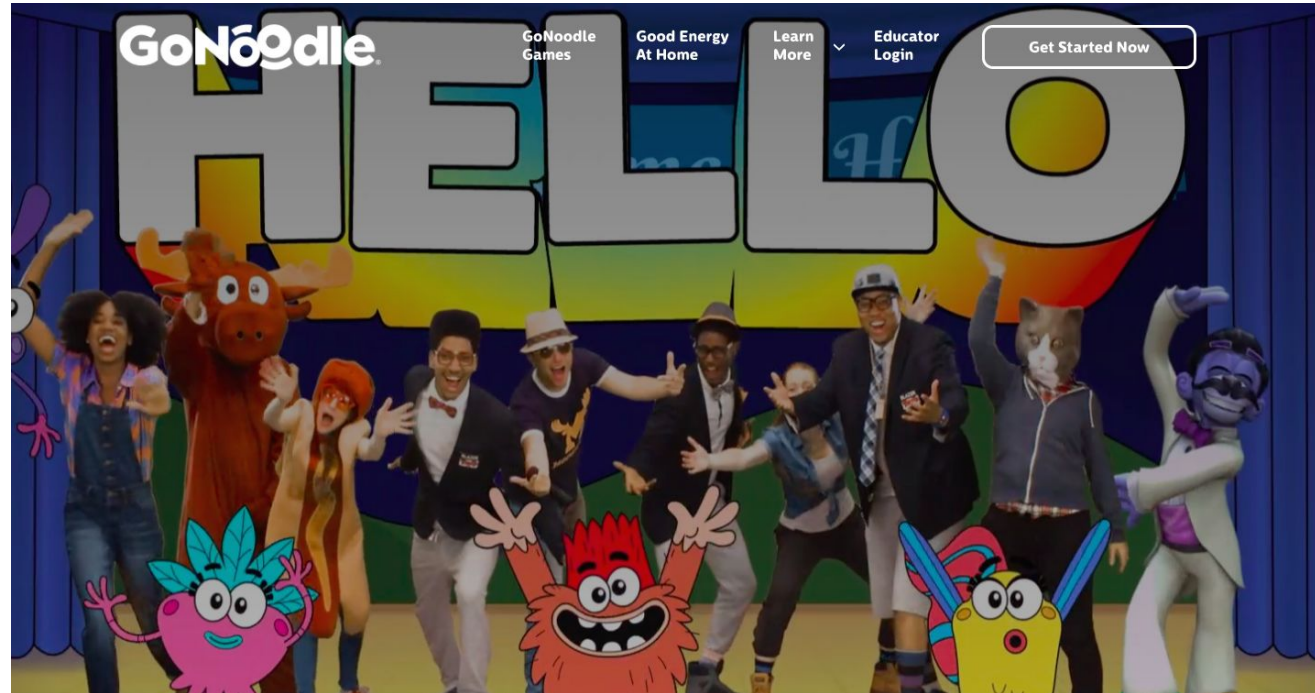
**www.youtube.com › channel**

**One of the internet's largest collections of educational resources, nursery rhymes for children, and cartoons.**

**<https://www.babyfirsttv.com/#shows>**

# NEED TO SHAKE OUT THE SILLIES OR GET CALM?

[GoNoodle: Home](#)





"I HAVE COME TO BELIEVE THAT CARING FOR MYSELF  
IS NOT SELF-INDULGENT. CARING FOR MYSELF IS AN  
ACT OF SURVIVAL."

---

- Audre Lorde

# WATCH PENGUINS TOUR THE SHEDD AQUARIUM

[https://twitter.com/shedd\\_aquarium/status/1239661654629023747?s=21&utm\\_source=CreativeMornings+Global&utm\\_campaign=c8ff1519d1-WEEKLY\\_HIGHLIGHTS\\_215\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_1768cc808f-c8ff1519d1-326300085&mc\\_cid=c8ff1519d1&mc\\_eid=6fb5e4dea6](https://twitter.com/shedd_aquarium/status/1239661654629023747?s=21&utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6)



The adventure continues! 🐧🐧  
This morning, Edward and Annie explored Shedd's rotunda. They are a bonded pair of rockhopper penguins, which means they are together for nesting season. Springtime is nesting season for penguins at Shedd, and this year is no different! (1/3) 📌



5:15 PM · Mar 16, 2020 · Twitter for iPhone

# PODCASTS

English

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

NASP Podcast

Espanol

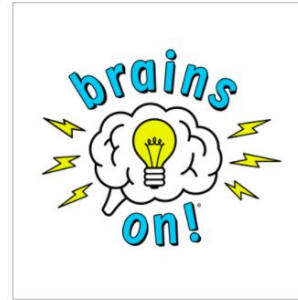
<https://babyradio.es/podcasts-babyradio>

# PODCASTS

<https://www.rebelgirls.com/pages/podcast>



<https://www.npr.org/podcasts/414697070/brains-on>



# LISTEN TO STORIES!



Listening to stories can help reduce stress and make sense of the world! Audible is offering free children's books to listen to while schools are closed.

<https://www.audible.com/ep/kids-audiobooks>

# HOMESCHOOL ACTIVITIES THAT ARE HIGH INTEREST

- Scholastic At Home
- Wild Earth - Youtube - Watching real life safari videos
- San Diego Zoo Virtual Tour

MIDDLE SCHOOL:  
6TH - 8TH GRADES



# 86 Creative Activities for Pre-Teens & Teens



- Color
- Paint
- Draw
- Bake cookies
- Collect leaves and rocks
- Work on a puzzle
- Study the Bible
- Practice photography
- Work on learning a new language
- Play a board game
- Memorize a Scripture verse
- Create an art journal
- Make play dough
- Create chalk drawings outside
- Pack a picnic
- Make puppets
- Work with beads
- Train a dog
- Exercise
- Ride a bike
- Try a new hair style
- Paint your nails
- Make a cake
- Look through a cookbook (pick out things to make and make a shopping list!)
- Play with marbles
- Water the flowers and weed the flower beds
- Draw a self portrait
- Create a treasure hunt with clues for your parents and/or siblings
- Write in your journal
- Work on a short story or novel
- Interview a parent or sibling
- Sew
- Tie-dye a shirt
- Make ice cream
- Observe objects in your microscope
- Paint rocks
- Plan a scavenger hunt
- Crochet
- Make a duct tape rose
- Have a relay race
- Play hangman
- Run through the sprinklers
- Play with bubbles
- Play with Legos
- Do a science experiment
- Sing songs with a sibling
- Play catch
- Make a music video
- Take pictures
- Plant a mini-garden
- Walk the dog
- Have a water balloon fight
- Put on a play
- Create a photo book
- Jump rope
- Make a lemonade stand
- Write a letter
- Model with clay
- Play balloon volleyball
- Create origami
- Create a memory jar
- Set up a tent
- Write up interview questions for our parents
- Practice cartwheels
- Collect things for a yard sale (& plan one)
- Organize your closet
- Lay in the grass and watch the clouds
- Practice an instrument
- Create a dance contest
- Work on craft projects
- Start a kickball game
- Make friendship bracelets
- Make a tie blanket
- Make up a MadLibs story
- Write a play and act it out
- Style each others' hair
- Take a walk
- Play hopscotch
- Take turns singing favorite songs
- Play checkers or chess
- Read a book
- Play in the water
- Play lawn darts
- Play croquet
- Start a volleyball or soccer game







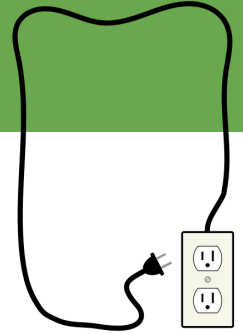
indoor activities  
for TWEENS



[Indoor Activities for Tweens](#) -- CLICK HERE

# UNPLUGGED ACTIVITIES FOR TWEENS

[50+ Unplugged Activities for Tween Age Boys](#) -- CLICK HERE



# 50 Ways to Take a Break

- Take a Bath
- Light a candle
- Learn something NEW
- Listen to a guided relaxation
- Take Deep Belly Breaths
- WRITE in a journal
- Walk Outside
- Eat a meal in SILENCE
- Examine an everyday object with Fresh Eyes
- COLOR with Crayons
- Do some gentle stretches
- Listen to Music
- REST your legs up on a wall
- Read a Book
- Take a Nap
- Go to a body of water
- Let out a sigh
- Watch the stars
- Write a Letter
- 2x More twice as slowly
- Sit in NATURE
- Call a friend
- Meander around town
- Buy some flowers
- Find a relaxing scent
- Notice your Body
- Go for a run
- Take a bike ride
- Turn off all electronics
- Go to a Park
- Pet a furry creature
- Create your own coffee break
- View some ART
- Drive somewhere NEW
- Go to a Farmer's Market
- Forgive Someone
- read or watch something FUNNY
- Engage in small acts of KINDNESS
- Make some MUSIC
- Climb a tree
- Let go of something
- Put on some music and DANCE
- Give Thanks
- Watch the clouds
- Watch the stars
- Write a Letter
- 2x More twice as slowly
- Sit in NATURE
- Call a friend
- Meander around town
- Buy some flowers
- Find a relaxing scent
- Notice your Body
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- read or watch something FUNNY
- Engage in small acts of KINDNESS
- Make some MUSIC
- Climb a tree
- Let go of something
- Put on some music and DANCE
- Give Thanks

# SELF-CARE BINGO

Can be created in any language and adapted to any age. Materials needed:

1. A piece of paper for each person playing
2. writing utensil
3. anything to cover the squares “called” or “played”

Suggestions:

- Dance party
- Take a nap
- Write a note of appreciation to your teacher/parent/BFF
- Walk the dog
- Take a walk
- Do a random act of kindness
- Learn a new skill
- Clean out clutter
- Read a short story
- Draw
- Color
- Make a craft
- Listen to soothing music
- Vist with a friend through Messenger, FaceTime or ...



# Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

## 1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

## 2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



## 3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

## 4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

## 5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

## 6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



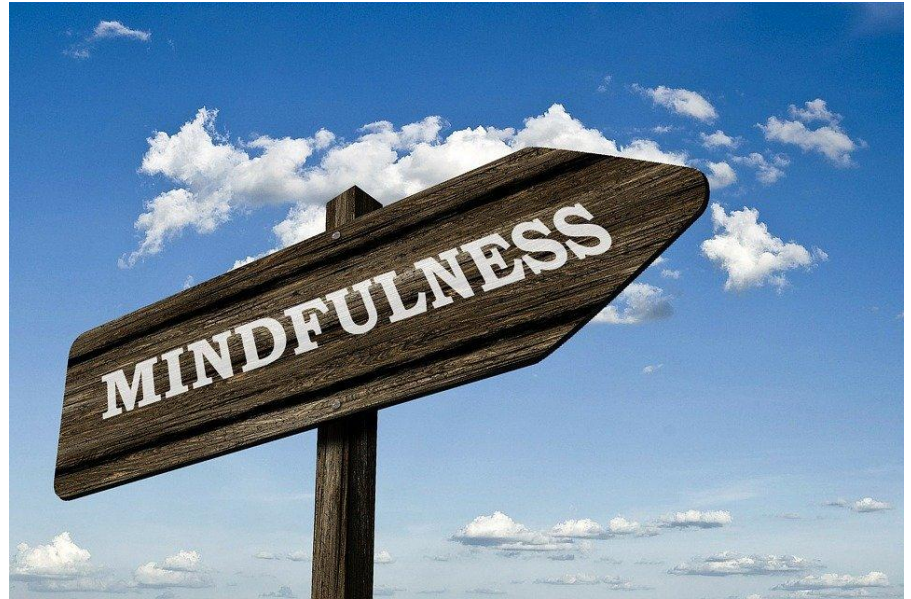
# MINDFULNESS

**Mindful Breathing; 3mins**

<https://youtu.be/SEfs5TJZ6Nk>

**Mindfulness for Kids; 5mins**

<https://youtu.be/shR8DLyOkcg>



HIGH SCHOOL &  
YOUNG ADULTS

# How to Encourage Your Teen to Spend Time on Self-Care

[Click Here](#) (article: Newsweek)

2015-03-18c

What do I do for self-care?



Get plenty of sleep



Tidy



Enjoy sunshine



Read



Cook



Read about people whose lives are more complicated



Write or draw (think out loud)



Garden



Talk to myself



Get a hug



Cuddle cats



Walk or bike (esp. in a park)



Talk to select people



# HOW TEENAGERS CAN PROTECT THEIR MENTAL HEALTH

[How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)

-- CLICK HERE



# SUPPORTING TEENAGERS AND YOUNG ADULTS

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

-- click here



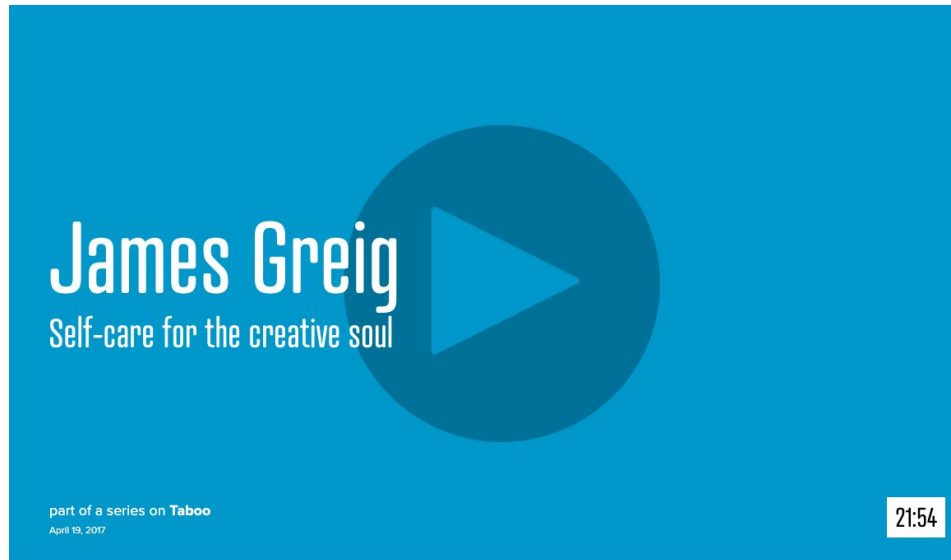
# TEEN SOCIAL DISTANCING ACTIVITIES

[Social Distancing and Teens: 30 Things They Can Do Alone or With the Family](#) -- CLICK HERE



# SELF-CARE FOR THE CREATIVE SOUL

[https://creativemornings.com/talks/james-greig/1?utm\\_source=CreativeMornings+Global&utm\\_campaign=c8ff1519d1-WEEKLY\\_HIGHLIGHTS\\_215\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_1768cc808f-c8ff1519d1-326300085&mc\\_cid=c8ff1519d1&mc\\_eid=6fb5e4dea6](https://creativemornings.com/talks/james-greig/1?utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6)



ADULTS

"REST AND SELF-CARE ARE SO IMPORTANT. WHEN YOU TAKE TIME TO REPLENISH YOUR SPIRIT, IT ALLOWS YOU TO SERVE OTHERS FROM THE OVERFLOW. YOU CANNOT SERVE FROM AN EMPTY VESSEL."

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- Eleanor Brown

# PODCASTS

<https://www.npr.org/podcasts/469249288/dear-sugar-radio>



## **A Listening Care Package for Uncertain Times:**

[https://onbeing.org/blog/a-listening-care-package-for-uncertain-times/?fbclid=IwAR2H3i9\\_e610i6h0-ZWZ6luMurTd2s1Z49uolMy-rKd9Ri5q3RMJ1keBp-8](https://onbeing.org/blog/a-listening-care-package-for-uncertain-times/?fbclid=IwAR2H3i9_e610i6h0-ZWZ6luMurTd2s1Z49uolMy-rKd9Ri5q3RMJ1keBp-8)

## **Tips for Taking the Fear out of Coronavirus:**

[https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc\\_cid=d096e2b514&mc\\_eid=2fd525d71a#video](https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc_cid=d096e2b514&mc_eid=2fd525d71a#video)

## **How to Cope With Anxiety About Coronavirus (COVID-19):**

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>

# VIDEO CLIPS

<https://www.youtube.com/watch?v=Shka3Shzq2o> “Coffee House Jazz” instrumental music



<https://www.youtube.com/watch?v=w0iVTQS8ftg> A Self Care Action Plan; how to Adult. 5:01



Self Care Lee Kaufman Marriage Recovery Center

<https://www.bing.com/videos/search?q=self+care+in+a+time+of+crisis&&view=detail&mid=6B6AF749123D7605783B6B6AF749123D7605783B&&FORM=VDRVRV>



# INFORMATION FOR TO HELP YOURSELF OR OTHERS

Suggested ways to help  
yourself with the what ifs...

<https://www.nicabm.com/working-with-anxiety-during-a-pandemic-part-2/>



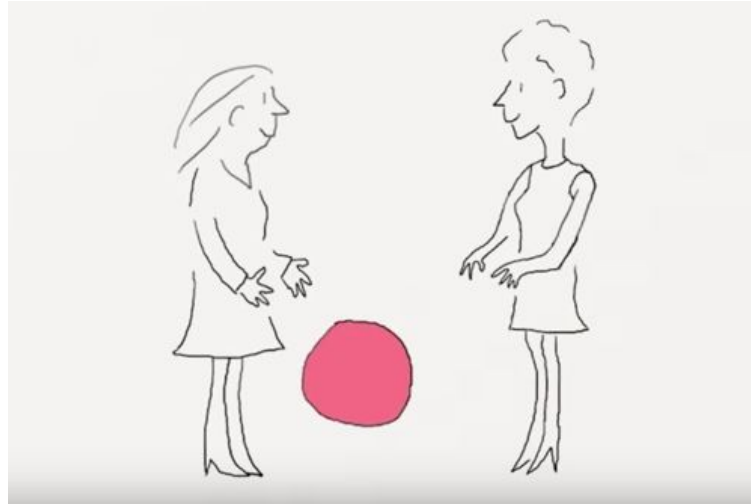
This is great information for all of us to keep us healthy mentally and physically.

[https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc\\_cid=d096e2b514&mc\\_eid=2fd525d71a#video](https://www.joanborysenko.com/2020/03/taking-the-fear-out-of-coronavirus/?mc_cid=d096e2b514&mc_eid=2fd525d71a#video)

# TIFFANY DUFU: DROP THE BALL INSTEAD OF TRYING TO DO IT ALL

[Tiffany Dufu: Drop the Ball Instead of Trying to Do It All](#)

--- [CLICK HERE](#)



# 100 THINGS TO DO WHILE STUCK INSIDE DUE TO A PANDEMIC

[Coronavirus quarantine: 100 things to do while trapped inside](#)

-- [CLICK HERE](#)



\*TANGLED\* Rapunzel. When the kingdom's most wanted—and most charming—bandit Flynn Rider (voice of Zachary Levi) is taken hostage by Rapunzel (voice of Mandy Moore), the unlikely duo sets off on a hilarious escapade filled with adventure, heart, humor and hair—lots of hair. In U.S. theaters Nov. 24, 2010. ©Disney Enterprises, Inc. All Rights Reserved.

## Everything Is Awful and I'm Not Okay: questions to ask before giving up

### Are you hydrated?

If not, have a glass of water.

### Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

### Have you showered in the past day?

If not, take a shower right now.

### Have you stretched your legs in the past day?

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

### Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

### Have you moved your body to music in the past day?

If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

### Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

### Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

### If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

### If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

### Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

### Do you feel unattractive?

Take a goddamn selfie. Your friends will remind you how great you look, and you'll help fight society's restrictions on what beauty can look like.

### Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

### Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

### Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

### Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You've made it this far, and you will make it through. **You are stronger than you think.**

[Everything Is Awful and I'm Not Okay: questions to ask before giving up](#) -- click here

# KEEP YOUR BODY MOVING

CorePower Yoga Free online yoga and meditation classes

<https://www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR3-T4eGvS1B7S2RKGV6tLoglWAobw3n6S4mYxPAq750ppu32BPxlzAZfuA>

YMCA 360 Free on demand workout videos; No membership required

[YMCA 360 - Online Exercise | On-Demand Videos](#)



# TARA BRACH PANDEMIC CARE RESOURCES



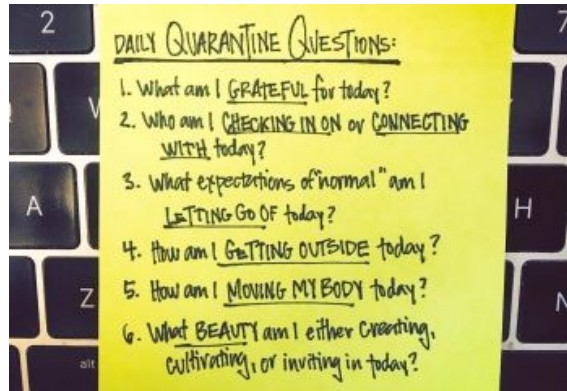
[Pandemic Care Resources](#) -- click here

Dear Friends ~ During this global crisis we all need pathways to calm, clarity and openheartedness. While it's natural to feel fear during times of great collective crisis, our challenge is that fear easily takes over our lives. Mindfulness and compassion practices can help us find an inner refuge, and deepen our loving connection with each other. This list of talks and guided meditations will support you through these difficult times.

With loving blessings, Tara

# GREATER GOOD: THE SCIENCE OF A MEANINGFUL LIFE -- [CLICK HERE](#)

- Topics
- Quizzes
- Videos
- Podcasts
- Keys to Well-Being



FAMILIES



# A Bare-Bones Daily Schedule for Those Who Just Cannot With School At Home

**H**elp (prepare food, tidy up, feed pets)

**E**at (meals, snacks, and lots of water)

**L**earn (writing, building, experimenting)

**P**lay (games, crafts, toys)

**E**xercise (run, bike, jump, dance)

**R**ead (together or alone)

**S**creens (facetime, movies, apps, games)

# HEALTHY EATING DURING QUARANTINE

- Create a structured eating schedule
- Have a cut off from eating to curtail grazing
- Prepare healthy snacks ahead of time so you don't go on a junk food binge
- Plan out dinner with a healthy protein, vegetables and portion out any starches.
- Hydrate yourself during the day with at least 64 oz of plain water
- Throw out junk food from pantry
- Healthy Snacks Ideas
  - <https://snacknation.com/blog/guide/healthy-snacks/>



# VIRTUAL MUSEUM TOURS

[https://artsandculture.google.com/partner?hl=en&mc\\_cid=c8ff1519d1&mc\\_eid=6fb5e4dea6](https://artsandculture.google.com/partner?hl=en&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6)

## Collections

All A-Z Map



M  
O

Musée d'Orsay, Paris  
Paris, France



MoMA

MoMA The Museum of  
Modern Art  
New York, United States



Van  
Gogh  
Museum

Van Gogh Museum  
Amsterdam, Netherlands



LE GALLERIE  
DEGLI UFFIZI

Uffizi Gallery  
Florence, Italy



National  
Gallery of  
Art

National Gallery of Art,  
Washington DC  
Washington, DC, United States



THE  
MET

The Metropolitan Museum of  
Art



belvedere

Belvedere  
Vienna, Austria



State  
Hermitage  
Museum

The State Hermitage  
Museum



RIJKS MUSEUM

Rijksmuseum  
Amsterdam, Netherlands



MUSEO SOROLLA

Sorolla Museum  
Madrid, Spain

"TO BE A GOOD PARENT, YOU NEED TO TAKE CARE OF YOURSELF  
SO THAT YOU HAVE THE PHYSICAL AND EMOTIONAL ENERGY TO  
TAKE CARE OF YOUR FAMILY.."



- Michelle Obama

# Resilience and Routines for Families During the Pandemic

[Resilience and Routines for Families During the Pandemic](#) -- CLICK HERE



# MINDFULNESS ACTIVITIES

[6 Mindfulness Activities You Can Do as a Family](#) -- Click Here

[Eight Ways to Bring Mindfulness into Your Family](#) -- Click Here



# ACTION FOR HAPPINESS -- CLICK HERE



## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# VIRTUAL TOURS OF 5 NATIONAL PARKS

[https://artsandculture.withgoogle.com/en-us/national-parks-service/parks?utm\\_source=CreativeMornings+Global&utm\\_campaign=c8ff1519d1-WEEKLY\\_HIGHLIGHTS\\_215\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_1768cc808f-c8ff1519d1-326300085&mc\\_cid=c8ff1519d1&mc\\_eid=6fb5e4dea6](https://artsandculture.withgoogle.com/en-us/national-parks-service/parks?utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6)





# Resources for Families -- CLICK HERE

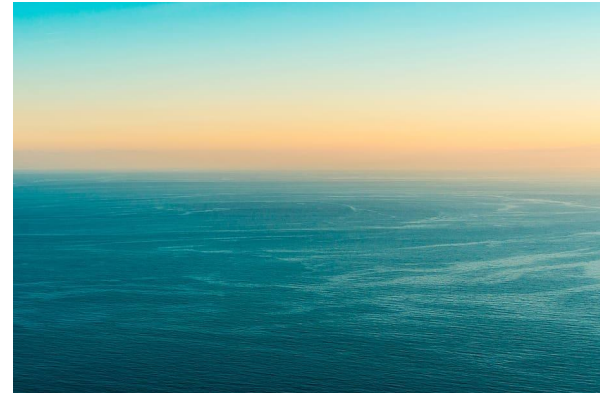
COGNITA SCHOOLS: An Inspiring World of Education

Tips and Advice for Families

[School Closure or Self-isolation: Advice for Teenage Students](#) - Click Here

[Talking to Your Child about Coronavirus](#) -- Click Here

[Maintaining Wellbeing During School Closures](#) -- Click Here



# STAY AT HOME ACTIVITIES KIT

[https://us2.campaign-archive.com/?u=7ffd04812c1972d0dd39de876&id=bd854d2334&e=7ff9469690&utm\\_source=CreativeMornings+Global&utm\\_campaign=c8ff1519d1-WEEKLY\\_HIGHLIGHTS\\_215\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_1768cc808f-c8ff1519d1-326300085&mc\\_cid=c8ff1519d1&mc\\_eid=6fb5e4dea6](https://us2.campaign-archive.com/?u=7ffd04812c1972d0dd39de876&id=bd854d2334&e=7ff9469690&utm_source=CreativeMornings+Global&utm_campaign=c8ff1519d1-WEEKLY_HIGHLIGHTS_215_COPY_01&utm_medium=email&utm_term=0_1768cc808f-c8ff1519d1-326300085&mc_cid=c8ff1519d1&mc_eid=6fb5e4dea6)



# PODCASTS

<https://www.npr.org/podcasts/510321/wow-in-the-world>



# GLITTER CALMING JARS



## Materials:

- Empty Plastic Bottle/Glass Jar
- Small Bowl
- Whisk
- Measuring Cup
- 1 Cup of Hot Water
- 2 fl oz Glitter Glue (¼ cup or small container)
- Fine Glitter (assorted colors)
- Food Coloring (matching your glitter)
- Super Glue
- Optional: Funnel

**Step 1:** Wash each bottle in hot, soapy water before using. Let dry and set aside.

**Step 2:** Pour glitter glue in bowl

**Step 3:** Add hot water to bowl. Use the whisk to mix the water and glue until the mix is no longer clumpy

**Step 4:** Add glitter to mixture, use the whisk to make sure it's evenly distributed. Start with a small amount and then add glitter as needed

**Step 5:** Add 1 drop of food coloring

**Step 6:** Pour mixture into bottle/jar

**Step 7:** Super glue lid to bottle/jar

**Step 8: SHAKE and ENJOY!!**

# BLOWING BUBBLES AS SELF-CARE

Follow the Link

Good for teaching breathing, and fun for the whole family.

Also use the leftover solution to sanitize!

Article on Bubbles as self Care

<https://www.abc.net.au/news/2015-10-08/blowing-bubbles-help-anxiety-mental-health/6837224>

Guided Exercise

<https://stillwaterschools.org/sites/default/files/public/downloads/news/Deep%20Breathing%20Exercises.pdf>

Recipe for Bubble Solution

<https://www.thesprucecrafts.com/make-your-own-bubble-blowing-mixture-1244214>

Make your own bubble wands

<https://www.kidspot.com.au/things-to-do/activity-articles/make-your-own-bubble-wands/news-story/ed453ed74c9899588dacfd0a036574a4>



# ALTERNATIVES TO SINGING 'HAPPY BIRTHDAY' WHEN WASHING HANDS

[Coronavirus: Vietnam's handwashing song goes global](#) -- CLICK HERE



# TALKING TO YOUNG CHILDREN ABOUT COVID-19

[https://www.pbs.org/parents/thrive/  
how-to-talk-to-your-kids-about-coronavirus](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)



## SEL RESOURCES

[CASEL](#) -- Click Here

“When physical distancing is deemed necessary, social and emotional connectedness is even more critical.” --

Karen Niemi President & CEO Collaborative for Academic, Social, and Emotional Learning (CASEL)

- Resources for parents and caregivers
- Resources for educators
- Resources for state policy makers and leaders





# RECURSOS EN ESPAÑOL

# AUDIO BOOKS FOR CHILDREN OF ALL AGES IN DIFFERENT LANGUAGES

<https://stories.audible.com/start-listen>

-- CLICK HERE



# ¿Quién quiero ser durante el COVID-19?

Encuentro un propósito

Comienzo a  
soltar el control

Pienso en los  
demás y busco  
cómo ayudarlos

Compras de pánico

Dejo de consumir  
lo que me hace daño,  
desde noticias  
hasta alimentos

Me irrito  
fácilmente

ZONA DE  
MIEDO

ZONA DE  
APRENDIZAJE

ZONA DE  
CRECIMIENTO

Agandallo papel de baño,  
comida y medicamentos  
que no necesito

Reconozco que todos  
estamos tratando  
de dar lo mejor  
de nosotros mismos  
ante una situación  
complicada

Agradezco

Vivo en el presente

@parteaguaspodcast

REMEMBER TO BREATHE... WE  
WILL ALL GET THROUGH THIS  
TOGETHER! STAY SAFE AND  
HEALTHY! WE CAN'T WAIT TO SEE  
EVERYONE SOON!



#PWWsARETHERE

MCPS

**Pupil Personnel Workers**

OSFSE

