



Available Resources in Response to COVID-19

Tips for Being Home All Day

1. Ensure kids get up at a normal time – start their day same as normal school day
2. Ensure kids get dressed for the day – instead of staying in sleepwear
3. Set-up a consistent schedule – simulate school schedule as much as possible
4. Kids and parents work together to formulate daily "To Do List" – include school topics, age-appropriate chores, and exercises
5. Kids are expected to complete accomplishments regarding "To Do List" reviewed each morning
6. Kids and parents work together to formulate a scheduled "To Do List" at end of each day for the next day
7. Schedule lunchtime and snack times- everyone needs a break (eat healthy, do not allow extra munchies)
8. Schedule time for physical activities indoor and outdoor if possible (i.e., 15 – 30 mins exercises: Pushups, Sit-ups, Jumping Jacks – 3 Cycles)
9. Have older siblings help younger siblings with fundamental skills (Math, ABCs, etc.) – this teaches fundamental skills like learning to help others
10. Identify resources (Possibly BBBS) to assist with needs like school supplies, books, etc.
11. Have kids write a daily journal entry or letter to an adult stating their accomplishments
12. Implement a reward system for daily achievements like getting school work complete or helping with chores

