

# 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=hCM0C6GnrY>.
- 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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