**Suggestions for Social/Emotional Well-being During Distance Learning and Social Distancing due to the Coronavirus Pandemic**

\*Try to maintain a schedule at home.

\*Have a positive thought of the day. These websites have free affirmations and positive thinking for kids:

<https://www.youtube.com/watch?v=xK4dKlldufo>

<https://www.youtube.com/watch?v=I55jCHTQwCA>

<https://www.youtube.com/watch?v=Ud_eeFkzH4w>

<https://www.youtube.com/watch?v=TOP_8JZPl6k>

<https://www.youtube.com/watch?v=j07ToXDmiI4>

<https://www.youtube.com/watch?v=xIXnhVikJlY>

\*Take care of your body by exercising regularly, eating healthy foods and eating regularly to regulate blood sugar, getting enough sleep, and taking breaks from work.

\*Exercise: do free workouts online, do fitness DVDs that you have at home, or that are free on demand. Here are free online fitness workouts for kids:

<https://www.youtube.com/watch?v=KqSzgzsDeaU>

<https://www.youtube.com/watch?v=McD6_oOWs-M>

<https://www.youtube.com/watch?v=5if4cjO5nxo>

<https://www.youtube.com/watch?v=MY8yixtVGMs>

\*Go outside to get some sunshine and fresh air.

\*Go on a walk or run.

\*Keep a daily gratitude journal. This can be on paper, on a device, or in a blank notebook or book. Here is a free printable gratitude journal for kids:

<https://heartandgratitude.com/lets-choose-to-be-grateful-free-gratitude-journal-for-kids/>

\*Write down 10 things you are grateful for. Here are free 52 Journal Prompts for Journal or Conversation for Kids:

<https://bouncebackparenting.com/gratitude-journal-prompts-for-the-whole-year/>

\*Write in a journal. This can be on paper, on a device, or in a blank notebook or book. Here are free printable journal prompts for kids:

<https://choosingyourbattles.com/printable-journal-writing-prompts-kids/>

\*Color for mindfulness. Here are free coloring sheets for mindfulness for kids:

<https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>

<https://www.stopbreathethink.com/mindfulness-coloring-pages-for-your-kids/>

<http://getdrawings.com/free-mindfulness-coloring-pages>

\*Draw a picture.

\*Listen to music.

\*Do meditation. Here are free online meditations for kids:

<https://www.youtube.com/watch?v=HtYIQiXyrsE>

<https://www.youtube.com/watch?v=64QzBuhsyuk>

<https://www.youtube.com/watch?v=aNTXpJV8aUg>

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

<https://www.youtube.com/watch?v=L_-V2mnl6dM>

\*Practice mindfulness. Here are free mindfulness videos for kids:

<https://www.youtube.com/watch?v=ihwcw_ofuME>

<https://www.youtube.com/watch?v=fmWYD6aHLhg>

<https://www.youtube.com/watch?v=Bk_qU7l-fcU>

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

\*Take deep breaths.

\*Do belly breathing. Here are free videos on belly breathing for kids:

<https://sesamestreetincommunities.org/activities/teaching-belly-breathing/>

<https://www.youtube.com/watch?v=Gj_btw2lHlo>

<https://www.youtube.com/watch?v=TMkVnHNVchA>

<https://www.youtube.com/watch?v=c646TZ_E18A>

\*Make a glitter jar with a jar with a lid, warm water, food coloring, glitter glue, and glitter. Here is how to make a glitter jar:

<https://www.thesprucecrafts.com/diy-calming-glitter-jars-4137363>

Here is a free video of a glitter jar song for kids:

<https://www.youtube.com/watch?v=-Gy1brc8B-c>

\*Do yoga. Here are some free yoga videos for kids:

<https://www.youtube.com/watch?v=X655B4ISakg>

<https://www.youtube.com/watch?v=vMMRb10LtGM>

<https://www.youtube.com/watch?v=CBko9JPMtHs>

<https://www.youtube.com/watch?v=NMtc5PKcsIs>

<https://www.youtube.com/watch?v=HQHvvVVv6wc>

<https://www.youtube.com/watch?v=C1KiU6gv0JM>

\*Talk to a friend or adult if you are feeling worried or stressed.

\*Stay in touch with people.

\*Read.

\*Tell jokes and funny stories—laughter is good for you!

\*Watch movies or television shows, especially those that are comedies.

\*Get news from reputable sources.

\*Take breaks from social media and devices.

\*Take time to unwind and do an activity that you enjoy.