

KIDS AND COVID-19 QUARANTINE

Dear St. Andrews Wesley Parents and Families:

I know COVID-19 is requiring you to spend A LOT of time with you kids, at home. Please find a list of creative strategies for keeping kids engaged, entertained and learning during this time of self isolation. Remember we are all in this together and are here to support one another.

NOTE: All links must be copied and pasted into browser (no hyperlink available from PDF)

Tips from the Websites:

- Set a routine
- Make time for play and try to incorporate learning into play
- Have kids help you around the house (dishes, cooking, organizing)
- Make time for yourself

Activities for Kids:

Things to do with kids: <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

Toddler and preschool age ideas: <https://preschoolinspirations.com/>

Kahn Academy- Our program engages kids in core subjects like early literacy, reading, writing, language, and math, while encouraging creativity and building social-emotional skills: <https://learn.khanacademy.org/khan-academy-kids/>

Available online or on the Apple App or Google Play store as Apps.

Health Activities = Brain Break

<https://www.gundersenhealth.org/health-wellness/be-well/activities-for-kids-during-quarantine/>

Educational Brain Breaks to help students review essential literacy and math skills, while getting in some exercise (ages 4-8): <https://fluencyandfitness.com/register/school-closures/>

Movement and mindfulness videos created by child development experts.
<https://www.gonoodle.com/>

Go noodle – <https://www.gonoodle.com/> . Guided dance and movement workout for kids and youth. Available online or on the Apple App or Google Play store as Apps.

Indoor Games: <https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/>

Engaging and Entertaining Children at Home:

Resources to help with entertainment, learning and creative play!

STORYTIME:

Virtual Storytime resources for babies and children: Authors and venues go online amid coronavirus:

<https://www.timeout.com/new-york-kids/news/virtual-storytimes-for-kids-authors-and-venues-go-online-amid-coronavirus-031620>

Port Moody Library – Baby time and Storytime- <https://www.facebook.com/pomolibrary/> or <https://calendar.portmoodylibrary.ca/default/Detail/2020-04-01-1030-Storytime>

Storyline Online - <https://www.storylineonline.net/>

Storytime from SPACE: <https://storytimefromspace.com/>

Read, play games, and hang out with Dr. Seuss <https://www.seussville.com/>

VIRTUAL TOURS:

30 + Virtual Trips for Kids - <https://theeducatorsspinonit.com/virtual-field-trips-for-kids/>

Sandiego Zoo: <https://kids.sandiegozoo.org/videos>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Virtual Farm Tours: <http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.stml>

Yellowstone National Park!

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life:

<https://www.thechinaguide.com/destination/great-wall-of-china>

12 Museums offering Virtual Tours (good for parents and kids)-

https://www.boredpanda.com/famous-museums-offering-virtual-tours/?utm_source=google&utm_medium=organic&utm_campaign=organic

Van Gogh Museum: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

Museum of Anthropology Mexico: <https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip:

<https://www.louvre.fr/en/visites-en-ligne>

Take a look at MARS:

<https://accessmars.withgoogle.com/>

Mental Health

Kelty Mental Health Resource Centre- <https://keltymentalhealth.ca/>

Helps families across the province (BC) navigate the mental health system, listen and offer peer support, and connect them to resources and tools.

Anxiety BC Homepage - <https://www.anxietycanada.com/>

How to address, talk about and help your child if they are suffering from Anxiety:

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>

<https://www.heretohelp.bc.ca/helping-anxious-children>

Talking to Children about COVID-19:

Virtual Book explaining COVID- 19 (in English, French and Spanish);

<https://kidsactivitiesblog.com/136517/coronavirus-childrens-book/>

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

National Association of School Psychologists: <https://apps.nasponline.org/search-results.aspx?q=talking+to+children+about+COVID>

Meditation and Anxiety Apps:

These can be used by both parents and kids, separately or together.

1 - HEADSPACE

Headspace is one of the most well-known meditation apps out there.

"There are hundreds of guided meditations, mini-meditations, sleep sounds, SOS meditations for emergencies, meditations for kids and animations to help you better understand meditation," says Lindsey Elmore, PharmD, a pharmacist turned wellness expert (she's known as "The Farmicist").

Cost: \$7.99 to \$12.99 per month after trial - Where to find it: Visit [Headspace.com/Womens-Health](https://www.headspace.com/Womens-Health) and use code PRHearst1M for a one-month free trial code, or code HEARST for three months free of a year subscription.

2 - CALM

Elmore likes the Calm app when she's feeling choosy about her meditation practice. After all, the app provides guided sessions ranging in time from 3 to 25 minutes. And with topics from calming anxiety to gratitude to mindfulness at work—as well as sleep sounds, nature sounds, and breathing exercises—you can really choose your focus. "There are new meditations every day, progress trackers, and seven-day and 21-day programs for beginners," Elmore says.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play.

3 - Insight Timer

"This app has many of the most experienced mindfulness teachers on it, and allows you the freedom to pick and choose depending on how long you have to practice, what style you'd like (e.g. body scan, loving kindness, anxiety/stress reducing, etc.), or just set a timer and sit without guidance," Tandon says.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play.

4 - Aura

Fans of Aura like it for its daily meditations, life coaching, nature sounds, stories, and music, which are all personalized based on the mood you select when you open the app. There's also an option to track your moods and review patterns in how you feel, and set reminders to breathe and take breaks for mindfulness throughout the day.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play

5 - Sattva

Sattva is a mindfulness app that draws its meditations from ancient Vedic principles. In addition to 6-minute-plus guided meditations, the app features "sacred sounds, chants, mantras and music by Sanskrit scholars." Sattva is perfect for anyone looking to get more in touch with the history and origin of meditation in addition to starting their own practice.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play

6 - YogaGlo

Large variety of guided meditations to choose from with such well-respected teachers. You can customize your workout by choosing the length, teacher, and/or level you want, as well as a variety of topics and focal points that can help you zero in on specific meditation goals,

Cost: Free 7-day trial/ \$22.99 per month after trial

Where to Find: Apple Store and Google Play.

7 - Ensō

Ensō isn't necessarily for beginners. "For those well-versed in meditation, I love the Ensō app which has a simple timer that you can set with bells at different intervals to keep you alert and set a soothing endpoint to your practice," Cruikshank says.

Cost: Free, in-app purchases **Where to Find:** Apple Store

8 - INSCAPE

The main focus of the app is to help you reduce stress and anxiety and get better Zzzs. The meditations, music, and breathing exercises available show up as recommendations that are based on your goals, the time of the day, and your familiarity with meditating. It's a tailored experience, and even the names of the playlists feel hyper personalized (think Tinder Troubles, Study Chill, Overcoming Your Fears).

Cost: Free, in-app purchases **Where to Find:** Apple Store

9 - BUDDHIFYAPPLE

buddhify offers over 200 meditations to help with issues like anxiety, stress, sleep, pain and tough emotions, and you can pick from multiple teachers so the voice and style resonates with you and can be done Anywhere!

Cost: \$4.99, plus in-app purchases **Where to Find:** Apple Store and Google Play

10 - SMILING MINDAPPLE

Smiling Mind was developed by psychologist to encourage mindfulness practice as a pillar of wellness, much like daily exercise, good sleep, and healthy eating The app has simple 10-minute daily meditations, which are broken into categories by age (7 - 9, 10 - 12, 13 - 15, 16 - 18, and adults). There are also specific programs for group use in the classroom and at work.

Cost: Free **Where to Find:** Apple Store and Google Play

11 - SIMPLE HABIT

Simple Habit features five-minute meditations from top mindfulness experts at Google to former monks, so there's a little bit of something for everyone.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play

12 - 10% Happier: Meditation for Fidgety Skeptics

10 PERCENT HAPPIER FOR FIDGETY SKEPTICS is based on the book by the same name (by ABC news correspondent Dan Harris) the 10% Happier app is perfect "for the skeptic who is not sure that they want to meditate," according to Elmore.

Meditations aimed to help users with anxiety and sleep.

Cost: Free, in-app purchases **Where to Find:** Apple Store and Google Play

13. MEDITATIONS ROSE BUDDHA

Rose Buddha presents a new bilingual meditation app, entirely created in Quebec:

Designed by Rose Buddha co-founders Madeleine Arcand and Maxime Morin, this app allows practitioners to learn meditation, or deepen their existing practice.

The application consists of 90 hours of guided meditation. The user can choose their meditation based on the time they have, or theme they'd like to explore, such as how to overcome stress, manage anger, get better sleep, or practice gratitude.

Cost: Free - We would like to "help" (during COVID-19) the way we can, by giving our meditation app for free. You can download it, and go on "Promotional Code" on the left and put the promo code : OSCAR

Where to Find: Apple Store and Google Play

Please feel free to let me know if there are any activities you are finding your kids LOVE or any resources you are finding helpful during this time.

Lots of Love from your Parish Nurse,

Michelle Lovely

Resource created by Michelle Lovely

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