

Tips for Staying Connected

For our collective health and well-being, we must adhere to the requirements of social-distancing. Physical distance, however, does not mean we need to remain socially disconnected or isolated. In fact, individuals, families, and communities can maintain the one thing we all need right now...**social connection!** Here are some clear, concrete tips for physically distancing while staying emotionally and socially connected:

Connect with family—right now is a great time to connect with family members near and far.

- Call/Skype/FaceTime/Zoom with family members
- Look at photo albums and discuss family heritage
- Create a family tree
- Write letters to/create cards for relatives (Perhaps an overdue thank you note for that really nifty gift you received?)

Connect with friends and neighbors—our social circles often serve as our greatest system of support, and there's plenty to do in lieu of play dates, shared meals, and group gatherings.

- Go outside and greet and talk to neighbors and passersby from a safe distance
- Host a virtual meal
- Attend a virtual concert (“cloud clubbing”), church service, or exercise or yoga class
- Play an online game together

Connect with culture—with many schools closed and parents working from home, this is a great time for you and your children to connect with your culture, as well as cultural institutions.

- Read books about your culture
- Cook a meal together that reflects your cultural heritage
- Virtually visit more than 1,200 museums around the world via [Google Arts & Culture](#)

Connect with yourself—confronted with the constant barrage of information, uncertainty, and day-to-day realities of caring for children, family, and loved ones, it is critical to find ways to connect with yourself.

- Meditate or do yoga
- Journal or read
- Exercise
- Take a bath

Tips for Staying Active as a Family

With the cancellation of play dates, birthday parties, and sleep overs/unders, your household calendar is likely wide open—this is a great time to do the following as a family:

- Play card and board games
- Make art or do crafts together
- Cook and bake together—talk about math as you prepare the recipe
- Build forts, design a marble run, or other fun STEM project
- Sort through bookshelves, revisit favorite titles and make a pile to donate

- Change family picture frames and revisit memories as you change photos
- Make a photo book together
- Perform a readers theater together—make up a play or production
- Sing, play recorder or other instruments
- Make puppets and put on a puppet show
- Have a dance party, do fitness activities together, and play in the yard as a family
- Write letters to family and friends
- Write letters or make cards for a local senior center, the RFPD, or RFFD
- Do puzzles—make up number puzzles or riddles
- Write stories and poetry and read them aloud (lots of encouraging applause, please)
- Download and complete our [Pinwheels for Prevention coloring sheet](#)

Additional Resources

For parents—this section provides resources for parents for how to talk with children about COVID-19. These strategies emphasize reassurance of child fears and anxieties, modeling proper hygiene, establishing routines in the case of school closures, and monitoring media use:

- [2019 Novel Coronavirus \(COVID-19\), American Academy of Pediatrics](#)
- [“How to Talk to Kids About Coronavirus,” *New York Times*](#)
- [“What Parents Need to Know About Coronavirus,” *New York Times*](#)
- [How to Talk to Your Kids About Coronavirus, PBS Kids](#)
- [Tips for Families: Talking About the Coronavirus, Zero to Three](#)
- [Coronavirus and Parenting: What You Need to Know Now, NPR](#)
- [Talking to Kids About the Coronavirus, Child Mind Institute](#)
- [Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention \(CDC\)](#)
- [How to Prepare for Extended School Closings—and Not Lose Your Mind, Upworthy](#)

- [Supporting and Reassuring Children around the World \(in English, Spanish, Italian, French, Polish, and numerous other languages\), Mindheart](#)
- [Love in the Time of Coronavirus: A HOPE-informed Guide for Parents, HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- [HOPE, Engagement, and COVID-19, HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- [Healthy Families America website](#)

For children—this section provides age-appropriate resources for children (e.g., songs and videos) regarding proper hygiene, illness, and visits to medical professionals:

- [*Coping After a Disaster \(Ready Wrigley Books\), Centers for Disease Control and Prevention \(CDC\)*](#)
- [*Cómo sobrellevar los desastres o eventos traumáticos \(Read Wrigley Books\), Centers for Disease Control and Prevention \(CDC\)*](#)
- [*Ready Wrigley Prepares for Flu Season, Centers for Disease Control and Prevention \(CDC\)*](#)
- [*LISTO CALIXTO se prepara para la temporada de influenza, Centers for Disease Control and Prevention \(CDC\)*](#)
- [*A Germ-fighting Superhero, Daniel Tiger’s Neighborhood/PBS Kids*](#)
- [*Step-by-step Handwashing with Elmo, Sesame Street/PBS Kids*](#)
- [*The Man with the Yellow Hat Explains How Germs Work, Curious George/PBS Kids*](#)

For communities—this section provides resources and information regarding the disproportionate impact of COVID-19 on under-resourced communities and communities of color and ways in which communities can create “population-level” strategies to limit the contact and spread of COVID-19:

- [Low-Income Communities Are Most at Risk from Coronavirus Outbreak, Spotlight on Poverty and Opportunity](#)
- [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission, Centers for Disease Control and Prevention \(CDC\)](#)

For schools—this section provides resources for schools to address the instructional and IT needs of distance learning opportunities for students:

- [Guidance for School Settings, Centers for Disease Control and Prevention \(CDC\)](#)
- [COVID-19: Preparing for Widespread Illness in Your School Community, National School Boards Association](#)
- [Explore Distance Learning Resources for Schools Affected by COVID-19, Google](#)

For businesses & employers—this section provides resources for business owners and employers on policies and practice for minimizing risk of COVID-19 in the workplace, organizational policies for emergency preparedness, and establishing policies for remote working:

- [Guidance for Preparing Workplaces for Coronavirus, US Department of Labor](#)
- [Keeping the Workplace Safe, Centers for Disease Control and Prevention \(CDC\)](#)

General:

- [Steps to Prevent Illness, Centers for Disease Control and Prevention](#)