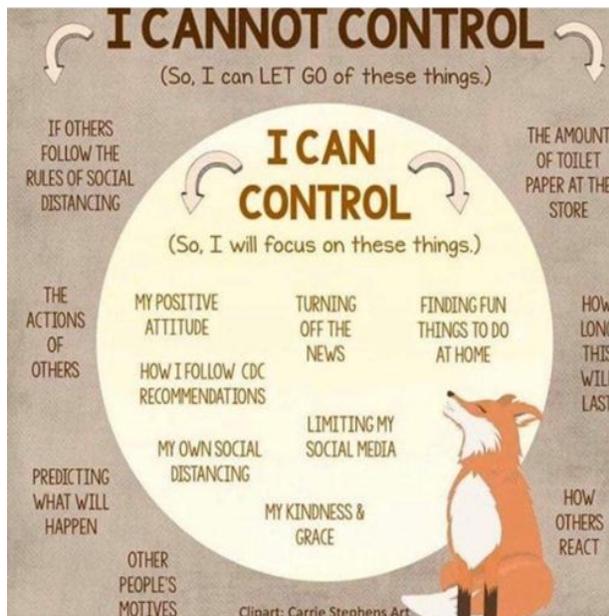


Staying Healthy During Covid 19



Coping with Stress about Covid 19



Contact

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Please leave a message and I will return your call.

Talking to kids about Covid 19

If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone. Families the world over are with you on this one. Here are some tips to get you through as the outbreak continues.

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>.

Activities at home

- A short breathing exercise to manage stress and promote relaxation.
<https://www.facebook.com/BarryGoldsteinMusic/videos/1953717701376626/>
- Consider creating a thankfulness journal.
- Have a talent show or puppet show.
- Make cards to send to someone special.
- Ideas for art projects
<https://artfulparent.com/16-printable-art-activities-for-kids/>
- Try a 25 minute workout on youtube.
<https://www.youtube.com/watch?v=dhCM0C6GnrY>.
- Learn to dance for young children
<https://www.youtube.com/watch?v=9sxifR0Ltqk>. Or teens
<https://www.youtube.com/watch?v=Kd-Va1m4s1E>.

- Have a talent show or puppet show
- Create a treasure hunt.
- Make a home video.
- Do a photoshoot. Get creative and dress up to create characters.
- Build a fort.
- Create an obstacle course or activity course. For example, run around the tree 3 times, do 4 touch toes, hop to swings, reach to the sky, swing 5 times, etc.
- Positive self-talk.

HOW TO STAY HEALTHY AND HAPPY TODAY

First, eat a health and nutritious diet, which helps your immune system to function properly.

Second, limit your alcohol consumption, and avoid sugary drinks.

Third, do not smoke, he said, as smoking damages your lungs and can increase your risk of developing severe disease if you become infected with Covid-19.

Fourth, exercise. WHO recommends 30 minutes of physical activity a day for adults [edit from Karol Fink – US Physical Activity Guidelines for Americans recommend 150 minutes a week of activity], and one hour a day for children.

- If allowed, go outside for a walk or a run, while keeping a safe distance from others.

- If you cannot leave the house, find an exercise video online, dance to music, do some yoga, or walk up and down the stairs.

- If you're working at home, make sure you do not sit in the same position for long periods. Get up and take a three-minute break every 30 minutes.

Fifth, the WHO said it's normal to feel stressed, confused and scared during this pandemic. Talking to people you know and trust can help.

WHAT
ARE YOU
THANKFUL
FOR TODAY?

BlessingManifesting

Link to CDC Covid 19 Information

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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