

## Coronavirus (COVID-19) Stay Safe at Home

### Talking about Coronavirus with children – how your family can stay healthy:

- Explain in a simple way that Coronavirus causes a new illness that can affect people in your community.
- Remind children to wash their hands regularly and show them how (see picture). You can teach children to sing a song for 40-60 seconds, so they wash them long enough.
- Remind children to stay 2 meters away from those who do not live in their home. Demonstrate what 2 meters looks like – a little over the height of an adult.
- Remind children not to touch their faces.
- Remind children to cough and sneeze into their bent elbow.
- Ask children how they are feeling, both in their mind and body, and remind them that you will be doing everything you can to keep your family safe.

In the coming days, it is important that you and the people that live with you at home do not get physically close to anybody who does not live in your same home, even if they are family or friends. You must stay 2 meters away from those who do not live in your home. This means that children and adult family members will need to spend more time at home together. The schools and other programs will be closed. To make it a safe and happy home environment, create a **daily routine** that includes:

- **Starting and ending your day** with the same activity, like a song or mindfulness activity.
- **Singing:** Sing songs that are fun for children and adults. Add dance or music to your song.
- **Storytelling:** Different household members can share stories. Ask the children to tell you a story, real or imagined.
- **Learning:** Ask children to teach you something they have learned at school in the past. Have young children help you count and name objects in the home. Ask them the colors of things. Talk, talk, talk with them. Children learn from listening to and participating in conversations.
- **Play:** Encourage them to laugh and have fun within the home environment.
- Practice these fun **mindfulness activities:**

### Take a Deep Breath

1. Sit in a comfortable, upright position or lie in a comfortable position on your back.
2. Close your eyes and rest your hands on your belly.
3. Slowly take a deep breath in and out, concentrate on your hands moving up and down as your belly rises and falls. Take 5 more deep breaths, concentrating on your hands going up and down as your belly goes up and down.
4. Now, take 3 normal breaths.
5. Notice how you feel, what you are aware of.

### My Mind Feels, My Body Feels

1. Sit together as a household. Maybe you can sit in a circle.
2. Ask everyone in your family to name one thing that you're feeling in your mind and one thing that you're feeling in your body. Here's an example, "My body feels relaxed, and my mind feels happy."
3. Allow each person the circle to share how they feel in their mind and body.
4. Pause and take a few breaths together.

### Falling Rain

1. Sit in a comfortable upright position.
2. Lift your hands up into the air and then using hands/fingers to show raindrops falling slowly to the ground, pat your legs or the ground.
3. Practice what slow, light rain feels/sounds like and what heavy rain feels/sounds like.
4. Let the sounds rise and fall as a group and then slow it to a "pat pat pat" sound, eventually stopping.
5. Sit quietly and notice how you feel.



**If your home is safe and fun, your children will learn and be happy.**