

## Wellness Tips

It is human nature that in stressful situations we jump into problem-solving mode and focus on DOING. Whether it is making plans to keep your family safe or trying to support our children's Virtual School, we all do the best we can for the welfare of our children.

Through this virtual schooling experience parents are taking on new roles in supporting their children's education. We would like to assure you that you are doing great! We understand that it might be another source of anxiety, but please don't hesitate to contact your child's teacher or us if you need any help or clarification. We are ready to help you with any concerns you have.

It is important that each member of your family takes time to practice self-care. Here are a few ideas to get you started:

- Exercise - even a short walk outside the house when possible (following guidelines to help prevent exposure to the virus). Daylight regulates our body and releases endorphins. Daily exercise is also a proven treatment for stress and low mood. Students could use this for their PE logs.
- Keep up a normal daily routine and healthy eating patterns - family dinner together? Routines and familiarity in times of uncertainty provide a sense of safety and focus.
- Avoid mindless distractions with screens and tech to pass time. Stimulating our minds helps us feel productive and reduces feelings of isolation and helplessness. Here are a few activities that might help:
  - Board games
  - Crafts
  - Drawing
  - Crossword puzzles
  - Projects - cleaning or toy donation
- Maintain a positive attitude - think about how we've all coped with difficult situations in the past. We will overcome this too.
- Give alone time as a break from the family. It is healthy to plan and designate 'time out' from one another. Accept that conflict and arguments will occur.

Here is a link to some other great ideas from our partner, International School Services: [Click Here](#)

Take in this new experience, and hopefully we will see each other in the school hallways soon!

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# ACTIVITY IDEAS for *Rainy* DAYS

Go to the Library and Read a New Book	Bake Cookies	Talent Show
Dance Party	Fashion Show	Decorate Cupcakes
Build a Fort	Paper Airplane Contest	Put on a Play
Cook a Meal Together	Start A Band (with homemade instruments!)	Learn a New Card Game
Go to an Aquarium	Hide and Seek	Make a Time Capsule
Make a Handmade Present for Grandparents	Origami	Try Yoga
Look at Photo Albums	Pictionary	Life-size Tic-Tac-Toe
Create An At-Home Photo Booth	Water Bottle Bowling	Blindfolded Taste Test
Treasure Hunt in the House	Write Letters to Relatives	Puzzle
Hot Chocolate Station	Movie Night	Indoor Mini-Golf
Try a New Board Game	Limbo	Choreograph a Dance
At-Home Spa Day	Karaoke Concert	Marshmallow + Toothpick Sculptures
Homemade Ice Pops	Learn a Magic Trick	"Potato Sack" Race with Pillow Cases
Sock Puppets	Tea Party	Create Your Own TV Show (and record it!)
Indoor Picnic	Indoor Obstacle Course	Play Restaurant
Write Letter to Future Self	Make a Shoebox Diorama	Open A Pretend Store
Make Your Own Pizza	Dress Up	Find more ideas from <a href="http://www.DeltaChildren.com">www.DeltaChildren.com</a>