











HANOVER PUBLIC SCHOOLS

STAYING ENGAGED This section contains resources for staying engaged in daily life. For example, it has ideas for creating a daily schedule or finding screen-free activities.	RESOURCES 	HOW TO USE 
Creating an At-Home Schedule	Visual Schedule for Use at Home During School Closures	<i>This resource helps create a visual schedule to reduce anxiety and provide structure for the day.</i>
Ideas for At-Home Screen-Free Activities	<ul style="list-style-type: none">• 20 Screen-Free Things to do (all ages)• Screen-free Activity Jar• Stay-At-Home Care Package by Big Life Journal	<i>Printable ideas for making an at-home activity jar (younger kids) and ideas for all ages for combating boredom and finding fun and meaningful ways to spend time.</i>

<h2>STAYING CALM AND MINDFUL</h2> <p>This section contains resources for soothing worries, fears, or anxieties, as well as being present and calm in your daily life.</p>	<h2>RESOURCES</h2> 	<h2>HOW TO USE</h2> 
<p>Breathing and Mindfulness Activities</p>	<ul style="list-style-type: none"> • 21 Mindful Activities • "Alphabreaths" Book Guide and Activity Kit (Ages 4-8) 	<p><i>Powerpoint and activity kit that walks you through an assortment of breathing or mindfulness activities. Powerpoint can be read to younger children or used as an independent resource for older children/teens.</i></p>
<p>Apps and Web-based Relaxation Activities</p>	<ul style="list-style-type: none"> • Smiling Mind • Dreamy Kid • GoNoodle Flow Channel • Cosmic Yoga (elementary and pre-k) • Free Online Mindfulness Classes for Kids-T, W, & Th • "Sky Breathing" Visual • "Breathe In Breathe Out" Visual • Headspace • Calm • Stop, Breathe, Think • Colorfy 	<p><i>Great to build into the day as breaks from work blocks, strategies for coping with stress/worry/big emotions, or just fun grounding activities.</i></p>
<p>Worry Support</p>	<ul style="list-style-type: none"> • Helping Kids Who Are Worried About Coronavirus 	<p><i>Ways to help kids when they are worried about Coronavirus, or really any other persistent worries.</i></p>

<p>STAYING SOCIAL- EMOTIONALLY HEALTHY</p> <p>This section contains resources for continuing to build social and emotional regulation skills with reduced social contact.</p>	<p>RESOURCES</p> 	<p>HOW TO USE</p> 
Resilience	Resilience printable kit	<i>Printable activities and ideas for families.</i>
Gratitude	Gratitude Journal	<i>A ready-to-fill in gratitude journal (for middle and high school or facilitated with elementary-aged).</i>
Social Skills	<ul style="list-style-type: none"> • 12 Activities to Help Your Child With Social Skills • Games for Elementary-Aged Kids (Confident Parents, Confident Kids) • Everfi Remote Learning 	<i>Ideas for supporting social skills at home, as well as remote learning opportunities with free lessons in SEL, character building, and wellness.</i>

<h2>STAYING INFORMED</h2> <p>This section contains resources for talking to your children about COVID-19 in a developmentally appropriate way.</p>	<h2>RESOURCES</h2> 	<h2>HOW TO USE</h2> 
<p>Social Stories</p>	<ul style="list-style-type: none"> • Various Social Stories • What is COVID-19 • My COVID Story 	<p><i>Already created stories that explain to kids things like what COVID-19 is, why there is no school right now, and how to prevent the spread of germs.</i></p>
<p>Informational Articles</p>	<ul style="list-style-type: none"> • Talking to Children- National Association of School Psychologists • How to talk to your kids- PBS Kids • How to talk to your anxious teen or child about Coronavirus 	<p><i>For when you're struggling with what to say and how to say it.</i></p>
<p>For Kids to Explore</p>	<ul style="list-style-type: none"> • Time to Come In, Bear: A kid's story about social distancing • NPR Comic • BrainPOP Video 	<p><i>Resources to share with your kids to give them information in a way they can absorb it.</i></p>

<h2>STAYING AFLOAT AS A CAREGIVER</h2> <p>This section contains resources for parents to manage their own stress, worries, and daily life concerns during this time.</p>	<h3>RESOURCES</h3> 	<h3>HOW TO USE</h3> 
<p>Parenting While Working From Home</p>	<ul style="list-style-type: none"> • 8 Tips to Make Working from Home Work for You (National Public Radio) • Working from Home with Children • Mindful Parenting (Headspace) 	<p><i>Articles with ideas for how to balance the new work/kids at home reality for many, and how to stay calm and mindful yourself.</i></p>
<p>Parenting Right Now</p>	<p>Parenting in the Time of the CoronaVirus</p>	<p><i>Things to reflect on when trying to parent right now.</i></p>