

# HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION



**01**  
Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?



**02**  
Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress



**03**  
Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)



**04**  
Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it



**05**  
Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days



**07**  
Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement



**08**  
Work together as a team. Be a strong unit that supports, cares and encourages




**06**  
Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family

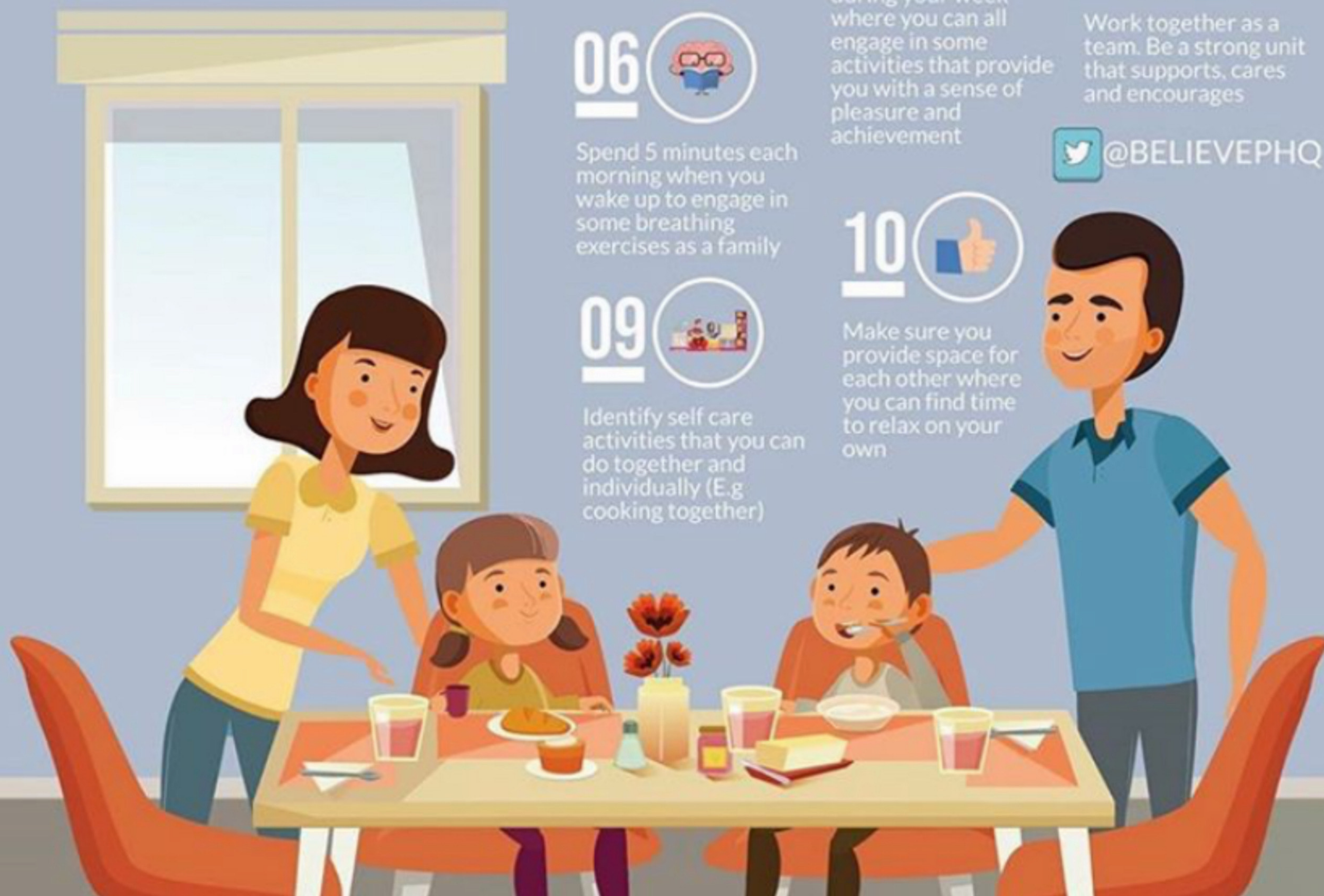


**09**  
Identify self care activities that you can do together and individually (E.g. cooking together)



**10**  
Make sure you provide space for each other where you can find time to relax on your own

 @BELIEVEPHQ





I Am 5



**I AM A RISK TAKER  
AND MESS MAKER**

I am a confident doer of exciting things,

I'm not built for desk sitting,

**my BRAIN CRAVES action.**



I'm not as grown up  
as some people think.



**I still need to play,  
move and explore.**



**Don't Rush My  
Childhood!**



# Distant Learning Activities

Activities you can do with your students on Zoom or online meeting app

<p><b>Scavenger Hunt:</b> have the students find the following items: penny, spoon, pen, pillow, a book, toy. One at a time.</p>	<p><b>Pretend you are on a spaceship in outer space.</b> You have to leave the ship in a hurry.. What 5 items would you take with you?</p>	<p><b>I spy:</b> Give clues about one of the friends in the class... have the students guess who you are talking about.</p>	<p><b>I am thinking of ...</b> This is a game where you give clues of a person, place, or thing and everyone tries to guess what you are thinking of.</p>	<p><b>Simon Says:</b> give students instructions following Simon says, if they do something with out you saying Simon says, they are called out!</p>
<p><b>Homemade band:</b> Have students get a pan and spoon to use as a drum: create patterns while clanking on the drum.</p>	<p><b>Everybody Freeze:</b> play some music. When the music stops, have the students freeze in a funny position.</p>	<p><b>Puppet show:</b> Have students put together a puppet show they would like to perform for the class.</p>	<p><b>Talent show:</b> have students show off their talent for the class.</p>	<p><b>Asking the right questions:</b> Have students think of a story book character.. Everyone can ask questions to figure out who they are thinking of.</p>
<p><b>Rhyming game:</b> Teacher will say a word, students will think of words that rhyme with the word you said.</p>	<p><b>Color hunt:</b> tell the students to find something pink, orange, yellow, red, blue, one at a time.</p>	<p><b>Show and tell:</b> have students show a special item and tell the 5 W's about the item they have chosen.</p>	<p><b>Going to the beach:</b> Start off the memory game by saying I am going to the beach and I am taking... say what you are taking. The next person will say your word and think of a new one. It will continue until someone forgets. The person at the end need to remember all the words.</p>	<p><b>Collaborative story:</b> Start the story off with one sentence. The students one at a time will add to the story.</p>
<p><b>Treasure box:</b> Each day, have one student come to class with a box of special items. Have them explain each item and why they are special.</p>	<p><b>Night at the museum:</b> have students pose as a statue have one student be the security at the museum. If they see the statues moving, they call them out.</p>	<p><b>Virtual field trips:</b> There are many field trips that the students will enjoy. Find some really interesting ones for your kiddos.</p>	<p><b>Item hunt:</b> tell the students to find something soft, hard, small, square, round, one at a time.</p>	<p><b>Good News cast:</b> Have student give some good news they have heard or had in their lives.</p>
<p><b>Charades:</b> Have students act out a person, place or thing. Students can guess what they are acting out.</p>	<p><b>Draw it out:</b> Students will draw something on a piece of paper. The other students will guess what they drew.</p>	<p><b>Guess my number:</b> tell the student you are thinking of a number between 1-100. Give them opportunities to guess the number.</p>	<p><b>Spelling Bee:</b> Have a set of grade appropriate words and have students participate in a spelling bee.</p>	<p><b>Be the teacher:</b> have students teach a concept. Guide them but allow the students to learn from their peers.</p>

Who do I want to be during COVID-19?

**FEAR ZONE**

**LEARNING ZONE**

**GROWTH ZONE**

I think of the others and see how to help them

I make my talents available to those who need them

I start to give up what I can't control

I stop compulsively consuming what hurts me, from food to news

I live in the present and focus on the future

I grab food, toilet paper and medications that I don't need

I spread emotions related to fear and anger

I identify my emotions

I am empathetic with myself and with others

I complain frequently

I become aware of the situation and think how to act

I thank and appreciate others

I forward all messages I receive

I evaluate information before spreading something false

I keep a happy emotional state and spread hope

I get mad easily

I look for a way to adapt to new changes

I recognize that we are all trying to do our best

I practice quietude, patience, relationships and creativity