

# Activity List for Families

This document will provide a guide to the following home activities:

1. Making a Schedule
2. Learning and School Activities
3. Reading and Story Time
4. Cooking
5. Exercise
6. Dance
7. Music
8. Arts and Crafts
9. De-Stressing with Meditation and Spirituality
10. Outdoor Activities and Parks
11. Home Cleaning and Chores
12. Free Online Virtual Tours
13. Reminders on Discipline During Coronavirus
14. Resources in the Community for Food, Formula, Diapers, and Domestic Violence

## How to Speak with Your Kids About Coronavirus:

### **Time to Come In, Bear (YouTube Video)**

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w&feature=youtu.be](https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=youtu.be)

### **NPR Comic Explaining Coronavirus**

*In Spanish:*

<https://www.npr.org/sections/goatsandsoda/2020/04/01/822540659/solo-para-chicos-y-chicas-un-c-mic-sobre-el-nuevo-coronavirus>

*In English:*

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### **Sesame Street Explains Coronavirus (English & Spanish)**

<https://sesamestreetincommunities.org/>

### **This Google Doc is a great place to start for Activities:**

<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnjM9PNdei21z5-AQ6I0-bJqFE7n25o/mobilepresent?slide=id.p>

# Making a Schedule

When asking yourself: what will kids do all day?  
 How can I keep them entertained?  
 Can they still learn if they are not in school?  
 How can I get them to learn (I'm not a teacher!)?

The secret is one that schools know well:  
**MAKE A ROUTINE**

Kids are used to following a schedule, so **making a schedule for the day will help everything fall into place**. Kids learn most easily when they know what to expect. A schedule also allows parents some time for themselves.

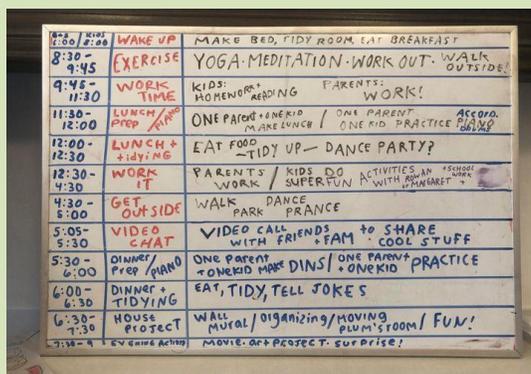
It may help to print out the schedule and go over it as a family each morning.

To start: grab a pen, paper and actually map out how the days will look at home. Start with sleep time, meals, and learning time. Then fill in the rest of the day with things in this document. You can give older kids a sense of investment each day by asking them to help formulate their own schedule.

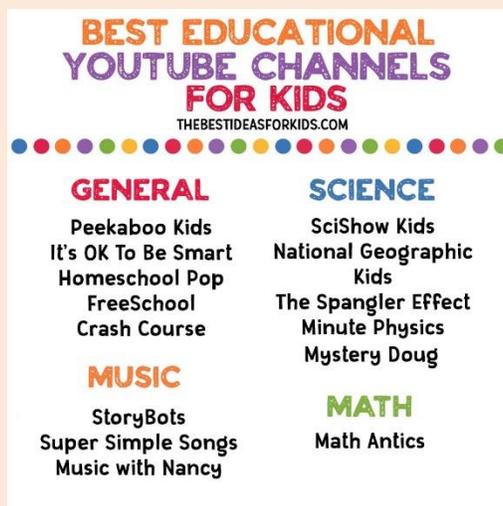
<https://time.com/5803373/coronavirus-kids-at-home-activities/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

[https://www.huffingtonpost.ca/entry/sample-kids-home-schedule\\_ca\\_5e6e5904c5b6747ef11f12ce](https://www.huffingtonpost.ca/entry/sample-kids-home-schedule_ca_5e6e5904c5b6747ef11f12ce)



# Learning and School Activities



## Lists of great educational resources for kids:

<https://www.playpennies.com/back-to-school-uk/free-online-resources-for-kids-during-school-closures-uk-186056>

<https://www.thebestideasforkids.com/educational-videos-for-kids/>

<https://whatmomslove.com/kids/best-educational-apps-for-toddlers-preschoolers/>

<https://docs.google.com/presentation/d/1Sqk9Pq5eCRJFvniM9PNdei21z5-AQ6l0-bJqFE7n25o/mobilepresent?slide=id.p>

## Online Math Course:

For those wanting to bring their child's math skills up to speed in a fun and enjoyable way, then original Countdown star Carol Vorderman is putting her mathematical skills online. Her online math program, The Maths Factor, has waived its usual fees to provide free tuition to children of school age while schools are closed.

[https://www.themathsfactor.com/?utm\\_source=quicktouryoutube&utm\\_medium=Social&utm\\_campaign=D2L\\_MAT\\_01JAN2017\\_themathsfactor\\_R](https://www.themathsfactor.com/?utm_source=quicktouryoutube&utm_medium=Social&utm_campaign=D2L_MAT_01JAN2017_themathsfactor_R)

## En Español:

<https://www.oyejuanjo.com/2020/03/unam-60-cursos-online-gratis-cuarentena.html?m=1>

# Reading and Story Time

## Storyline Online

Books read aloud by famous actors with creative illustrations

<https://www.storylineonline.net/>

## Douglas Preschool Teachers Read Books for Storytime

Every day a new video will be posted from our very own Douglas preschool teachers.

<https://www.youtube.com/channel/UC889YjeW8IJ6EaR6dXmGHxg/videos>

# Cooking

## Step Stool Chef:

The Step Stool Chef Academy is an online cooking school for kids that shares basic cooking techniques, tools, and tips that builds confidence and life long skills for your little chef. To sign-up, visit [www.stepstoolchefacademy.com](http://www.stepstoolchefacademy.com)

<https://www.youtube.com/channel/UCINnkqEJrBYdk0mhvuS-ZKA>

## Kids Cooking Activities:

Kids Cooking Activities is a great place for parents that aren't sure where to start when it comes to teaching kids how to cook. The site has cooking lessons that are divided by age group. There are ten lessons for each age group and there are five age groups. There are even tips for helping you get started using the lessons.

<https://www.kids-cooking-activities.com/>

## 18 Recipes to Make with Kids:

<https://www.delish.com/cooking/q31710916/kids-educational-recipes/>

# Exercise

## Go Noodle

GoNoodle gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best. Download the App

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

## P.E. with Joe Wicks

Joe Wicks is The Body Coach and Self-Proclaimed 'Nation's PE Teacher'. He has kids' workout classes on his You Tube channel, and he will be doing them every weekday at 9am during the school closures. The workouts are designed to be kid friendly, will last half an hour, and won't need much space so they can be done indoors if you're self-isolating.

<https://www.youtube.com/user/thebodycoach1>

## Yoga for Kids Under 8 Years Old:

### Yoga Ed:

<https://youtu.be/CBko9JPMtHs>

### Cosmic Kids Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>

## Yoga for Kids Over 8 Years Old:

### Alo Yoga:

<https://youtu.be/4ZpkRAcgws4>

### Yoga with Adrienne:

<https://youtu.be/vMMRb10LtGM>

# Dance

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

## Professional Dancer Teaches Dance to Kids

Strictly Come Dancing star Oti Mabuse posts free online dance classes for children and adults to enjoy a quick twirl across the living room despite being in lockdown. She and husband Marius Lepure are posting videos on her YouTube channel teaching routines to help fans learn a new skill while they are at home. The kids' classes airs at 11.30am while the adult version is at 7.30pm.

[https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YTtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g)

# Music

## Music Klass from a Professional

Myleene Klass is a classical pianist, model and pop star. She will be providing both music lessons and lullabies for parents and children during the lockdown period. On Monday mornings at 10am she will be hosting an interactive class where kids can play along with a pan and wooden spoon. On Wednesdays at 6.30pm she will play a Disney-themed lullaby for babies, and on Friday at 10am she will be presenting Music Klass.

Music Klass will also be an introduction to reading music, learning about keys, the difference major and minor in a simple, entertaining way. Children don't need to have their own instrument to be able to participate, though there are interactive elements with items from around the house.

<https://youtu.be/jCRXAEraq8U>

# Arts and Crafts

Creative interaction between parents and children engaging in activities like arts and crafts provides immediate and lasting cognitive benefits AND creates a unique bonding experience to make lifelong memories. Taking time to be creative with your children is particularly important during Coronavirus. You do not need to consider yourself 'crafty' to start getting creative with your children. There are many craft projects that you can make with your children that require NO special skills or tools and that take less than half an hour of your time.

## Indoor Activities and Games for Kids:

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://www.scouts.org.uk/the-great-indoors/>

## Make Play Dough:

<https://www.iheartnaptime.net/play-dough-recipe/>

## Make Slime:

<https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904>

<https://www.thebestideasforkids.com/fluffy-slime-recipe/>

## Paint Your Own Stained-Glass Window:

<https://www.craftymorning.com/paint-your-own-stained-glass-windows/>

## En Español:

<https://www.facebook.com/271477159987297/posts/872280833240257/?d=n>

# De-Stressing with Meditation and Spirituality

Freaking out? You're not alone - and you're not malfunctioning. We're in a moment of uncertainty and anxiety.

It's easy to get caught up in all the panic which is around—particularly when you're reminded of its impact every time you go to the supermarket and see empty toilet roll shelves—all of which makes it particularly important to remember good mental self-care. Taking some time out to meditate can help in so many ways.

Mindfulness meditation is a practice that has been proven to alleviate stress, depression and insomnia.

People often feel discouraged when they first give meditation a try because their mind goes in a million directions. That's exactly what is supposed to happen. Keep trying.

For children, meditation has been shown to help regulate their emotions, thereby having fewer meltdowns, reducing impulsivity and improving concentration & focus.

<https://www.latimes.com/lifestyle/story/2020-03-24/meditation-tips-coronavirus-crisis>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx>

## Meditation for Adults and Children

- **Ten Percent Happier:**

[https://www.tenpercent.com/coronavirussanityguide?utm\\_campaign=cv\\_response\\_website\\_banner&utm\\_medium=website&utm\\_source=cv\\_response](https://www.tenpercent.com/coronavirussanityguide?utm_campaign=cv_response_website_banner&utm_medium=website&utm_source=cv_response)

- **15 min Meditation with Adriene:**

<https://youtu.be/4pLUleLdwY4>

- **Guided Meditations for Sleep and Insomnia:**

<https://awakeandmindful.com/best-free-guided-meditations-for-sleep-and-insomnia/>

## Meditation for Kids:

- **Guided Relaxation (6min):**

<https://youtu.be/ZBnPlqQFPKs>

- **New Horizon – has many different videos for kids:**

<https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg>

# Outdoor Activities and Parks

The two safest places for you to be during this period is inside your house and outdoors in nature.

This is a virus that is spread mostly by droplets. You can catch the virus if you are around someone and they cough or sneeze around you. Or, if they cough, sneeze or put their mucous on a table, the handle of a door, or any object and then you touch the table and then bring your hand to your mouth.

We recommend that you stay with your family and avoid other people. And why you should wash your hands before putting stuff in your mouth. But you cannot catch the virus by being outside. It's not like it's in the air and you can just catch it in the air.

Feel safe to go outside, to a park, and play in the dirt or grass.

## Sidewalk Chalk Activities:

<https://whatmomslove.com/kids/sidewalk-chalk-ideas/>

## National Parks:

National parks and state parks are still open (but the visitor centers are closed):

Chiricahua National Monument

<https://www.nps.gov/chir/index.htm>

Coronado National Memorial

<https://www.nps.gov/coro/index.htm>

# Home Cleaning and Chores

## COVID-19 chore plan!

**monday**  
BEDROOM DAY

- change sheets
- dust & polish furniture
- clean mirrors
- clean fan
- sweep floors
- declutter 10 minutes
- LAUNDRY: sheets

**wednesday**  
KITCHEN DAY

- clean out refrigerator
- clean counters
- clean table & chairs
- sweep and mop floors
- take out trash
- LAUNDRY: lights

**friday**  
ALTERNATE

- week 1: all appliances
- week 2: kitchen cabinets
- week 3: windows & blinds
- week 4: walls & baseboards
- LAUNDRY: whites

**tuesday**  
BATHROOM DAY

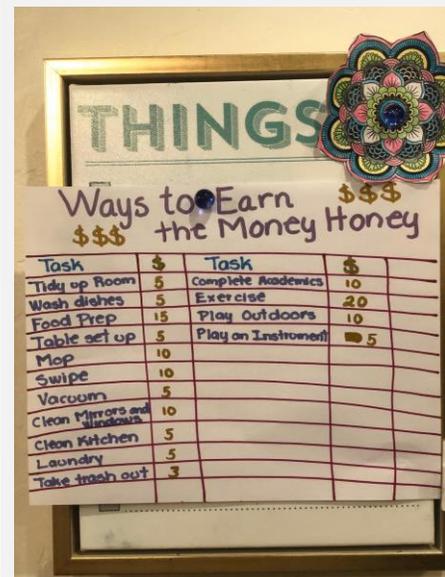
- clean shower & toilet
- clean sink, counter, & fauce
- clean mirror
- sweep floors
- restock toiletries
- change towels
- LAUNDRY: towels

**thursday**  
LIVING RM. DAY

- dust & polish furniture
- clean tv
- freshen fabrics (febreeze)
- sweep & vacuum
- declutter 10 minutes
- LAUNDRY: darks

**saturday**  
OUTSIDE

- clean out car
- straighten up garage
- sweep off steps
- yard work
- LAUNDRY: catch up



## 135 Different Easy Girls Hair Styles:

<https://whatmomslove.com/kids/easy-girls-hairstyles-for-toddlers-tweens-teens/>

## Free Online Virtual Tours

### Natural Parks:

[https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR0Pc3qie-4fo2ioSdceMlCoMvzUz7ehJ8z9\\_91p06xAzVrmhpNq\\_Uxn348](https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR0Pc3qie-4fo2ioSdceMlCoMvzUz7ehJ8z9_91p06xAzVrmhpNq_Uxn348)

### 12 Famous Museums (throughout the world)

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

### Palace of Versailles (France):

<http://en.chateauversailles.fr/discover>

### Louvre Museum (France):

<https://www.louvre.fr/en/visites-en-ligne>

### White House (Washington DC):

<https://www.youvisit.com/tour/aid.depoy>

### College Campuses (throughout the USA):

<https://www.youvisit.com/collegesearch/>

### San Diego Zoo:

<https://animals.sandiegozoo.org/live-cams>

# Reminders on Discipline During Coronavirus

- **Help them with their fears.** Children who are old enough to follow the news may be afraid, for example, that they or their parents are going to die. You can acknowledge the fear, and discuss all the things you are doing to stay healthy, such as washing hands and staying home to avoid germs.
- **Call a time-out.** This discipline tool works best by warning children they will get a time-out if they don't stop, reminding them what they did wrong in as few words—and with as little emotion—as possible, and removing them from the situation for a pre-set length of time (1 minute per year of age is a good guide).
- **Know when not to respond.** As long as your child isn't doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it. Ignoring bad behavior also can teach children natural consequences of their actions. For example, if your child keeps dropping his food on purpose, he soon will have no more crackers left to eat.
- **Catch them being good.** Children need to know when they do something bad—and when they do something good. Notice good behavior and point it out, praising success and good tries. This is particularly important in these difficult times, when children are separated from their friends and usual routines.
- **Give them your attention.** The most powerful tool for effective discipline is attention—to reinforce good behaviors and discourage others. Remember, all children want their parent's attention. When parents are trying to work at home, this can be particularly challenging. Clear communication and setting expectations can help, particularly with older children.

# Resource List

## Food Resources

### Douglas School District:

#### DUSD Grab & Go Meals

Free meals to all Douglas students in our community, 18 and under.

We are all together in this! DUSD will be offering free Grab & Go Meals at four different areas; Douglas High School, Stevenson ES, Sarah Marley ES, and Faras ES from 9 a.m. to 12 p.m. Monday through Friday as a curbside pick-up only.

One breakfast and one lunch will be provided to each child present at these different points of service. Per USDA National School Lunch Program requirements, children must be present to receive meals.

Parents, please be considerate when taking this benefit for your children. We cannot provide meals to families with children not being present. In order to provide meals to everybody, meals can't be given to one person for multiple families.

On the other hand, DUSD Food Service Department can take some special considerations with children with extreme health conditions or circumstances that cannot be present.

Thanks for your understanding, DUSD Food Service Department.

#### DUSD Comidas Para Llevar

Comidas gratis para todos los niños de la comunidad de Douglas menores de 18 años de edad.

Estamos todos juntos en esto! DUSD ofrecerá comidas gratis para llevar en cuatro diferentes escuelas. Estas escuelas son Douglas High School, Stevenson ES, Sarah Marley ES y Faras ES de 9 a.m. a 12 p.m. de Lunes a Viernes. Este servicio es para recoger en su vehículo.

Se proporcionará un desayuno y un almuerzo a cada niño presente en estos diferentes puntos de servicio. Por requisitos del Programa Nacional de Almuerzos Escolares de USDA, los niños deben estar presentes para recibir las comidas.

Padres, por favor sean considerados al tomar este beneficio para sus hijos. No podemos proporcionar comidas a familias con niños que no están presentes. Con el fin de proporcionar comidas para todos, se prohíbe proveer la comida a una sola persona para varias familias.

Por otro lado, nuestro departamento de alimentos puede tomar algunas consideraciones especiales con niños con condiciones de salud extremas o ciertas circunstancias por lo cual no pueden estar presentes.

Gracias por su comprensión, Departamento de Food Service.

### Douglas Area Food Bank:

520-364-4170

### Community Food Bank of Southern Arizona

3003 South Country Club Road; Tucson, AZ 85713; 520.622.0525

[www.communityfoodbank.org](http://www.communityfoodbank.org)

### Chiricahua Community Health Centers, Inc.:

Set up an appointment with Chiricahua's dietician / nutritionist

520-364-5437

## Formula and Diaper Resources (for Infants Less Than One Year Old)

### WIC is offering virtual telehealth visits:

Chiricahua Pediatric Center of Excellence

(520)805-2984

Or: Cochise County Douglas WIC

1012 N G Ave, Ste 101; Douglas, AZ 85607

(520)805-5614

### Diaper Bank of Southern Arizona

1050 South Plumer Avenue, Tucson, AZ 85719

520.325.1400

## Resources for Domestic Violence

Many of the shelters have been closed during the Coronavirus pandemic. For any domestic violence or abuse concerns or questions, contact Rosie Rosie Mendozachapa, Advocacy Program Coordinator, CHW Supervisor, at Elfrida East: (520) 642-6088, ECCE: (520) 364-1429 Ext. 3552

Arizona Coalition to End Sexual and Domestic Violence Helpline:  
(602) 279-2900; 1(800) 782-6400  
[www.acesdv.org/helpline](http://www.acesdv.org/helpline)

National Domestic Violence Hotline:  
1(800) 799-SAFE (7233)

Rape, Abuse & Incest National Network (RAINN) Hotline:  
1(800) 656-HOPE (4673)

## Legacy Foundation of Southeast Arizona

Offers an app that lists resources for Southern Arizona  
"Community Resource Catalog". Could also type in "Legacy Foundation" into App store.