

# Summer Strategies for Success During Shelter in Place



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# 1. Self-Care for YOU

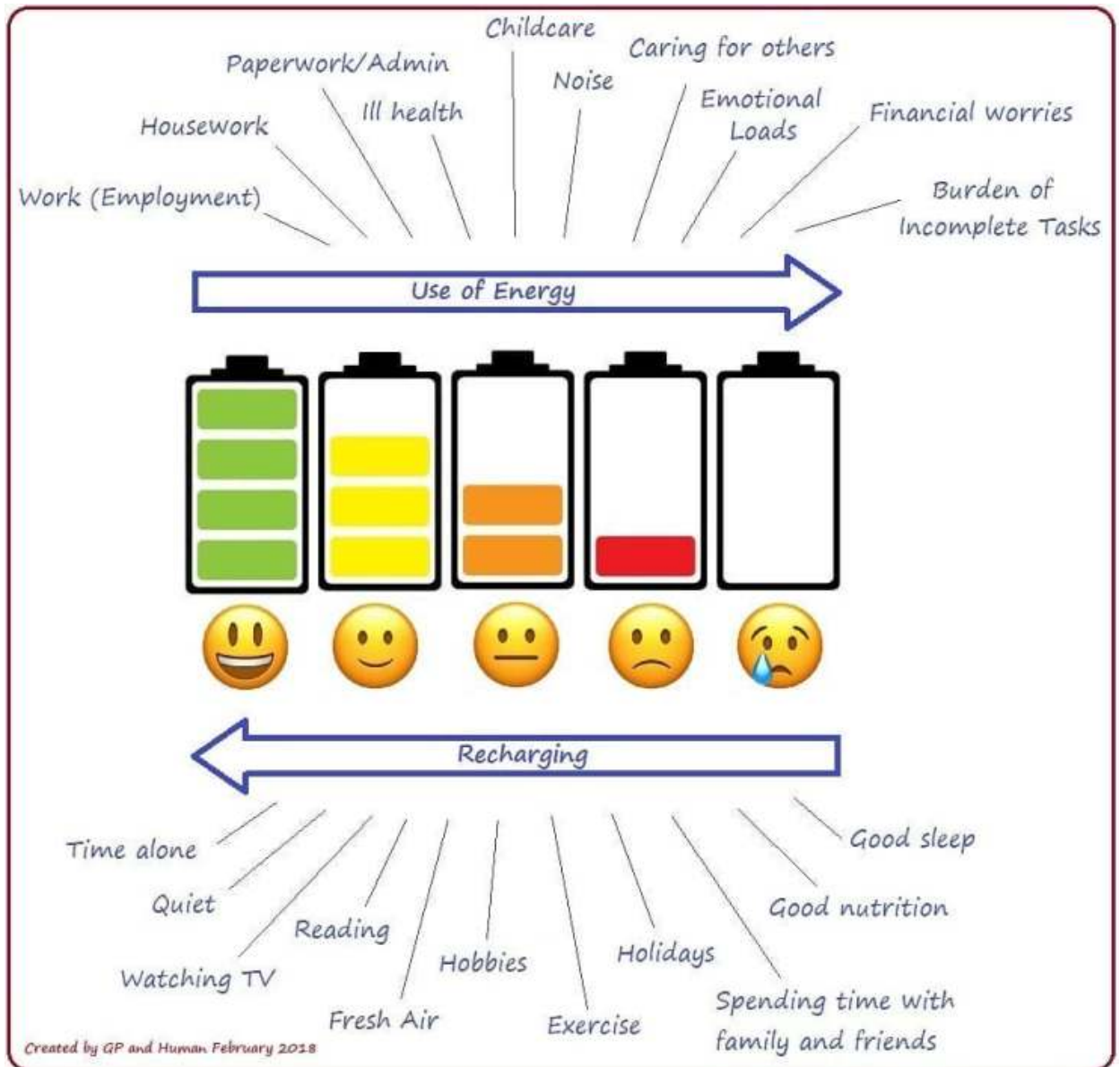
“Self-care is not about self-indulgence, it’s about self-persevation”- Audrey Lorde

- Looks different for everybody
- Critical
- Creates more space for positive relationships
- Expands our cognitive skills
- Helps you create better connections
- Helps you build your cognitive resources to be able to parent
- Treat yourself like you would your best friend

## 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 inviting in today?

## Self-Care battery example



# Self-Care for Your Children

- Just as important for kids as it is for adults
- Parents/caregivers need to help teach their children self-care
- Takes time to become a habit
- Should be practiced regularly
- Use visuals to help support self-care routines
- Begin with the basics-bath, brushing teeth, sleep
- Nourish the mind- step away from the screen
- Challenge the body
- Make downtime a priority- Try setting up “Afternoon in the Room”



## 2. Take Time for Connection/Fill Their Attention Bucket

- Time spent with each child individually
- The child chooses the activity
- No electronics/devices during this time
- Aim for 10-15 minutes, twice a day to start
- Give your 1:1 time a name



### 3. Routine and Structure

- Work with your child(ren) and family to create a daily schedule
- Stick to the same schedule as much as possible
- Use visuals whenever possible
- Review the schedule and plan in the morning
- Allow for flexibility within the schedule



Have your child help make the schedule by having some choices available- Can be pictures or written or both

→ These are ideas for things to do, both inside and outside. You certainly may come up with your own ideas, but first check with your grown up to make sure your idea qualifies as “active” or “relaxing.”

→ Each day one of the activities you choose must be outside.

→ You must walk Blue at least once a week, and you must do a *good journal entry* at least once a week.

<b>OUTSIDE ACTIVE</b>	<b>INSIDE ACTIVE</b>
<ul style="list-style-type: none"><li>•Take Blue for a walk</li><li>•Ride bikes</li><li>•Jump on the trampoline</li><li>•Play basketball</li><li>•Play on monkey bars and swing set</li><li>•Jump rope</li><li>•Ride the Flying Turtles</li><li>•Ride your scooter</li><li>•Create and play an obstacle course</li><li>•Practice cartwheels, tumblesets, headstands</li></ul>	<ul style="list-style-type: none"><li>•Exercise video</li><li>•Mirror exercise</li><li>•Jungle Jumparoo</li><li>•Jump rope</li><li>•Exercise circuit (up/down stairs, run circles around island, jumping jacks, sit-ups, skaters)</li><li>•Bounce house</li><li>•Headband boxing toy</li><li>•Create and play an obstacle course</li><li>•Dance party</li></ul>
<b>OUTSIDE RELAXING</b>	<b>INSIDE RELAXING</b>
<ul style="list-style-type: none"><li>•Sidewalk chalk</li><li>•Look for shapes in the clouds</li><li>•Draw what you see</li><li>•Swing</li><li>•Take a walk</li><li>•Listen to music outside</li><li>•Play in sand box</li><li>•Blow bubbles</li><li>•Relax on bean bag chair or in a space you create</li></ul>	<ul style="list-style-type: none"><li>•Journal entry</li><li>•Take a bath</li><li>•Write a letter to someone</li><li>•Draw or doodle – take an online lesson</li><li>•Play-Doh, Kinetic Sand, Mad Matter</li><li>•Scalp, shoulder, hand massage</li><li>•Listen to a meditation CD</li><li>•Make a paper chain</li><li>•Do crayon rubbings of different textures</li></ul>

# Daily Schedule

## for a Balanced Mind and Body

Focus/Mental/Academic

Time:

What:

Physical Activities

Time:

What:

Play

Time:

What:

Social

Time:

What:

Downtime/Rest

Time:

What:

Adapted from Dr. Dan Siegel's

Healthy Mind Platter

[https://www.drdansiegel.com/resources/healthy\\_mind\\_platter/](https://www.drdansiegel.com/resources/healthy_mind_platter/)



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[MakeSocialLearningStick.com](https://www.MakeSocialLearningStick.com)



# Sample Behavior Contract for Electronics Use

Today is:

WHEN I

	am dressed and ready for the day (kitchen closes for breakfast at 9:00),	
	planned my day,	
	read for 30 minutes,	
	did something <u>relaxing</u> for <i>at least</i> 15 minutes,	
	did something <u>active</u> for <i>at least</i> 15 minutes,	
	tidied the playroom,	
	spent 5 minutes with Blue,	
	did Fun Time,	
	practiced guitar, and	
	checked with my grown-up to see if I have any other Family Contributions	

*My plan for the day:*

*Family Contributions:*

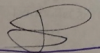
THEN I MAY HAVE SCREEN TIME!


## Sample Behavior Contract for Electronics- Older Child

### Video Game Agreement During sheltering - COVID-19

1. 2 hours per day.
2. After school work & chores.
3. Balance with mindfulness, reading, outside time & family fun.
4. If transition off is challenging, we will reassess together.
5. If time exceeds the 2 hours allotted, that time will be deducted from the following days.

With Love & Respect,  
mom & Dad

X  \_\_\_\_\_

X  \_\_\_\_\_  
Dad

# Summer Schedule

Week of: \_\_\_\_\_

Theme for the Week: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> <b>Brush</b> your teeth	<input type="checkbox"/> <b>Brush</b> your teeth	<input type="checkbox"/> <b>Brush</b> your teeth	<input type="checkbox"/> <b>Brush</b> your teeth	<input type="checkbox"/> <b>Brush</b> your teeth
<input type="checkbox"/> <b>Read</b> 40 minutes	<input type="checkbox"/> <b>Read</b> 40 minutes	<input type="checkbox"/> <b>Read</b> 40 minutes	<input type="checkbox"/> <b>Read</b> 40 minutes	<input type="checkbox"/> <b>Read</b> 40 minutes
<input type="checkbox"/> <b>Project</b> <b>Time</b>	<input type="checkbox"/> <b>Project</b> <b>Time</b>	<input type="checkbox"/> <b>Project</b> <b>Time</b>	<input type="checkbox"/> <b>Project</b> <b>Time</b>	<input type="checkbox"/> <b>Project</b> <b>Time</b>
<input type="checkbox"/> <b>Exercise</b> 40 minutes	<input type="checkbox"/> <b>Exercise</b> 40 minutes	<input type="checkbox"/> <b>Exercise</b> 40 minutes	<input type="checkbox"/> <b>Exercise</b> 40 minutes	<input type="checkbox"/> <b>Exercise</b> 40 minutes
<b>Choose 2 Chores:</b>  <input type="checkbox"/> Clean Room <input type="checkbox"/> Pet Care <input type="checkbox"/> Sweep Kitchen <input type="checkbox"/> Water Plants <input type="checkbox"/> Wash Windows <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put laundry in drawers <input type="checkbox"/> _____	<b>Choose 2 Chores:</b>  <input type="checkbox"/> Clean Room <input type="checkbox"/> Pet Care <input type="checkbox"/> Sweep Kitchen <input type="checkbox"/> Water Plants <input type="checkbox"/> Wash Windows <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put laundry in drawers <input type="checkbox"/> _____	<b>Choose 2 Chores:</b>  <input type="checkbox"/> Clean Room <input type="checkbox"/> Pet Care <input type="checkbox"/> Sweep Kitchen <input type="checkbox"/> Water Plants <input type="checkbox"/> Wash Windows <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put laundry in drawers <input type="checkbox"/> _____	<b>Choose 2 Chores:</b>  <input type="checkbox"/> Clean Room <input type="checkbox"/> Pet Care <input type="checkbox"/> Sweep Kitchen <input type="checkbox"/> Water Plants <input type="checkbox"/> Wash Windows <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put laundry in drawers <input type="checkbox"/> _____	<b>Choose 2 Chores:</b>  <input type="checkbox"/> Clean Room <input type="checkbox"/> Pet Care <input type="checkbox"/> Sweep Kitchen <input type="checkbox"/> Water Plants <input type="checkbox"/> Wash Windows <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put laundry in drawers <input type="checkbox"/> _____

# OUR FAMILY'S SCHOOL SCHEDULE



TIME	ACTIVITY	COMPLETED
Morning Meeting		<input type="checkbox"/>
Morning Activity		<input type="checkbox"/>
Break Time		<input type="checkbox"/>
Lunch Time		<input type="checkbox"/>
Afternoon Activity		<input type="checkbox"/>
Break Time		<input type="checkbox"/>
Evening Activity		<input type="checkbox"/>
Reflection Time		<input type="checkbox"/>

## 4. Keep Their Power Bucket Full

- Give Choices
- Invite them to help with family contributions
- Have them help make the schedule each day
- Play games that give them power and control





## 5. Embed Academics Into Everyday Life

- Cooking
- Games
- Play
- Outdoor activities





## **Other thoughts**

### **Validate feelings**

As uncomfortable as it might be, allow yourself and your child to feel the feelings. Name them, and read books together that show characters with a range of feelings. Role-play using stuffed animals, dolls and characters. Have the stuffed animals going to school, or the mommy character going back to work and process their feelings out loud. Take deep breaths together as you sit in the discomfort.

### **Draw them in**

Lean into connection, and draw them closer. When children are anxious or emotional, they need you to be their safety net. This attachment can be as sweet as snuggles and cuddles, or a verbal bid for their time. Ask them to play with you and watch their eyes light up when they aren't the one to be asking.

# Words that Work

## for Co-Regulation



### Instead of saying

### Say this instead

That's enough



I'm here for you

Calm down



How can I help?

You're okay



Are you okay?

Stop yelling



What's going on for you

Don't get upset



I can see you are sad/mad

I can't deal with this/you



I'm here if you need me

I need a break from you



Can we take a deep breath together

Pull it together



Which calming strategy would work for you right now?

Why are you so upset?



You seem upset. Do you need to talk about it or take a break?

You're overreacting



I can see this is really upsetting

Stop whining



Is there a word that matches how you feel right now

You need to deal with this



We'll get through this



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# Resources

## **Kimochi's social skills lessons:**

[https://docs.google.com/document/d/1l237O5QxhcZhUg9QZOFcR4ioTyB9LJzg2Su4R\\_8GwOI/edit](https://docs.google.com/document/d/1l237O5QxhcZhUg9QZOFcR4ioTyB9LJzg2Su4R_8GwOI/edit)

## **Make Social Learning Stick:**

Website: [makesociallearningstick.com](http://makesociallearningstick.com)

Free webinar running through 8/1: <https://www.makesociallearningstick.com/3-keys-webinar-room?cid=2440f8f5-ae8e-4efe-963f-b08ead5174fb&eoid=416362>

Parent course: Promo code- 50% off through 8/1- focusing on building executive functioning or social emotional skills

**Busy Toddler:** Great sensory, gross motor, and academic activities for preschool and elementary aged students

Website: <https://busytoddler.com/>

Instagram: @Busytoddler