



Dear Parents

***Most young kids will remember
how their family home felt
during the coronavirus panic
more than anything specific about the virus.***

***Our kids are watching us and learning about
how to respond to stress and uncertainty***

Let's wire our kids for resilience, not panic.

During this uncertain time of Coronavirus, Lockdown and isolation we want you to know that we understand the emotions you are dealing with.

Working from home, keeping young ones busy and entertained and having to (effectively) deal with our children's emotions, can become a challenge that we might not feel qualified for. As so often happens to us as parents, we forget to take care of our own mental health.

You are probably doing more with less help and support than you normally would, so please have realistic expectations for yourselves and focus on what you can control.

As the psychological team from Metro North Education Department, we want to support you and your family with advice and resources that we have found to be helpful in our own day-to-day dealings with emotions and families.

Have fun being creative!

Look after yourself first (Remember, you cannot pour from an empty cup)

Make memories

And stay safe.

The Psychologists from MNED

Below are some suggestions for how to navigate staying home with your family while also continuing to provide some educational stimuli for your children.

Ideas For Families to do at Home:

- Build a fort
- Make sensory bins
- Paint with various household objects
- Make your own mandala and give it to someone else to color
- Trash can basketball
- Board games
- Cooking contest using only the items in your pantry
- Make a scrapbook
- Use tape to create a "Lazer" obstacle course down a hallway.
- Dance party
- Pillow fight
- Card games
- Homemade play dough
- Art
- Write letters to elderly in homes who cannot have visitors

Talking About Feelings (ages 4-10, free videos):

- Inside out "How is she feeling?" <https://www.youtube.com/watch?v=dOkYKyVFnsS>
- Guessing emotions (4-6): <https://www.youtube.com/watch?v=MeNY-RxDJig> ;
<https://www.youtube.com/watch?v=ZxfJicfyCdg>
- Sadness over loss Inside Out: <https://www.youtube.com/watch?v=kdhjztWMnVw>
- Dancing it out to different emotions (4+):
<https://www.youtube.com/watch?v=fmMUCMesVtE>
- Anger (5+): <https://www.youtube.com/watch?v=DbpTohPUhMw>
- Understanding and discussing emotional intelligence (12+):
<https://www.youtube.com/watch?v=n9h8fG1DKhA>
- Screen share kimochi emotion chart and have child act out a feeling they had over this last week and you need to guess. <https://languageduringmealttime.com/wp-content/uploads/2015/04/Kimochis-e1429039370972.jpg>

Having Children Direct You in Play Activities:

- Puppets interacting with their stuffed animals

Additional Printable Resources (Attached):

- Feelings drawings (1, 2 and 3)
- Thriving at home
- My COVID-19 Journal
- I am Corona Virus book

[Source: Tele-PLAY Therapy Resources and Support]

Education:

- Hand washing [printable](#) from **Parent24**
- [What is Coronavirus](#) by **National Geographic kids**
- A wide range of resources on [germs](#) from **Scholastic**
- [Printable posters in several African languages](#) by SA organisation from **The Good news guy**
- Explaining Caronavirus to kids <https://sacoronavirus.co.za/category/explaining-covid-19-to-kids/>

Books, stories and comics:

- Free [Covid-19 comic](#) by **Elise Gravel**
- [Coronavirus – a social story](#) from **Fragilex.org**
- Kids reading and pdf colouring book about [Coronavirus](#) by **Malia Jones**
- [Hello ! I'm s virus](#) by **Manuela Cruz** from **Parent24**
- [Colouring in book](#) from **St Jude together** website
- [Q is for quarantine- the ABC's of Coronavirus](#) a colouring in book by **Brian & Gordon**
- [H is for handwashing](#) by **Sesame Street**
- [What is Coronavirus and how you can play your part to help the community activity book](#) by **Moments a day**
- [Shubert and Sophie stay home story](#) by **Concious Discipline**
- [Why I cant go to school story](#) by **Concious Discipline**

Other:

- [Daily schedule](#) from **Just a mamma**
- [Toddler schedule](#) from **Busy toddler**
- [Positive posters](#) by **Squidoodle**
- [Colouring page](#) from playing and learning
- [Wordsearch](#)
- [Journal pages to remember this time](#) by **letgrow**
- [How to wash your hands video](#) with **Beebee**
- [My healthy week printable](#) to help your children chart their good habits by **Sesame street**
- Free [Afrikaans Coronavirus colouring poster](#) by **Hero in my hood**
- Free [English Coronavirus colouring poster](#) by **Hero in my hood**
- How to make a [Tippy tap](#) by **Hero in my hood**
- [Covid-19 time capsule printables](#) by **Long Creations**
- [How to teach young children about germs resource pack](#) by **Mother Goose Time**

[Source: Funmamma.co.za]

Remember to give yourself grace and have realistic expectations for yourself and your family.