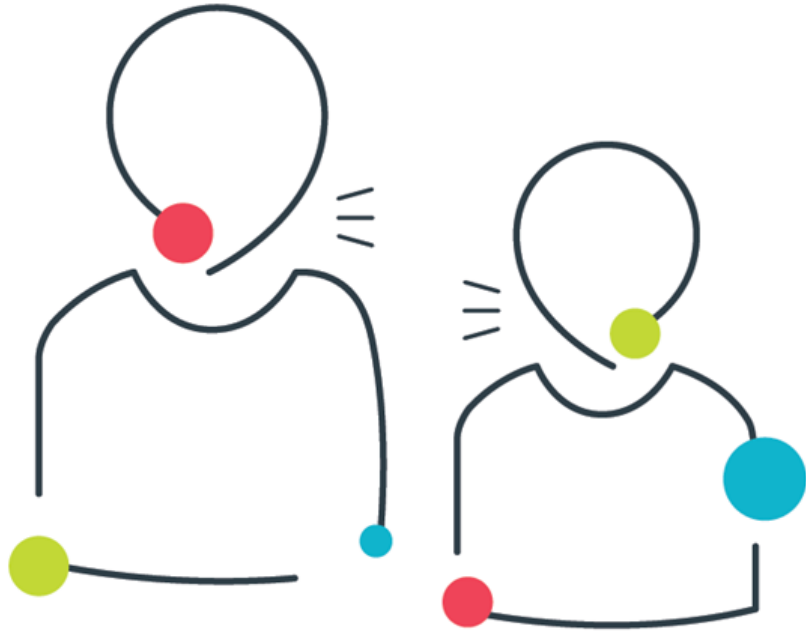


# RELATIONSHIPS



- Exercise at least 30 min a day
- Stay connected to teachers, coaches and peers
- Prepare meals together where kids help
- Hold family meetings and family-teacher check-ins
- Encourage older siblings to help younger ones
- Help others: call relatives, friends and neighbors

# ROUTINES



- Build a daily schedule with regular time for lessons, reading, movement, journaling, healthy meals, and room for hanging out together
- Hang a visible chart or calendar with schedules and lists of successes to celebrate
- Set and post achievable goals for learning and wellness
- Plan activities to look forward to

# RESILIENCE



- Learn how stress works in our brains and bodies, ways to reduce it and how to build self-regulation skills
- Practice healthy habits, including diet and sleep
- Try meditation, mindfulness practices or dancing
- Tell your personal story from a positive, asset-based point of view
- Express confidence to children that this crisis will end