

Self-care!

It's important to continue to actively take care of yourself, even at home.

It's important that students continue their learning at home, but try out some of these brain breaks throughout the day, to help get rid of stress and worry.

Here are activities that you can practice with your kids through

Make art!

- Make collages with old newspapers or magazines
- Have your own "sip" (juice) and paint
- Coloring books are great to use too!

Share!

Make a meal together. This is a great time to teach your kids some family recipes, or make [new ones together!](#)

Journal together. Write about positive memories, about the way you all feel about what's happening now, or about dreams you have for the future.

Move!

Get up, move your bodies, have a dance break!

- Go Noodle:
<https://www.gonoodle.com/>
- Make a fun TikTok dance together, let your child teach you the new dance craze
- Have a Fortnite dance challenge

Meditate

Try free guided mindfulness activities from one of these great online resources:

- Calm:
<https://blog.calm.com/take-a-deep-breath>
- Smiling Mind:
<https://www.smilingmind.com.au/>

If you, or your child, receive regular mental health support, call your counselor and ask about virtual options.

NYC schools will be providing social-emotional lessons to students. If you have time, sit through these lessons with your child, and continue to talk about them during the week. Encourage your child to practice the skills they learn in these lessons.