



Wellness & Healthy Mindset

Importance of Connection

In the midst of chaos and changes in our world, there is an opportunity to connect with yourself and your kids in new ways. This parent guide is designed to help you and your family make the most of this time. Included are activities that you can do yourself and with your family. Please use these suggestions or use them to come up with something even better!

Opportunities to Grow

No one knows your family better than you do, so find ways to tailor to their interests, and have fun together! Remember, now it's even more important to have balance (play & fun) in life. So, here are some suggestions...Go Have Fun!

- ✚ **Build a Fort.** Get the cushions and pillows out and set up your living room for a night of fun!
- ✚ **Check the Source.** With so much social media, check the information to see if it's credible and accurate.
- ✚ **Do Some Spring Cleaning.** Clean out the car, closets, and catch-all-spaces.
- ✚ **Family Goal Setting.** Talk as a family about things you hope to achieve or want to be able to try.
- ✚ **Go outside.** Yes, we want to social distance and be safe, but get some Vitamin D and escape the 'cabin fever.' Go for a walk down the street, play in the backyard, garden, whatever you need to get fresh air! Just be sure to sanitize well and avoid crowds of people.





Additional Activities & Suggestions

- ✚ **Have a Bake-Off or Cook-Off.** Show off your skills or try some new recipes! Make it fun and exciting!
- ✚ **Have a Device Free Night.** Unplug and enjoy time with each other.
- ✚ **Have a Movie/TV Show Marathon.**
- ✚ **Have a Self-Care Night.** Relax with a bath, some music, bring the spa to you!
- ✚ **Limit Exposure.** Whether it's a parent or child, be mindful of time spent watching the news or on social media. (Use Apple's Screen Time or Android's Digital Wellbeing to set limits).
- ✚ **Listen to a podcast together.**
- ✚ **Look at Family Photos or Videos.**
- ✚ **Make a Time Capsule.** Create a book or folder to be able to look back on. Journal, put in news clippings, write letters, take/draw photos, and any other special memories.
- ✚ **Make a TikTok Together.** Do a Dance, have fun with it!
- ✚ **Plan a Game Night.** Board games, cards, charades, or try something new!
- ✚ **Plan a Jam Session.** Play or listen to your favorite music. Dance, sing, have fun! Get everyone involved to just have fun!
- ✚ **Plan a Trip (or a Staycation).** Even though we are staying home right now, it may be fun to plan for something for the future or be creative and plan a trip at home (i.e. camp in backyard, visit a museum or city virtually online).
- ✚ **Play 'Would you rather.'** Think of some fun questions to ask your kids...and your parents!
- ✚ **Read.** Whether together or apart, just start!
- ✚ **Schedule a Video Chat.** Plan time with other parents and kid's friends.
- ✚ **Serve your Community.** Donate to shelters and food banks.
- ✚ **Start a Grateful Jar.** Write down 1-2 things you're grateful for and discuss at end of the week.
- ✚ **Take an interest in your kid's interests.** Video games? Photography? Learn something new 😊
- ✚ **Watch a YouTube Workout Video.**

Resources adapted from *Ideas for Families Coming Together During COVID-19 PDF* at [axis.org](https://www.axis.org) & *My COVID-19 2020 Time Capsule Activity Sheet*